

Does the idea of looking for work leave you feeling **overwhelmed** or **stressed**?

Work Well helps people with common mental health problems move into paid work. You may be able to have one-to-one sessions with a personal Career Coach if you are all of the following:

- Wanting to find paid work
- Experiencing mental health problems such as depression or anxiety
- Aged 25 or over
- Living in Lewisham, Lambeth or Southwark
- Unemployed or economically inactive
- Eligible to work in the UK



work-well.org.uk

Who we are

Founded in 2017, Work Well helps people experiencing mental health problems such as **anxiety** and **depression**, move in to **paid work**. Aimed at **25 and overs** in the London boroughs of **Lewisham, Southwark and Lambeth**, the project aims to support over 900 local residents.

Work Well is run by **Career Management Service (CMS)** at **South London and Maudsley NHS Foundation Trust (SLaM)**. Over the last 12 years, CMS has delivered support to over 3,500 people with mental health conditions in Southwark and Croydon.

How we can help you

At Work Well we understand that no two people are the same, that's why we do not believe in a 'one-size-fits-all' approach. Here are just some of the things our Career Coaches can help you with:

- Create an eye-catching CV
- Brush up on your interview techniques
- Find you voluntary work placements
- Guidance in finding job vacancies and completing job applications
- Help you decide what kind of job you want
- Put you in touch with employers
- Find training/education programmes to qualify you for your ideal roles
- Manage your debts

What our clients say

"I had anxiety about the stigma attached to my mental health and how that stigma would affect my future working life. This stressed and depressed me. I have only met with a Work Well Career Coach four times so far but it has already done much to help me feel better about what has happened and what might be possible in the future."

- **Keith, 2018**

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South London
and Maudsley
NHS Foundation Trust


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