

# Pathways to Employment

Develop goals and work on a plan to get there

We all have mental health and the effects of poor mental health can be devastating in all areas of life, not least in gaining and remaining in employment. No matter where you are on your journey we're here to help.



**You can access the service if you are:**

- aged 16 or over
- living in Bradford, Airedale, Wharfedale or Craven
- out of work or on sick leave with enduring mental health problems
- wanting to work towards a specific goal such as education, training, voluntary or paid work



I immediately felt at ease with my Employment Worker. I was able to open up with no judgment. They helped me return to work but more importantly helped me with my mental health. I'm so much happier and more confident!

Alex



### Help along the way

Whether you want to develop new skills, undertake a new qualification, gain some work experience, or explore a new career choice - we can support you.

We offer:

- one-to-one coaching
- action planning and goal setting
- creating cover letters
- structured job searching
- support with the application process
- interview preparation

Together, we can explore areas for self-development; you can take our free Confidence for Work or self-development workshops.

Whatever step you're ready to take, we have an experienced and empathetic team here to support you.



## The Cellar Trust

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### Help when you get there

Once you are in employment, voluntary or paid, we will still be here to help you settle in your new role.

### Staying in work

Whether you are an employer with concerns about a member of your workforce, or an employee experiencing difficulties with your mental wellbeing, you may need support with work retention and sick leave. We can offer the following services to support you:

- One-to-one coaching and regular progress reviews
- Action planning and goal setting
- Negotiating reasonable workplace adjustments
- Return to work strategy

To access or find out about any of our services, contact us or visit our website:

### How to contact us

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01274 586 474

[referrals@thecellartrust.org](mailto:referrals@thecellartrust.org)

[thecellartrust.org](https://thecellartrust.org)

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### Follow us

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