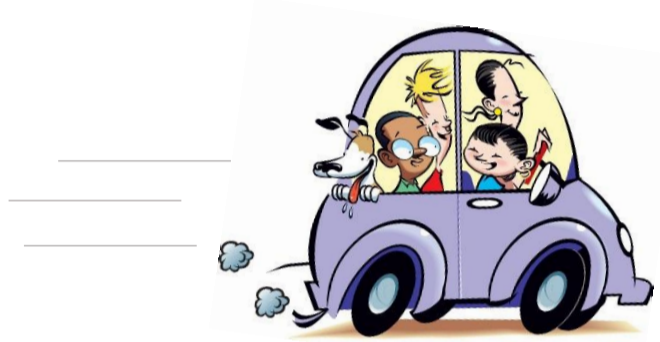
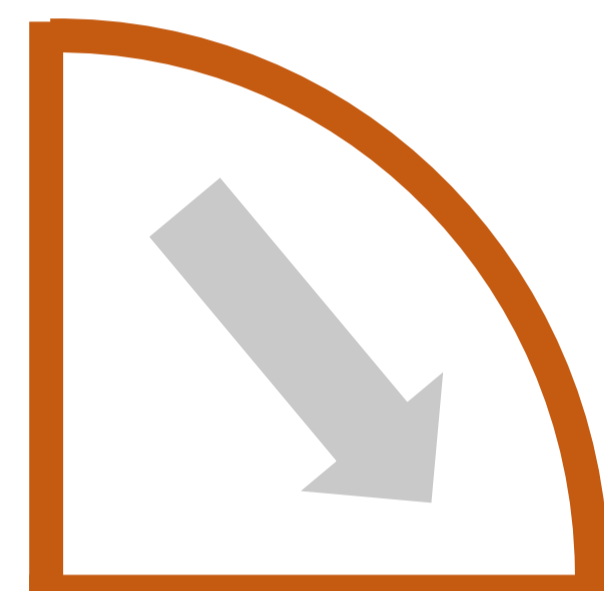
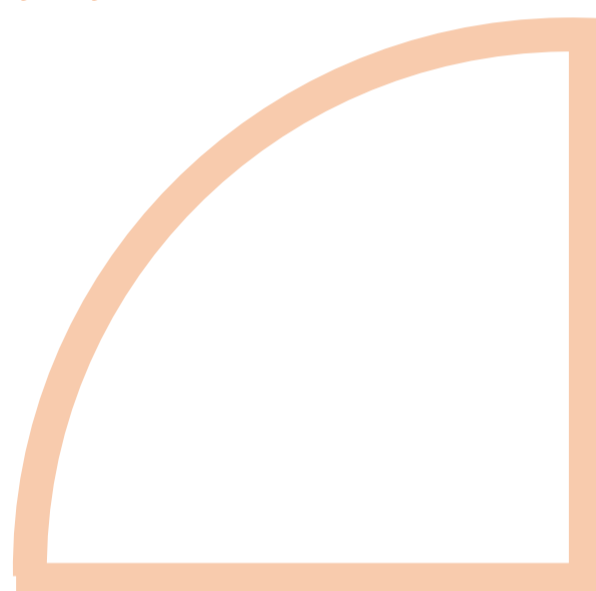
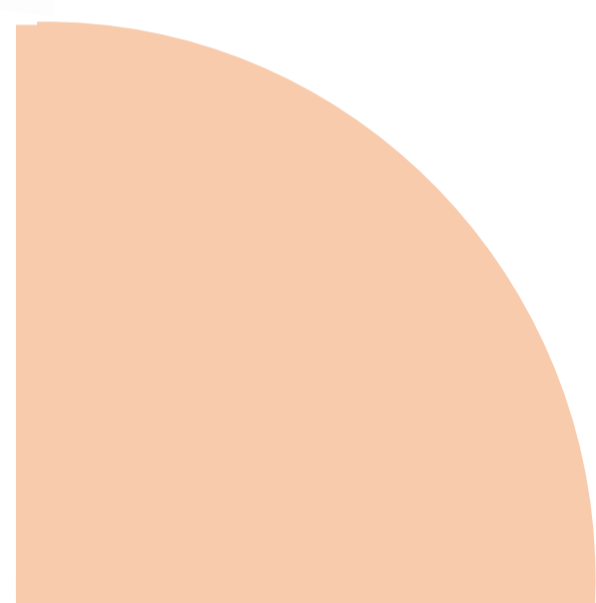


Tackling your Mental Health Barriers in regards to Seeking Employment

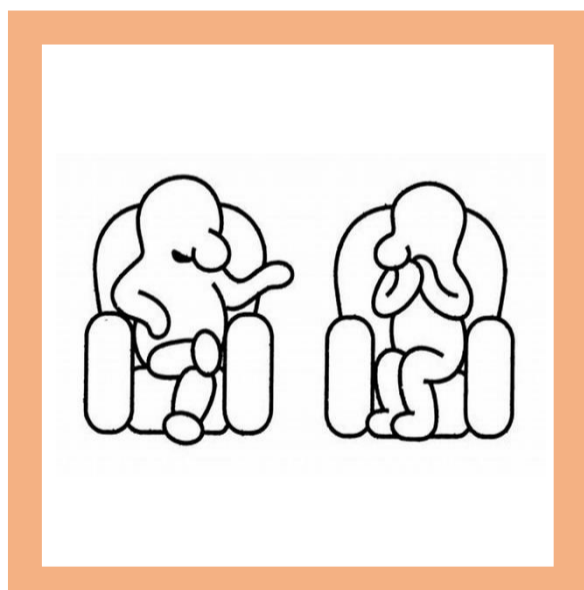
Burton and District Mind are currently running a Building Better Opportunities Project. If you are struggling with your mental health and it has become a barrier in finding employment then this project is for you!



Join the Pathway to Employment through our support...



