

# helping hands



## Supporting people with mental health problems into employment

If you experience mental health problems and would like to find employment, Helping Hands can give you the personalised one-to-one support you need to find a job.

If you are aged 18+ and live in Nottinghamshire (not Nottingham City), Helping Hands will provide an Employment Advocate who will work with you to:

- identify any barriers that may be preventing you from finding work
- provide you with support, advice and guidance to overcome barriers
- help and prepare you for your job search.

When you are successful in finding a job, Helping Hands will provide you with ongoing support at work.

Turn over to find out if you are eligible for support from Helping Hands.



Contacting  
**helping hands**  
is easy, call free on:  
**0800 111 4262**  
or text:  
**07508 196417**  
or email:  
**helpinghands@frameworkha.org**  
or visit:  
**www.frameworkha.org/eve**



European Union  
European Social Fund  
Investing in jobs and skills



Part of the Department for  
Work and Pensions



A specialist service from

framework  


## The service you will receive through Helping Hands includes:

- access to courses which are relevant for work
- confidence building
- advice on how to manage your mental health problems at work
- help with completing application forms and CV preparation
- interview advice and practice
- debt and benefits advice

## Who can be referred to Helping Hands?

You can refer yourself to Helping Hands or others can make a referral on your behalf. Referrals can be made by a range of public sector and voluntary organisations and professionals, including GPs and health professionals such as Community Psychiatric Nurses; Jobcentre Plus; Probation Services; Housing Support services and Pathways to Work.

To be referred, you must be:

- aged 18 or over
- live in Nottinghamshire (not Nottingham City)
- consider yourself or be considered by others (e.g. GP, Community Psychiatric Nurse) to experience mental health problems
- be motivated to enter into employment

Contacting

# helping hands

is easy, call free on:

## 0800 111 4262

or text:

## 07508 196417

or email:

[helpinghands@frameworkha.org](mailto:helpinghands@frameworkha.org)

or visit:

[www.frameworkha.org/eve](http://www.frameworkha.org/eve)



Helping Hands is provided through Framework's specialist EVE (Education, Volunteering and Employment) service



European Union  
European Social Fund  
Investing in jobs and skills



Part of the Department for  
Work and Pensions



A specialist service from

framework