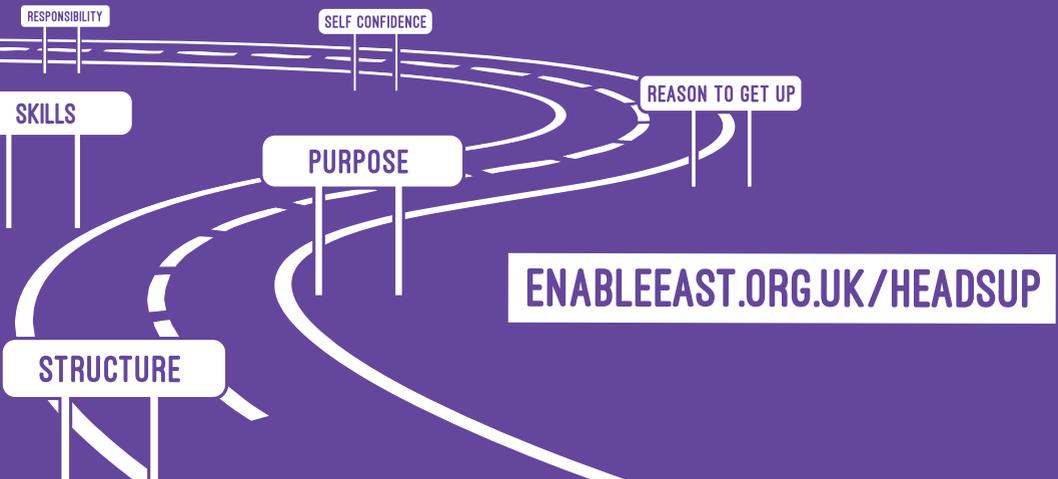


SUPPORTING YOU BACK INTO WORK OR TRAINING



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?

There are many reasons why people have time out of work including unemployment, raising a family or caring for loved ones. It's common to need help when the time comes to thinking about looking for a job or starting a training course and HeadsUp can provide just that! We offer a free programme of peer support and practical advice to people in Essex who may have experienced feelings of anxiety and depression, stress or maybe a lack of confidence.

OUR SUPPORT

You can work with one of our Peer Support Workers (someone who has been in your shoes) on a one-to-one basis. You might want to talk about how you are feeling, your goals, your concerns and ultimately the steps you need to take to move forward towards employment, training or job search. They will support you every step of the way at a pace that suits you.



PRACTICAL HELP

Our 'Skill Pods' are designed to help you develop key employability skills. From basic IT to a brilliant CV or preparing for an interview, with sessions offered one-to-one or in small groups. We can arrange for participants to informally meet local employers for site visits or supported discussions and hear their 'top tips' or ask them questions. All can be accessed when the time is right.

BOOST YOUR CONFIDENCE

When you are ready you can attend our workshops. Each offers a different focus and covers things such as exploring emotional obstacles to finding a job, exploration of anxiety, lack of self-confidence and negative thought patterns. Through different discussions and activities, we can help you to boost your confidence, take charge of your well-being and learn tricks to increase your personal resilience.



WE'LL HELP YOU FIND A BRIGHTER FUTURE.

To get in touch with your local team simply find the number on the map closest to where you live and call the relevant telephone number on the right-hand side of the map. Or, just contact the central team on the number/email at the bottom of the page and we'll help you find the right person.



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

07866 791004

4 5 6 7

SIGNPOST

Basildon
07880 035969

Colchester
01206 861800

Tendring
01255 688 683

8 9 10 11 12

13 14 15 16 17

EMPLOY-ABILITY
01279 450299

[ENABLEEAST.ORG.UK/HEADSUP](https://enableeast.org.uk/headsup)

HeadsUp can work with people who:

- Have experienced feelings such as anxiety, depression, low self-confidence
- Live in Essex
- Have the right to work in the UK
- Are unemployed or not working for other reasons
- Are committed to making a positive change to their life

HeadsUp is funded by the European Social Fund and The National Lottery Community Fund

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