



NHS North Cumbria Talking Therapies Employment Advisor

Tel: 0300 123 9122

NHS North Cumbria Talking Therapies, Elmwood,
Tynefield Drive, Penrith, Cumbria, CA11 8JA

Employment Support

Specialist support to help you find, keep or return to work

How do I get employment support?

You can ask to be referred for employment support once your treatment in NHS North Cumbria Talking Therapies begins. Employment support will be provided alongside your appointments with your Practitioner to ensure your mental health and employment support needs are fully met. Your Practitioner and Employment Advisor can work together to support you to reach your employment goals.

How can you support me?

If you are worrying about finding a suitable job or you are feeling worried or depressed because of difficulties at work, our fully trained practitioners can refer you to one of our Employment Advisors for help and support if this is something that you feel you need.

We will help if you are unemployed and looking for work by:

- offering you careers advice and guidance
- arranging work placements or tasters
- identifying suitable training courses
- creating a CV, searching for jobs or filling in job applications
- completing a better off in work calculation
- arranging a referral for welfare benefits advice

We will help you if you're absent from work (on sick leave) by:

- discussing reasonable adjustments with you and your employer
- assessing your job role and recommending changes
- managing your health and wellbeing at work
- giving you and your employer strategies to manage how you feel at work
- helping you to deal with difficult relationships at work



for anxiety and depression

Service provided by Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust

We will help you if you're struggling to cope at work by:

- identifying solutions to improve your wellbeing at work
- facilitated discussion with your employer/line manager
- supporting occupational health advice and assessments
- providing advice to you and your employer about the Equality Act 2010

Contact us

If you have any questions about North Cumbria Talking Therapies or want to find out more about getting employment support, please contact: North Cumbria Talking Therapies, Elmwood, 2a Tynefield Drive, Penrith, CA11 8JA Tel 0300 123 9122 Or visit us online - www.cntw.nhs.uk/nctt

Confidentiality

Confidentiality We promise to use your information fairly and legally, and inline with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time. North Cumbria Talking Therapies Practitioners and North Cumbria Talking Therapies Employment Advisors work alongside each other to provide integrated employment support and will have shared access to your information. Please speak to your North Cumbria Talking Therapies Practitioner if you have any questions about your information and your clinical record.

What if I have a comment, suggestion, compliment or complaint about the service?

If you want to make a comment, suggestion, compliment or complaint you can:

- talk to the people directly involved in your care
- ask a member of staff for a feedback form, or complete a form on the Trust website www.cntw.nhs.uk (click on the 'Contact Us' tab)
- telephone the Complaints Department Tel: 0191 245 6672
- email complaints@cntw.nhs.uk Please note that information sent to the Trust via email is sent at your own risk

We are always looking at ways to improve services. Your feedback allows us to monitor the quality of our services and act upon issues that you bring to our attention.

You can provide feedback in the following ways:

- the quickest way for you to do this is to complete our short online survey at www.cntw.nhs.uk/poy
- complete a Points of You survey, available on wards, reception areas or from staff.



Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, easy read, BSL or other languages). Please contact the Patient Information Centre Tel: 0191 246 7288

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