

Are you struggling with your mental health and trying to find work, remain in work, or return to work from sick leave?

You are not alone ...

There are times when everyone feels stressed, unhappy or unable to cope with events in their lives. Generally, these difficult times pass, but sometimes there are problems that do not go away, and it can become hard to cope with them.

We have therapists and employment advisers who work together to help in tackling the negative impact that work and employment related stressors can have on our emotional wellbeing. Our Employment service can support those engaging with our Talking Therapies Team, so that we can offer advice, support and motivation around tackling the challenges to finding, returning to or remaining in employment .

If you are interested in how we can help you, please **contact Kingston Talking Therapies** or **seek a direct referral** via the details below.



We can help support with ...

CVs, interview skills, applications forms, identify transferable skills & find meaningful work, wellbeing strategies at work, reasonable adjustments, support discussions with employers, return to work plans, guidance on disclosure.

"My advisor provided me with valuable advice and helped me review alternative solutions. Without this support, I'm not sure I would have recovered enough to return to work."

"My advisor gave me motivation as well as support, I'm so glad I had this support, I do not think I would be employed without it."

How to get help if you need it?

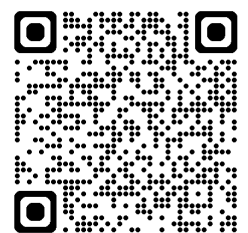
We accept self-referrals, GP or Practitioner referrals via the portal on our website, alternatively to refer use our QR code

Contact us on:

Tel: 020 3513 4440 **Email:** kingstontalkingtherapies@swlstg.nhs.uk

Address: Hollyfield House, 22 Hollyfield Road, Surbiton, KT5 9AL

Website: <https://swlstg.nhs.uk/kingston-talking-therapies>



Scan me!