

# NELFT

# Talking Therapies

Employment Support Services

**Empowerment Through Employment  
and Therapy**



## **NELFT Talking Therapies Employment Support**

Welcome to NELFT Talking Therapies Employment Support. We're here to help you overcome employment challenges and improve your mental health. Our tailored services are designed to support your journey to....

### **Find Work**

For those unemployed or seeking new work opportunities while volunteering or studying.

### **Remain in Work**

Helping employed individuals at risk of sick leave or considering a career change due to the negative impact of their current job on their health and wellbeing.

### **Return to Work**

Assisting individuals planning to return to work after a period of absence due to health or other reasons.



## What We Offer

- Career guidance and advice
- Work retention
- CV and cover letter assistance
- Job searching and applications.
- Interview preparation
- Employer engagement
- Workplace welfare benefit concerns
- Assistance for those on sick leave
- Guidance on returning to work.



### Eligibility

Our services are available to individuals who meet the following criteria:

- Aged 18 or over.
- Registered in the following Boroughs: Barking & Dagenham, Havering, Redbridge, and Waltham Forest.
- Experiencing low mood or anxiety.
- Seeking work retention, employment, or considering a career change.
- Open to receiving therapy with our service.



## Access Our Services

### Redbridge

0300 300 1554—option 1

9am–5pm, Monday–Friday

### Havering

0300 300 1554—option 2

9am–5pm, Monday–Friday

### Barking & Dagenham

0300 300 1554—option 3

9am–5pm, Monday–Friday

### Waltham Forest

0300 300 1554—option 4

9am–5pm, Monday–Friday

**Visit** [talkingtherapies.nelft.nhs.uk](https://talkingtherapies.nelft.nhs.uk)  
**Speak** to your GP

#### EMERGENCY CONTACT NUMBER

If you are in crisis or severe distress, please contact  
Mental Health Direct Helpline, operational 24/7

**0800 995 1000**

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