

Our Employment Support Team provide employment related advice to individuals who are currently accessing 1:1 sessions with a practitioner from the LIFT Psychology IAPT service in Swindon.

IAPT stands for Improving Access to Psychological Therapies. The primary purpose of IAPT is to help people to access psychological therapies and support, to help them achieve better psychological health and wellbeing, enabling them to gain or remain in employment and to participate in daily living activities. The Employment Support Team work alongside LIFT Psychology Practitioners and provide specialist employment support for their clients.

Ask your LIFT Psychology Practitioner for a referral to Employment Support and an Employment Support Advisor will get in touch with you to see how best we can assist you.

You matter, we care.



Where to find us:



We are here

LIFT Psychology
2nd Floor
Old Town Surgery
Curie Avenue
Swindon
SN1 4GB

Phone: 01793 836 836

Email: lift.psychology@nhs.net

Employment Support Service



If you are attending 1:1 sessions with a LIFT Psychology Practitioner, you may also be eligible to access our Employment Support Service.



Employment Support Service

We know that keeping or finding a job can be difficult when you are feeling anxious, depressed or unwell. Our service provides 1:1 employment support and advice from specialist Employment Advisors who will work with you in identifying and understanding aspects of your employment situation that are having a negative impact on your mental health. From this, we can provide relevant and tailored employment support based on your individual circumstances.

Who is the service for?

- ◇ Those who are unemployed
- ◇ Those who are in work
- ◇ Those who are in work but on sick leave

We understand that your needs and mental health can change, so all the support we provide is flexible and responsive, and focuses on empowering you to take control of your own wellbeing.

We will support you to take the next steps towards your employment goals and work at a pace that feels comfortable for you.

What does the service offer?

- ◇ Information about different types of job retention issues
- ◇ Someone to talk to about current job and any difficulties
- ◇ Guidance and support on talking to your manager if there are problems; how to explain periods of unemployment appropriately; how to talk about (and explain) mental health to employers
- ◇ Support in organising and attending return to work meetings with employers
- ◇ Information regarding declarations of convictions
- ◇ Assistance with CV writing, cover letters, job searches, application forms, and interview preparation
- ◇ Help with exploring job training / re-training / education opportunities
- ◇ Help and advice regarding building a career over time
- ◇ Links to volunteering opportunities
- ◇ Information and signposting regarding housing and benefits
- ◇ Continued support once in work should it be needed.

What doesn't the service offer?

- ◇ HR Advice
- ◇ Tribunal / Employment Law Advice
- ◇ DWP job-search evidence letter provision

How do I get referred for Employment Support at LIFT Psychology in Swindon?

Referrals are made to the Employment Support team from LIFT Psychology Practitioners. If you would like to be referred to us, please discuss this with your practitioner at your next session.

If our service is right for you, one of our Employment Advisors will work with you to support you towards your own employment goals.

Employment Support Courses

We also offer Employment Support Group Courses. Details and booking information for our 'Managing Stress In The Workplace' course can be found on the LIFT Psychology website <https://lift-swinton.awp.nhs.uk/>.

