

VALUING MENTAL HEALTH

EMPLOYABILITY
WELLBEING
SERVICE [B]

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Hull and East Yorkshire Mind have a team of experienced staff to help resolve barriers to positive mental health at work. We can work with employees and employers to create a workplace culture where mental health is valued and supported.

This project is part-funded by the European Social Fund.





**EMPLOYABILITY
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HELPING TO CREATE HEALTHY WORKFORCES LOCALLY

Is your mental health impacting on your work, or is your employment impacting on your mental health? Would you like to thrive in the workplace, improve your job skills and achieve your personal goals?

Our Employment Support Worker is here to help employees to gain skills, qualifications and achieve personal goals.

Our specialist trainers deliver approved Mental Health Awareness training for managers of SME's to ensure they are aware of mental health issues and illnesses in and outside of the workplace.

Under our Employability Wellbeing Service we offer:

- ✓ 1 to 1 employment support, advice and guidance
- ✓ Support to complete Wellness Action Plans
- ✓ Support to gain basic skills
- ✓ Help to access and complete a level 2 qualification
- ✓ Tailored support to help you thrive in the workplace
- ✓ Support to improve training, policies and procedures



STEPCHANGE™

**BUILDING SKILLS AND
CREATING CONNECTIONS**

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