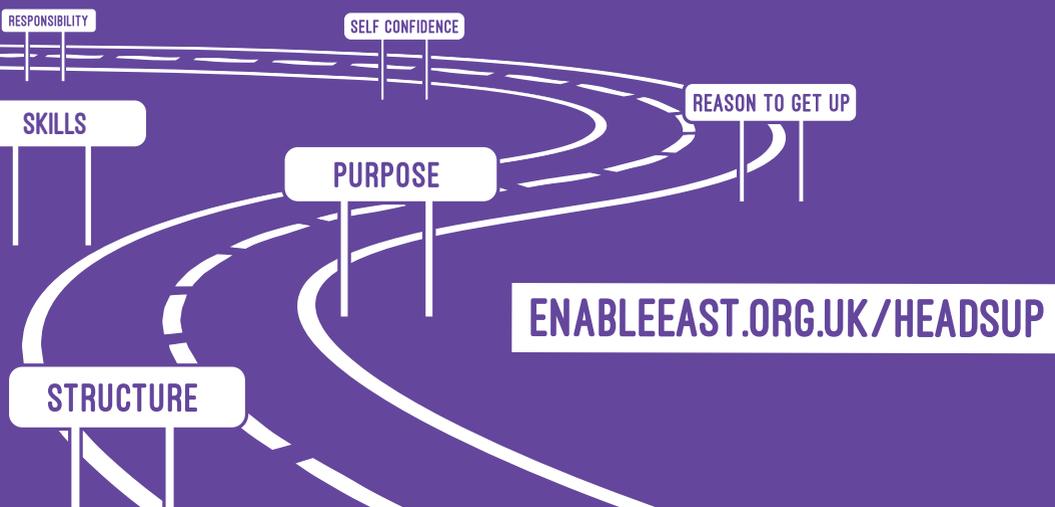


# TAKE THE FIRST STEP

**Your journey back to work starts here.**

Feeling low or anxious about finding a job? We can help you gain the confidence to get back into employment.



# WHAT IS HEADSUP?

HeadsUp provides support, advice and mentoring to people with common mental health problems to help them get back into the workplace after a period of long-term unemployment.

HeadsUp is funded by the Big Lottery Fund and European Social Fund.

# HOW CAN WE HELP?

We understand that the fear of what might happen can stop us from making positive changes in our life. However, we believe that being in work or education can provide you with loads of amazing benefits such as a boost in self-confidence, purpose, an opportunity to make new friends and the chance to learn new skills.

**We know the first step can be the hardest but we're here to help you find a brighter future.**



# PRACTICAL HELP:

You'll work with a peer support worker (someone who's been in your shoes and have found their way back to work) to improve the practical skills you need to help you find a job such as writing a great CV or practicing interview techniques.

# BOOST YOUR CONFIDENCE:

You'll explore the emotional obstacles that might be standing in the way of you finding a job such as anxiety, lack of self-confidence or negative thought patterns. Through a series of interactive sessions we'll help you find ways to boost your confidence, take charge of your well-being and learn tricks to increase your personal resilience.

**Come along for a cuppa and a chat to see how we can help you.**



# WE'LL HELP YOU FIND A BRIGHTER FUTURE.

You'll need to feel ready and committed to making positive changes to your life, but we're here to work with you every step of the way at a pace that suits you. To find your local HeadsUp team simply find the number on the map closest to where you live and give that organisation a call.



1 2 3 4 5

**ESSEX PARTNERSHIP UNIVERSITY  
NHS FOUNDATION TRUST (EPUT)**

Neville Drysdale  
01206 334013

4 5 6 7

**SIGNPOST**

Basildon - Artak Poghosyan  
07880 035969

Colchester - Sara Kulikowski  
01206 861800

Tendring - Janeen Trundle  
01255 688 683

8 9 10 11 12

13 14 15 16

**EMPLOY-ABILITY**

Kelli Clark  
07467 146686/01279 450299

[ENABLEEAST.ORG.UK/HEADSUP](http://ENABLEEAST.ORG.UK/HEADSUP)

 /HeadsUpEssex  @HeadsUpEssex

## HeadsUp can work with people who:

- Have been unemployed or economically inactive for longer than 12 months (or longer than 6 months if you're 25 and under)
- Have a common mental health problem such as anxiety or depression
- Live in Essex
- Have the right to work in the UK