



HM Government



Essex Partnership University
NHS Foundation Trust

Employment Support in Primary Care **Job Retention**



Helping you to manage your
mental and physical health
in the workplace



Essex
Employment Retention Service



Essex County Council
Adult Social Care

Is a mental or physical health illness causing you or someone you know to be absent from work or to be struggling at work?

By making a referral to the Employment Support in Primary Care Job Retention Service, we can provide support to overcome this

What we do:-

- Complete an assessment with you to fully understand the issues that you are facing
- Discuss the triggers at work or elsewhere that affect your mental or physical health and how this impacts on your work
- Support you with putting together a plan to help you return to or stay in work
- Discuss phased returns that will help you with a transition back to the workplace
- Consider appropriate reasonable adjustments that would support you to return and remain in work
- With consent, provide support at formal meetings with employers, occupational health services
- Support you and your employer with signposting and advice on additional services
- Help with putting together a Wellness Action Plan, which will provide a plan for you and your employer to help you stay well at work

If however, you consider that due to your illness, you need to leave your current role we will support you with planning an exit and wherever possible link you in with services to support you find alternative employment.

We are not able to provide legal advice and would signpost you should this be required.

Eligibility

To be eligible for our service you need to be a resident of the Essex County Council area outside of Southend or Thurrock and suffering from ongoing mental or physical health illness that is affecting your ability to carry out your work.

How to ask for a referral

If you are thinking about finding full or part-time work, or would like more information around employment you can ask to be referred to your local Employment Specialist by a member of your Primary Care Network team.

Alternatively you can self-refer by emailing **epunft.ipsinprimarycare@nhs.net** if you live in Mid or North Essex or **epunft.refer@nhs.net** if you live in South or West Essex or complete your details below and hand this leaflet to reception at your GP surgery.

Our Employment Specialists cover the following locations:

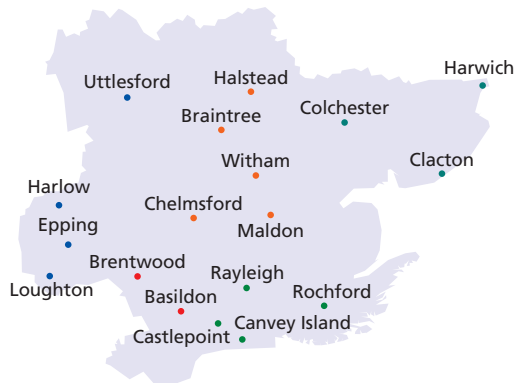
Mid Essex: Chelmsford, Braintree, Witham, Maldon, Halstead.

North East Essex: Colchester, Clacton, Harwich.

West Essex: Harlow, Epping, Loughton, Uttlesford.

South West Essex: Basildon, Brentwood.

South East Essex: Rayleigh, Canvey Island, Castlepoint, Rochford.



Expression of interest:

I am interested in receiving support from the Job Retention Employment Service and give consent for my contact details to be provided

Name

Telephone

Email

Signature

Date

Mid and North Essex – email: epunft.ipsinprimarycare@nhs.net Tel: 0300 7900 573

South and West Essex – email: epunft.refer@nhs.net Tel: 01279 450299

Patient Advice and Liaison Service (PALS)

If you have any concerns or need advice about accessing NHS services, you can speak in confidence to PALS on **0800 085 7935** or you can email **epunft.PALS@nhs.net**

This leaflet can be produced in large print, CD, Braille and other languages on request.

largeprint



Essex Partnership University NHS Foundation Trust regards equality and diversity as integral to the way it works. Our staff will ensure that everyone is treated fairly and no one is discriminated against on the basis of their ethnicity, gender, disability, age, sexual orientation and religion or belief.

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Mid and North Essex – email: epunft.ipsinprimarycare@nhs.net Tel: **0300 7900 573**

South and West Essex – email: epunft.refer@nhs.net Tel: **01279 450299**

The Employment Support in Primary Care Job Retention Service is delivered for Essex County Council by: