## Twiningenterprise mental wellbeing through work







European Union European Social Fund



Specialist employment support for people with mental health issues across 14 London boroughs. We can offer:

- Individual placement & support (IPS) service
- