

# Individual Placement Support (IPS)

## Employment Support Service

**We know being in employment  
can positively impact your  
recovery and wellbeing.**

### What we do

We support people receiving care from all mental health teams, who are motivated to find paid employment or who's current job is at risk.

### Unemployed IPS pathway

You will be allocated an employment specialist who will work with you to reach your employment goals. The specialist will build a picture of your employment needs and goals, before working with you to agree a plan moving forward.

They will support you by following the **8 principles of IPS**:

1. Competitive employment is the goal. This is either a part-time or full-time paid position (at least minimum wage)
2. No one is excluded from the support if they are receiving care from one of our community mental health teams (diagnosis is no barrier)
3. Individual preferences are our focus (we job search around what you want to do)



4. We job search rapidly (within four weeks of working with you)
5. We are part of your mental health team and work closely with others involved in your care
6. We support you to get advice around benefits and how these will change once in employment
7. We can approach employers on your behalf to build a relationship based on your preferences (and with your permission)
8. We support you after you have obtained a job, until you feel comfortable, and we can also support your employer (with your permission)

## **What support looks like practically?**

Your employment specialist (ES) can assist you with:

- Creating and tailoring a CV
- Job searching
- Job applications
- Interview preparation and practice
- Sharing information about your mental health with the employer (if you wish to do this)
- Supporting employer discussions (if you want us to)
- Staying well in work
- Obtaining benefit advice
- Supporting if their job is at risk

Our retention support can help you to return to work or remain in your job.

**Get in touch: [livewell.ipsessteam@nhs.net](mailto:livewell.ipsessteam@nhs.net)**

**If you would like this leaflet in another language, please contact us.**