



Routes Employment Service

**Does your mental health make it harder
for you to get back into work?
We're here to help.**

We support people with mental health conditions back into paid employment. We can find you employment that you want in order to support your recovery journey. You can work 4 hours a week or 40 hours a week – we find you employment to suit your needs.

 **mind** Norfolk and Waveney

About Routes

What we offer:

- One to one appointments with your dedicated Employment Adviser to help you secure paid employment with an employer, or by being self-employed.
- If you are already employed, we can help support you to retain your current job.
- 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 receiving support from the Community Mental Health Team
- People who have the desire to start work.
- People over the age of 18 who are unemployed and have the right to work in the UK.

What happens next?

- Ask for a member of your Community Mental Health Team to make a referral to our service.
- You will then be contacted by your Employment Specialist who will arrange regular appointments with you.

“This service has helped me to have a sense of belonging, feel more positive, believe in myself again and encouraged me to have hope for the future.”⁹

- Elderly Befriender
with Home Instead

Contact us:

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Website: norfolkandwaveneymind.org.uk/routes-employment-service

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