



# Looking for a New Job or Need Help Staying in Your Current One?

If you're part of Talking Therapies or receiving support from them, we're here to assist with your employment needs.

**Our one-to-one support is tailored to your unique situation.**

Anyone currently receiving support from an NHS Talking Therapies team across the Black Country is eligible to access this service.

For more information speak to your therapist or contact:

## Dudley

bchft.dudleyemploymentadvisorstalkingtherapies  
@nhs.net  
07584 509177

## Sandwell

bchft.sandwellemploymentadvisorstalkingtherapy  
@nhs.net  
07570 722126

## Walsall

bchft.walsallemploymentadvisorstalkingtherapies  
@nhs.net

## Wolverhampton

bchft.wolvesemploymentadvisorstalkingtherapies  
@nhs.net  
07552 864781



Black Country Healthcare  
NHS Foundation Trust



# NHS Talking Therapies Employment Service

Are you signed up with Talking Therapies?  
Need help to find or keep a job?



## Job Hunting

- Help with CVs and application forms
- Preparing for interviews
- Searching for jobs
- Recognising your skills and strengths
- Discussing health conditions or convictions
- Filling out job start forms
- Boosting your confidence

## Staying Employed

- Creating Wellness Action Plans
- Identifying work-related triggers and solutions
- Understanding your employment rights
- Referring you to specialist employment support
- Sharing health info with your employer
- Discussing workplace adjustments
- Help with transitioning to a new role

## Getting Back to Work

- Crafting Return to Work plans
- Addressing concerns and finding support for your return
- Assistance with Occupational Health assessments
- Checking your employer's obligations
- Exploring workplace adjustments
- Building confidence for your return
- Discussing health issues with your employer

## Additional sources of help

Black Country Women's Aid  
0121 552 0090  
[www.blackcountrywomensaid/locations/wolverhampton](http://www.blackcountrywomensaid/locations/wolverhampton)

Citizen's Advice Bureau  
0800 144 8848  
[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

## If you need immediate help

If you are in crisis and need help with your mental health as a matter of urgency, we recommend speaking to your GP in the first instance so they can choose the most appropriate NHS service to help.

Out of hours you can call 111  
(or 999 in an emergency).

You can also call the following services for support if you feel you need immediate support:

- Samaritans 116 123 (24-hour helpline).
- 24/7 Black Country Mental Health Helpline 0800 008 6516.
- or attend Accident and Emergency at your local Hospital.

**We're committed to supporting your employment journey every step of the way!**