

Are you feeling low in mood, lacking in motivation? Is this affecting your ability to engage in work?

This FREE service provides support for anyone who is experiencing issues such as anxiety, depression, low self-esteem, stress, problems concentrating, lacking in motivation, which is affecting their ability to engage in their current work role.

One in four people experience mental health problems in any five year period

National Mind Website

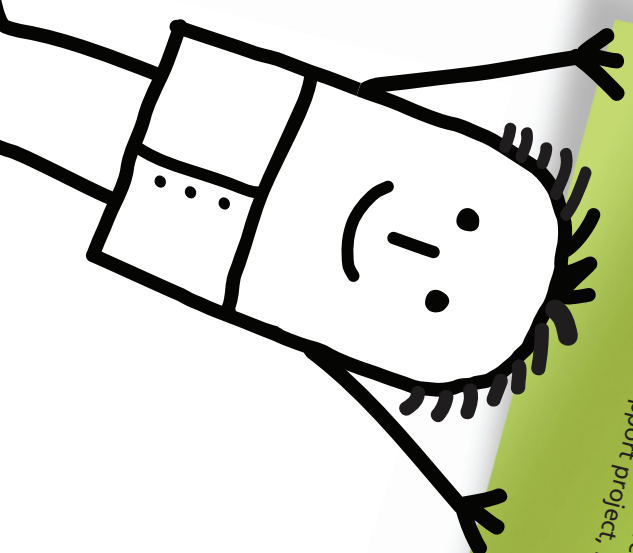
Our employment support project, which has been successfully running across East Riding and North Lincolnshire, has already helped over 80% of employees retain employment.

"I gained an understanding of my depression and how it influenced my feelings and judgements. It was a relief to have someone who could take the pressure off me and help my employer understand what I was going through."

This success has enabled us to increase the support we offer to clients by making the service available across the Yorkshire and Humber regions, for people struggling to overcome problems affecting their ability to work effectively, whilst keeping a good work/life balance and most importantly supporting people to keep lines of communication open between employee and employer during sickness absence and support people through a phased return to work, after a period of ill health.

We have helped over 80% of clients to retain employment.

Hull & East Yorkshire Mind
Employment Adviser support project, 2010.



What the service provides

For the Employee

- Support employees to retain employment.
- Develop an agreed action plan to assist in achieving work based goals.
- Support in keeping lines of communication open with the employer during sickness absence. (Only when consent is given by the employee).
- Help to prepare for a return to work, after sickness absence.
- Mediate and facilitate support between employee and employer before and during a phased return to work.
- Signposting to well-being therapists or counselling services.
- Support around re-deployment or gaining alternative employment.

For the Employer

- A FREE impartial and confidential advice service for parties to identify solutions to work related issues.
- Support the employer to maintain skilled employees.
- Support implementing reasonable adjustments during a phased return to work process.
- Keep clear lines of communication open between employer and employee, during sickness absence.
- We can deliver mental health training courses to aid in reducing sickness absence costs and increase workforce productivity.

For further information on our training courses, please contact us by email at:

miw-enquiries@mindhey.co.uk

Employment Adviser Enquiry Form

Employment Advisers support employed people experiencing a mild to moderate mental health problem to remain in employment, during or after a period of ill health. (Please note: we are unable to offer home visits).

Please fully complete and return this form to the address of your nearest office below.

Your Name:

Address:

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Postcode:

Date of Birth:

Nat Ins No:

Telephone:

Email (optional):

Date of Referral:

Are you (a) employed, currently engaging in work or (b) employed, currently on sick leave (*delete as appropriate)

Do you have a diagnosed mental health problem? YES / NO

Do you have any issues with accessing buildings? YES / NO

Are there any other health problems we should be aware of?

Are you being supported by any other organisations?

Please let us know any additional information regarding your current circumstances which will enable us to support you.

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Hull & East Yorkshire – c/o Project Lead: Hull & East Yorkshire Mind, 40 Norwood, Beverley, East Riding, HU17 9EU

North Lincolnshire – c/o Employment Adviser, Psychological Services, 100 West Street, Scunthorpe, DN15 6EQ

North Yorkshire – c/o Employment Adviser, PO Box 304, Scarborough, North Yorkshire, YO11 3YJ

South Yorkshire – c/o Employment Adviser, Sheffield Mind, Lawton Tonge House, 57 Wostenholme Road, Sheffield, S7 1LE

West Yorkshire – c/o Employment Adviser, Dove Employment & Training, De Lacey House, Abbey Road, Kirkstall, Leeds LS5 3HS

How to contact us

Hull & East Yorkshire – Project Lead: Hull & East Yorkshire Mind, 40 Norwood, Beverley, East Riding, HU17 9EU
T. 01482 240200 or M. 07791 597119

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North Yorkshire – Employment Adviser, PO Box 304, Scarborough, North Yorkshire, YO11 3YJ
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T. 0113 230 2631 F. 0113 278 4710



Yorkshire and the Humber

Yorkshire and Humber
Mind Consortium



For better
mental health

We have made every effort to ensure that the information in this advertisement is correct at the time of going to print. However, changes in the law may mean that in time some details may become out of date. Published by The Yorkshire and Humber Mind Consortium, October 2010.

If you suffer with a visual impairment, a larger text format is available on request.

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Registered Company No: 07034685

Yorkshire and Humber
Mind Consortium
 For better
mental health



Feeling Stressed?

Depressed?

Anxious?

Struggling to cope at work?