

Stay well, stay working



Healthy Minds

Employment service

Healthy Minds in partnership with
Richmond Fellowship

Who we are

The employment service in Healthy Minds has been set up to provide support for people experiencing anxiety and depression and in need of help related to employment. Richmond Fellowship's employment advisors, working as part of the Healthy Minds team, can provide comprehensive support whether you are currently employed, off sick from work or unemployed and looking to find work.

What we do

We believe in a recovery approach, whereby:

- you will be continually involved in all aspects of your support and fully involved in the decision-making process.
- support will focus on your strengths, aspirations and goals to encourage and assist you to achieve choice and direction over your life.

*We support clients to
retain and regain
employment*

Retain employment

Our retain service supports people who are experiencing difficulties to retain employment due to anxiety, depression or other common mental health problems. We aim to maximise your chances of maintaining your employment when problems arise. Areas we can help with include:

- bullying and harassment
- relationships with managers and colleagues
- difficulties associated with your work environment
- capability, disciplinary or grievance processes
- returning to work from sick leave, including phased returns
- negotiating reasonable adjustments

Our employment advisors can:

- help you deal with problems at work by identifying goals and developing an action plan
- offer basic information on employment legislation and The Equality Act, and guide you to organisations who offer more specialist advice
- offer advice and guidance to help you find alternative employment (see Regain employment, page 4)
- support you during work meetings, with your employer's agreement
- help you draw up a back-to-work plan, if appropriate
- provide a wealth of other information and resources

Regain employment

Our regain service supports people who are unemployed but want to return to employment or training.

Our employment advisors can:

- offer advice on job searches, disclosure, CV's, making applications and interview techniques
- support you to access voluntary work or training
- provide advice, or guide you to further help about the financial implications of starting a new job
- work with you to understand your preferences, values, experiences and skills
- help to establish links with potential employers
- help you with any adjustments that may be required in your workplace

How to get help

You can refer yourself directly to Healthy Minds.

- Complete referral form on our website:
www.healthymindsbucks.nhs.uk
- Telephone 01865 901000
- Email healthy.minds@oxfordhealth.nhs.uk
- Text "TALK" and your name to 077986 667169
- Ask your GP for a referral to Healthy Minds

Alternatively, if you are already under the care of Healthy Minds, simply ask your clinician for a referral to the employment service.

What will happen next?

If you are new to Healthy Minds, we will arrange for you to have an assessment by a member of the team. This is so that we can understand the problems you are experiencing and discuss ways in which we can work together to help you. Assessments are done on an individual basis, usually over the phone, and an appointment is generally offered within 3-5 days from when you contact us.

As part of your assessment we will find out whether you have any need for employment related help, in which case you will be offered an opportunity to discuss your situation with one of our employment advisors.



After your assessment, you may be offered help with depression, anxiety or stress. We offer a range of therapies including digital programmes, courses for anxiety and depression, telephone and face to face support, guided self-help and individual psychological therapy.

Additional information

- Our core hours are Monday to Friday 9.00am - 5.00 pm.
- We can offer some later appointments, up to 7pm.
- Support is provided in a variety of ways, including face to face meetings, telephone support calls, email and group sessions.
- Meetings are offered in community venues in High Wycombe and Aylesbury.

Working with employers

Please contact us if you would like to find out about our workshops on common mental health problems and how we can help you to improve wellbeing in the work place.

www.healthymindsbucks.nhs.uk

www.richmondfellowship.org.uk

Notes

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরম্যাট) পেতে চান
তবে দয়া করে আমাদেরকে বলুন

જો તમને આ માહિતી બીજી ભાષામાં અથવા બીજા આકારમાં જોઈએ, તો કૃપા કરીને અમને પૂછો
यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए ही तो कृपया हम से पूछें

若您需要本信息的另一种语言或格式的版本，请与我们联系

नेवव तुवतुं छिव नखवती विमी दुनी डाम्ना नां नवल हिंस चतीसी उँदे उं विवथा वव दे मरुं पुँहें

اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقے سے درکار ہیں تو براہ کرم ہم سے پوچھیں :-

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