

# TAKE THE FIRST STEP

**We'll help you gain the confidence to get back into the workplace.**

HeadsUp provides support, advice and mentoring to people with common mental health problems to help them get back into the workplace after a period of long-term unemployment.



## Strength in numbers

You'll work with a peer support worker (someone who's been in your shoes) to improve the practical skills you need to help you find a job such as writing a great CV.



## Boost your confidence

Take part in interactive workshops designed to explore the emotional obstacles that might be standing in the way of you finding a job such as anxiety or negative thought patterns.

[ENABLEEAST.ORG.UK/HEADSUP](https://enableeast.org.uk/headsup)

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