

For more information, advice and support:

**Call**

Bristol Mental Health Employment Service  
0117 923 2741 (9am–5pm, Monday to Friday)

**Email**

[enquiry.bmhemployment@richmondfellowship.org.uk](mailto:enquiry.bmhemployment@richmondfellowship.org.uk)

**Visit**

[bristolmentalhealth.org](http://bristolmentalhealth.org)

**This service is free, impartial and confidential**

Bristol Mental Health Employment Service works alongside the services that make up Bristol Mental Health Services, and also works across South Gloucestershire and North Somerset.



an expert group of charities inspiring recovery together



# Bristol Mental Health Employment Service

also covering South Gloucestershire & North Somerset

## Support to find or stay in work.

## Who can we help?

Anyone who:

- has a mental health support need or condition
- is over 18
- wants to find or stay in employment
- lives within the Bristol, South Gloucestershire & North Somerset boundaries – or has a GP in any of those areas.

If you've been off work due to your mental health and want to get back into employment, we can help you to do this in a way that's good for your wellbeing.

If you're experiencing a mental health problem such as stress, anxiety, depression or other conditions such as bi-polar we can support you to stay in work.

We also work with employers to raise their awareness about mental health in the workplace and what they can do to support their employees.

## How to get support from us

You can contact us directly if you need support.

**Call: 0117 923 2741**

**email:** [enquiry.bmhemployment@richmondfellowship.org.uk](mailto:enquiry.bmhemployment@richmondfellowship.org.uk)

When you call or email someone will offer support and advice right away and complete a referral form with you if you need more on-going support.

For information or advice visit:

[bristolmentalhealth.org/services/employment-service](http://bristolmentalhealth.org/services/employment-service)

## The support we offer

We offer support to

- find paid work
- become self-employed
- build confidence
- write a CV
- practice interview techniques
- approach employers
- get advice on career development and training plus much more.

Our Employment Advisors work Monday to Friday 9am until 5pm. Out of hours work is available by arrangement. We can meet people in their local communities such as in cafes, libraries, community centres, or GP surgeries.

We work closely with other services in Bristol, South Gloucestershire and North Somerset and mainstream employment services to ensure we provide the right support for individuals.

We offer person centred support, helping individuals to develop personal action plans which focus on their strengths, skills, values, aspirations and opportunities.

The service is run by [richmondfellowship.org.uk](http://richmondfellowship.org.uk) in partnership with [mentalhealthmatters.com](http://mentalhealthmatters.com) both national providers of mental health support.

