

## Improved Access to Psychological Therapies Employment Services in Medway

The IAPT Employment Service delivered by North Kent Mind, is offering employment advice alongside psychological treatment to support people with mental health issues. The key areas of support are for individuals that are either seeking employment or requiring support to remain in or return to work. Support offered will be tailored to the needs of each person and delivered at the individual's own pace. An Employment Advisor will assist people in achieving their work based goals, which in turn should lead to better overall wellbeing, mental health and employment outcomes



## Employment Support

This service helps you to find yourself paid employment. We can help you write or update your CV, apply for job roles, complete application forms and prepare and practice for interviews. We will also continue to support you once in employment should you need it. As well as this it is possible for us to aid you in gaining volunteering, training or education opportunities in order to develop your skills and build your confidence before entering into paid employment

## Job Retention

If you are in part-time or full-time employment but experiencing problems at work that are impacting on your mental health then we can support you through this. If you have been signed off sick from employment then we can help to support you to take steps to return to work. When it is appropriate we are able to contact an employer on an individual's behalf to request for reasonable adjustments to be made in order to suit both the employer and employee on the transition in getting back to work.

## Where and when do these services take place?

One-to-one appointments with an Employment Advisor are available at various times throughout the week in our Medway office at MVA. On occasion appointments can be made within the local community of Medway if it is not possible for an individual to get to the office. These would be arranged on a needs basis.

## How do I apply to use these services?

To be able to use these services you should:

- Be engaging with Medway IAPT services
- Be registered with a Medway based GP
- Be over 18 and experiencing a mental health issue
- Be willing to engage with the Employment Advisor by attending arranged appointments, providing accurate details and taking up new opportunities offered by these Services.



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## North Kent Mind's other services

### Wellbeing Services:

A range of open and activity sessions, courses and groups, and mentoring.

### Psychological Therapies:

Talking therapies provided on behalf of the NHS: Counselling, CBT, Psycho-education, Guided Self-Help, and Group Work.

### Low-cost Counselling:

Individual Counselling without rigid limits as to the number of sessions available. Fees from £8.00 per session.

### Supported Housing:

Long and short-term supported housing.

### Education:

Placements for social work students, mental health nurse trainees, trainee counsellors and police cadets.

### Training Services

Mental health training.

### Springboard Employment Services

A range of services to support people into employment, volunteering or training.

All our leaflets are available in large print, Braille, or other formats, on request.

In North Kent Mind we are committed to continuously improve our services through quality review and service user feedback.

### North Kent Mind

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Medway IAPT  
Employment  
Support