



## Working Together

Support to stay in work

Is anyone you know off work or struggling to stay in work as a result of stress or mental ill health?

Would they benefit from tailored one to one and group support to help them reconnect with or stay in work?

### About Working Together

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Working Together provides support to people who are off work or struggling to stay in work as a result of stress or other mental ill health.

Support includes:

- One to one support to identify barriers and challenges in the workplace and develop coping strategies.
- Liaison with employers to develop action plans and make work place adjustments as appropriate
- Mentoring and advocacy support to build self confidence and resilience
- Peer support through local networks where users can share experiences and coping strategies.
- Skills and personal development training to develop strategies and enhance coping mechanisms
- Work with employers to support employees more effectively and improve understanding of mental health in the work place.

### Who can get support?

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Support is available to anyone in the care of a GP or any mental health professional working in the statutory sector.

### How can I get support?

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GPs and mental health professionals can make referrals directly to Onside's Gateway team.

Telephone: 0844 248 9248

Email: [info@onside-advocacy.org.uk](mailto:info@onside-advocacy.org.uk)

People can self refer but will need to visit their GP about work related stress or be receiving support from mental health professionals.

Our skilled and trained staff will undertake assessments and work with users and employers to develop a personal development plan which will be reviewed regularly. One to one and group Mentoring and/or Advocacy support will enable users to:

- Build confidence and resilience helping them to maintain or re-engage with work.
- Access other types of support to meet their needs as appropriate including Access to Work and Onside's specialist advocacy services.

- Access training, personal and skills development that supports recovery.

We also provide support to employers to improve understanding of mental health in the work place including:

- Work with managers and team leaders to understand their needs and concerns and explore how they can more effectively support people in the workplace.
- Mental health awareness and management information appropriate to the work place.
- Support to make adjustments in the work place including phased return as appropriate.

## About Onside

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Onside Independent Advocacy is a well established local, specialist, charity. We have built an excellent reputation for the delivery of high quality services by trained and skilled staff and volunteers over 20 years. We aim to ensure that all people are treated fairly as citizens, their rights are respected and they have a voice in decisions affecting their lives through the delivery of a range of advocacy and mentoring services. We deliver services across Worcestershire and Herefordshire under contract to the NHS and district and county council partners.

## Working Together is funded by

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## Contact us today

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