

Durham and Darlington Talking Therapies



Durham and Darlington Employment Service

Mental Health Matters are working in partnership with NHS Durham and Darlington Talking Therapies to provide employment related support to individuals who are accessing Talking Therapies.

The aim of the service is to help people across the county to be able to access psychological therapy and social care support, to help them achieve better psychological health and wellbeing, enabling them to gain, return or remain in employment and to participate in daily living activities.



What do we do?

- Provide Individual Action Planning.
- Confidence Building.
- Personal Development.
- Work placements/Voluntary work.
- Training and Qualifications.
- Practical help including CV writing, job searching, application forms and interview techniques.
- Signposting to other agencies i.e. for support around benefit, debt, housing etc.
- Job retention i.e. Identifying difficulties at work and work towards solutions, providing information and advice around employment and disability related legislation.
- Money guidance and cost of living advice.

Eligibility Criteria

Individuals currently accessing NHS Talking Therapies services who are employed, off sick from work or are unemployed and looking to find work.

Learn more:

- Please visit our website at:
www.mhm.org.uk/durham-darlington-employment-service or you can email:
tewv.ttemploymentsupport@nhs.net.

In Partnership with

