

Employment support video transcript

0:00:00.000,0:00:06.720

Our employment advisers are trained to work with people experiencing anxiety and depression linked

0:00:06.720,0:00:13.200

to work related problems. If you are struggling to find work, stay in work or return after a career

0:00:13.200,0:00:18.560

break or long-term sickness, our employment advisers can offer impartial and practical

0:00:18.560,0:00:24.480

support alongside your therapy. We have a wide range of experience in supporting people and

0:00:24.480,0:00:31.360

can draw on a variety of work related guides and resources to inform your individual support plan.

0:00:31.360,0:00:37.360

Your support plan might include help writing a CV and cover letter, interview preparation,

0:00:37.360,0:00:43.520

advice on dealing with a problem at work, or advice about reasonable adjustments. If we feel

0:00:43.520,0:00:48.640

that you may benefit from it, we will put you in touch with other agencies within the community,

0:00:48.640,0:00:55.040

too. We can offer support by online video call, phone call, or in person at a Berkshire Healthcare

0:00:55.040,0:01:00.720

location. To access employment support from us, you need to already be receiving treatment for

0:01:00.720,0:01:06.800

low mood, stress, or worry with NHS Berkshire Talking Therapies after completing a wellbeing

0:01:06.800,0:01:12.560

assessment. You can refer yourself to NHS Talking Therapies by completing the online form on our

0:01:12.560,0:01:18.000

web page. If you're already receiving treatment from us, ask your therapist to refer you to the

0:01:18.000,0:01:23.440

employment support service and they will put you in touch with an employment advisor. Your

0:01:23.440,0:01:31.200

first welcome call will take 45 minutes and then the six follow-up sessions will last 30 minutes.