



Happier | Healthier | Hopeful

First Step Employment Support

Specialist support to help you find, keep or return to work

How do I get employment support?

You can access employment support if you are receiving a talking therapy from a First Step practitioner. First Step Employment Advisors are members of First Step and work alongside First Step Practitioners to provide integrated employment support. Your First Step Practitioner can discuss the types of support that might be helpful for you.

How can you support me?

If you are worrying about finding a suitable job or you are feeling worried or depressed because of difficulties at work, our fully trained practitioners can refer you to one of our First Step Employment Advisors for help and support if this is something that you feel you need.

We will help if you are unemployed & looking for work by:

- offering you careers advice and guidance
- arranging work placements or tasters
- identifying suitable training courses
- creating a CV, searching for jobs or filling in job applications
- completing a better off in work calculation
- arranging a referral for welfare benefits advice

We will help you if you're absent from work (on sick leave) by:

- discussing reasonable adjustments with you and your employer
- assessing your job role and recommending changes
- managing your health & wellbeing at work
- giving you & your employer strategies to manage how you feel at work
- helping you to deal with difficult relationships at work

We will help you if you're struggling to cope at work by:

- Identifying solutions to improve your wellbeing at work
- Mediation with your employer / line manager
- Supporting occupational health advice and assessments
- Providing advice to you and your employer about the Equality Act 2010



Contact us

If you have any questions about First Step or want to find out more about getting employment support, please contact:

First Step, Elmwood, 2a Tynefield Drive, Penrith, CA11 8JA Tel 0300 123 9122
Or visit us online - www.firststepcumbria.co.uk

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: PET@cumbria.nhs.uk Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call: 01228 603890

E:communications.helpdesk@cumbria.nhs.uk

Or write to Engagement and Communications

Voreda House | Portland Place | Penrith | CA11 7QQ

Confidentiality

‘The Trust’s vision is to keep your information safe in our hands.’

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and you can request a copy of the information we hold about you at any time.

First Step Practitioners and First Step Employment Advisors work alongside each other to provide integrated employment support and will have shared access to your information. Please speak to your First Step Practitioner if you have any questions about your information and your clinical record.

For further information contact the Information Governance Team on 01228 608998 or email Information.Governance@cumbria.nhs.uk

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