

steps2wellbeing

Employment Advice Service

**Does your work have an impact on
your mental health?**

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on your work?**



"The Steps 2 Wellbeing Employment Advice Service were very helpful, understanding and supportive. It was the communication between my GP and the Employment Advice Service, in a supportive way, that was the starting point to my recovery."

Jamie, a Steps 2 Wellbeing Service User

www.steps2wellbeing.co.uk

Southampton: 02380 272 000

Bournemouth & Christchurch: 0300 790 0542

West Dorset: 0300 790 6828

Poole, Purbeck & East Dorset: 0300 123 1120

Who can we help:

The Employment Advice Service is available to anyone who is accessing support through the Steps 2 Wellbeing service.

If you are struggling with any of the following, we can help you:

- Work place stress
- Knowing your rights
- Talking to your manager
- Finding work
- Work and life are out of balance
- Employment advice

We can provide help in various ways:

- Face-to-face support
- Telephone support
- Advice and guidance
- Signposting
- Practical tips

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