One to one
Counselling



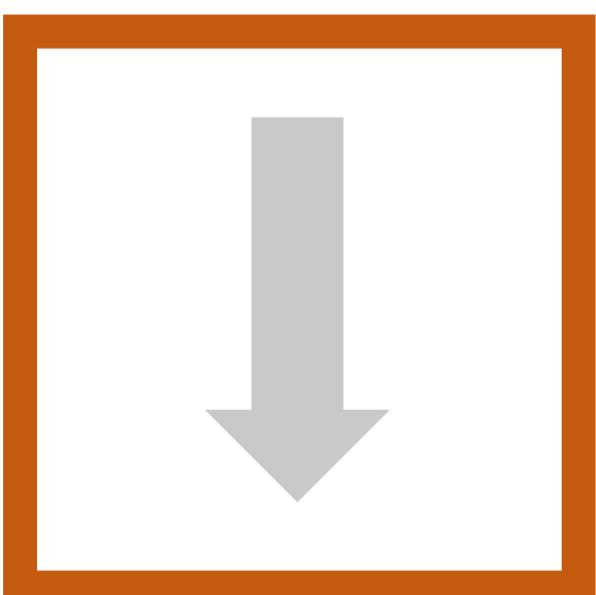
Volunteer
Opportunities



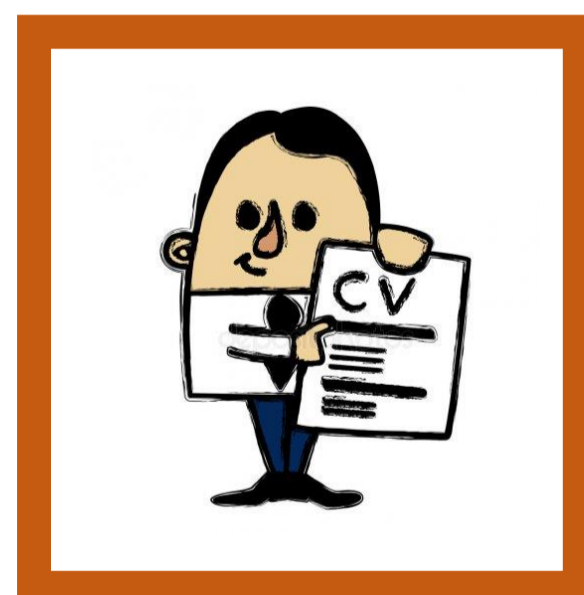
Interview
Preparation



Training
Opportunities



Relaxation
Classes

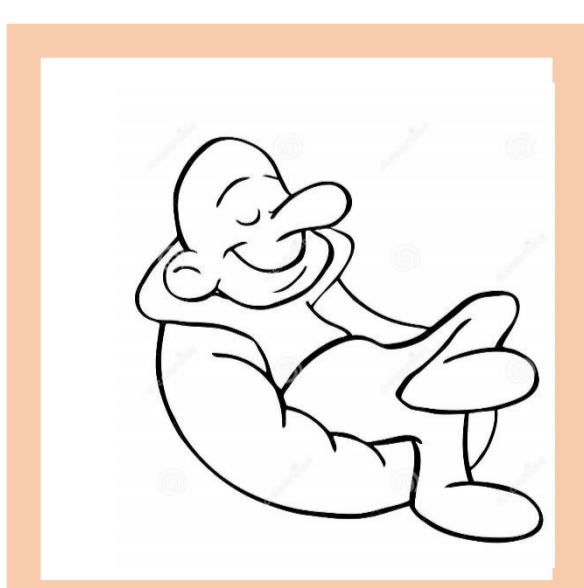


CV Workshops



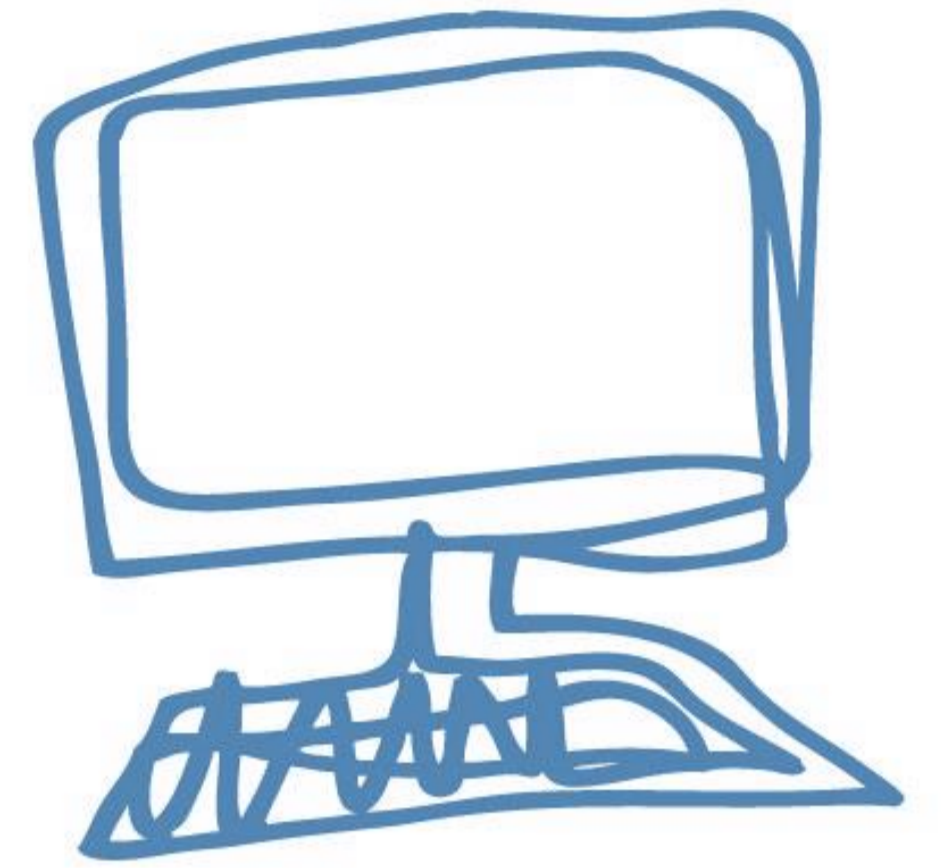
Job Search &
Application

Anxiety
Management



What Is The Building Better Opportunities Project?

