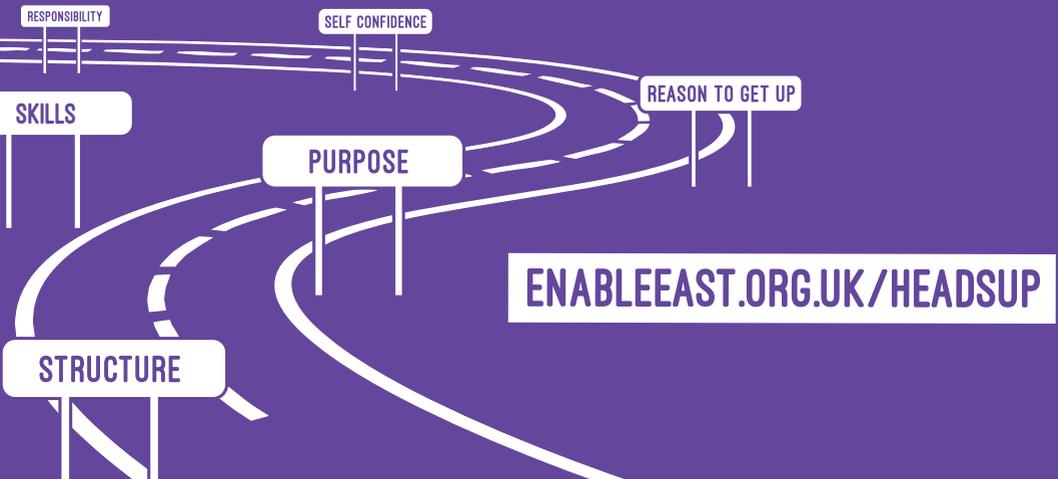


# SUPPORTING YOU BACK INTO WORK OR TRAINING



**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, Southend and Thurrock 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. This might be exploring the different ways you can job search, learning basic IT skills or writing a fantastic CV! We can also help with job application techniques or even run a mock interview. Sessions can be one-to-one or in small groups and can be accessed when the time is right for you.

# BOOST YOUR CONFIDENCE

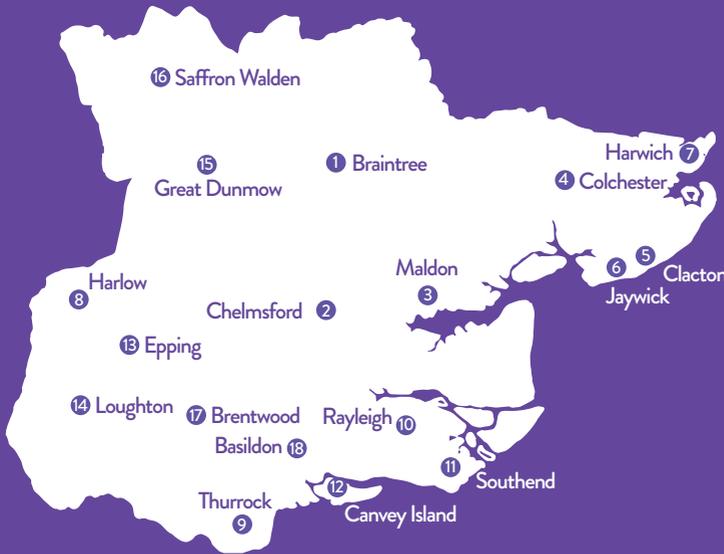
Along with practical support we also focus on helping you take care of your own wellbeing. Feeling positive and taking care of ourselves is just as important as our skillsets when seeking and maintaining work. Through different discussions and activities, we explore emotional obstacles to finding a job, like anxiety and lack of confidence. We can help boost your confidence, take charge of your wellbeing, and learn tricks to increase your personal resilience.



# WE'LL HELP YOU FIND A BRIGHTER FUTURE.

If you would like our help please find the number on the map closest to where you live, then call the telephone number listed against it on the right hand side.

If you are an organisation wanting to refer someone to us for support, then please contact us using the details in the footer of this leaflet.



1 2 3 4 5 6 7

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

07866 791004

4 18

**SIGNPOST**

**Basildon**

07519 412461

**Colchester**

01206 861800

8 9 10 11 12

13 14 15 16 17

**EMPLOY-ABILITY**

07932 373616

[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, Southend and Thurrock
- 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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