



Looking for a New Job or Need Help Staying in Your Current One?

If you're part of Talking Therapies
or receiving support from them,
we're here to assist with your
employment needs.

**Our one-to-one support is
tailored to your unique situation.**

Anyone currently receiving support from
an NHS Talking Therapies team
across the Black Country is eligible to
access this service.

For more information speak to your
therapist or contact:

Dudley

bchft.dudleyemploymentadvisorstalkingtherapies
@nhs.net
07584 509177

Sandwell

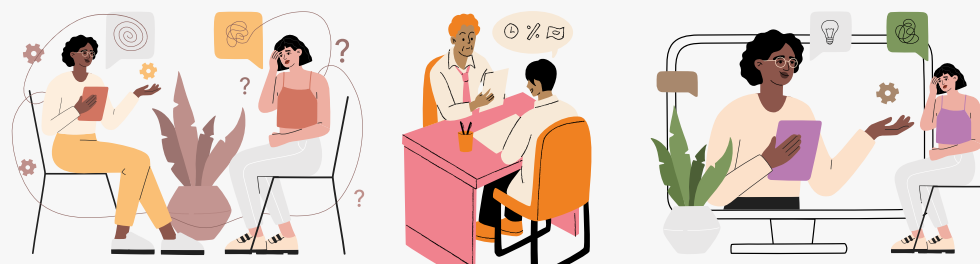
bchft.sandwellemloymentadvisorstalkingtherapy
@nhs.net
07570 722126

Walsall

bchft.walsalleploymentadvisorstalkingtherapies
@nhs.net
07435994187

Wolverhampton

bchft.wolvesemploymentadvisorstalkingtherapies
@nhs.net
07552 864781



NHS

Black Country Healthcare
NHS Foundation Trust



NHS Talking Therapies Employment Service

Are you signed up with Talking Therapies?
Need help to find or keep a job?



Job Hunting

- Help with CVs and application forms
- Preparing for interviews
- Searching for jobs
- Recognising your skills and strengths
- Discussing health conditions or convictions
- Filling out job start forms
- Boosting your confidence

Staying Employed

- Creating Wellness Action Plans
- Identifying work-related triggers and solutions
- Understanding your employment rights
- Referring you to specialist employment support
- Sharing health info with your employer
- Discussing workplace adjustments
- Help with transitioning to a new role

Getting Back to Work

- Crafting Return to Work plans
- Addressing concerns and finding support for your return
- Assistance with Occupational Health assessments
- Checking your employer's obligations
- Exploring workplace adjustments
- Building confidence for your return
- Discussing health issues with your employer

Additional sources of help

Black Country Women's Aid
0121 552 0090
www.blackcountrywomensaid/locations/wolverhampton

Citizen's Advice Bureau
0800 144 8848
www.citizensadvice.org.uk

If you need immediate help

If you are in crisis and need help with your mental health as a matter of urgency, we recommend speaking to your GP in the first instance so they can choose the most appropriate NHS service to help.

Out of hours you can call 111
(or 999 in an emergency).

You can also call the following services for support if you feel you need immediate support:

- Samaritans 116 123 (24-hour helpline).
- 24/7 Black Country Mental Health Helpline 0800 008 6516.
- or attend Accident and Emergency at your local Hospital.

We're committed to supporting your employment journey every step of the way!