The Building Better Opportunities project is aimed at those unemployed*, 16+ and wanting support in finding training/employment. The project helps to reduce any mental health barriers stopping employment.



The Project can offer Mental Health Support:

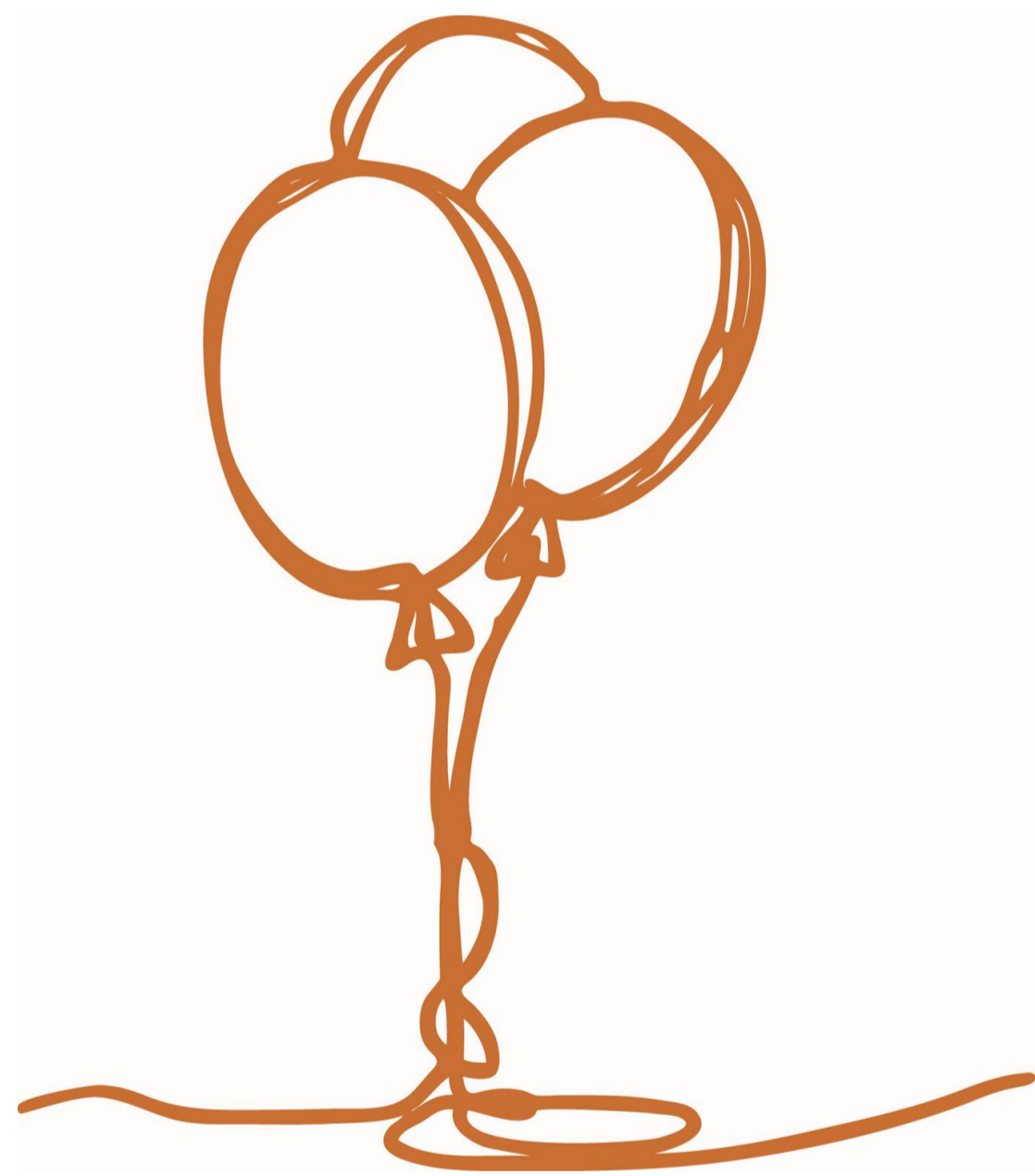
- Counselling
- Holistic Therapy
- Relaxation Groups
- Exposure Work
- Anxiety Management

