



## Routes Employment Service

**Does your mental health make it harder for you to gain or sustain employment?  
We're here to help.**

We support people with mental health conditions to gain and retain paid employment. Whether it's 4 or 40 hours per week - we find you employment to suit your individual needs.

If you're already employed, we can help you to keep your current job or find an alternative.

 **mind** Norfolk and Waveney

# About Routes

## What we offer:

- One to one appointments with your dedicated Employment Adviser to help you secure and retain paid employment.
- Re-building your confidence to gain paid employment.
- Support searching for local job vacancies based on your personal preferences.
- Guidance on writing CV's and application forms that get results.
- Job interview preparation.
- Support contacting local employers.
- Employment related benefits advice.
- Continued support when you start work.

## Who can use our service?

- People with a diagnosis of a Serious Mental Illness (Such as psychosis, bipolar disorder or personality disorder) or in receipt of continued support

for more than 6 months around their mental health.

- People who desire to start working as soon as they are referred to our service.
- People over the age of 18 who have the right to work in the UK.

## What happens next?

- Ask for your GP or Social Prescriber to make a referral to our service, or contact us directly to refer yourself.
- You will receive a Welcome Email/Letter and then be contacted by your assigned Employment Specialist to arrange regular appointments
- Your Employment Specialist will help you develop a back to work plan and support you into employment or to keep your current job.
- When you start work your Employment Specialist will continue to work with you to help ensure everything goes smoothly.

## Contact us:

**Email:** [employment@norfolkandwaveneymind.org.uk](mailto:employment@norfolkandwaveneymind.org.uk)

**Website:** [norfolkandwaveneymind.org.uk/routes-employment-service](http://norfolkandwaveneymind.org.uk/routes-employment-service)

**Address:** Routes Employment Service, Norfolk and Waveney Mind, 50 Sale Road, Norwich NR7 9TP