

## Useful websites

**Employment rights**  
[www.acas.org](http://www.acas.org)

**Health and Safety Executive – Duty of care**  
[www.hse.org.uk](http://www.hse.org.uk)

**Benefits advice and information**  
[www.gov.uk/browse/benefits](http://www.gov.uk/browse/benefits)

**Volunteering**  
[www.do-it.org](http://www.do-it.org)

**Benefit advice and calculator**  
[www.turn2us.org](http://www.turn2us.org)

**Benefit and employment advice**  
[www.citizensadvice.org](http://www.citizensadvice.org)

**CAB leaflets**  
[www.adviceguide.org](http://www.adviceguide.org)

**Debt advice**  
[www.stepchange.org](http://www.stepchange.org)

**Mental health and employment**  
[www.mindfulemployer.net](http://www.mindfulemployer.net)  
[www.dpt.nhs.uk](http://www.dpt.nhs.uk)

**Career planning and advice**  
[www.nationalcareersservice.org](http://www.nationalcareersservice.org)

**Pluss**  
[www.pluss.org.uk](http://www.pluss.org.uk)

**Workways**  
[www.workways.org.uk](http://www.workways.org.uk)

## How to contact TALKWORKS

Call:  
**0300 555 3344**

website:  
**TALKWORKS.dpt.nhs.uk**



@DPT\_TALKWORKS

If you require this leaflet in a different format or language please ask a member of our staff.

If you would like to provide feedback about our service please contact:

### **Patient Advice and Liaison Service (PALS)**

Devon Partnership NHS Trust  
Franklyn House  
Franklyn Drive  
Exeter, EX2 9HS

**t:** 01392 675 686  
**e:** [dpt.pals@nhs.net](mailto:dpt.pals@nhs.net)

[TALKWORKS.dpt.nhs.uk](http://TALKWORKS.dpt.nhs.uk)



Devon Partnership  
NHS Trust

**TALKWORKS**  
IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING

**SUPPORTING  
YOU TO FIND  
AND STAY IN  
WORK**

Our Employment Support Coordinators provide information, guidance and support about all aspects of employment to people who are using **TALKWORKS**

## Support to stay in work

If you are struggling at work or signed off sick with anxiety or depression we can help you manage your sickness absence and help you get back to work. With your consent we can talk to your employer.

We offer independent and impartial advice

We can support you with:

- Managing your sickness absence
- Meetings with managers and staff
- Returning to work after time off
- Exploring reasonable adjustments
- Managing workload and tasks to help reduce anxiety
- Advice on occupational health appointments and more.

## How we can help

Our Employment Support Coordinators are part of **TALKWORKS** and have many combined years of experience in the specialist field of mental health and employment.

Working with you we provide information, guidance and practical support about all aspects of employment for people who are using services from **TALKWORKS**.

In all cases, support is focused on your individual interests and needs.

We work closely with many other services who provide advice, information and help in finding and staying in employment. We make sure appropriate use is made of these services and that up-to-date information is available.



We can specifically help to:

- Find appropriate local sources of work, or signpost you to learning and volunteering opportunities
- Identify your skills, strengths and experience that could apply in a variety of jobs
- Provide you with information, advice and guidance on local employment

We are not an employment agency or a job broker so seeing us does not affect your entitlement to benefits.

If you think this support could help you please speak to your **TALKWORKS** therapist to arrange a referral.

Your contact with us will be confidential and we will not contact your employer without your consent.