The Project also offers employment support:

- CV Workshops
- Finding Training courses
- Help with job applications
- Finding volunteer positions
- Writing Cover Letters
- Interview Preparation

What you can gain from the project:

- Increased Self-esteem
- More positive well-being
- Help managing anxious thoughts
- Help removing barriers to employment

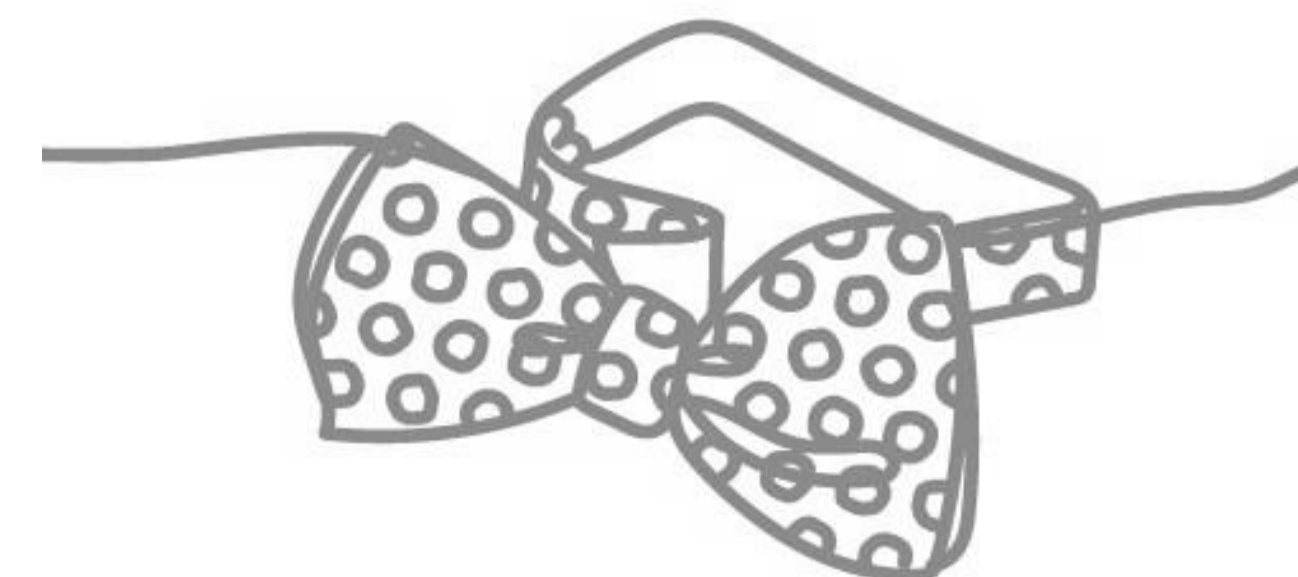


If we could help you or anyone you know contact:
Burton and District Mind

67 Branston Road, DE143BY

Email: info@burtonmind.co.uk

Telephone: 01283566696



This Project is funded through the European Social Fund and The National Lottery through the Big Lottery Fund.

*Restrictions apply. Participants must be unemployed or economically inactive, with evidence of EU citizenship.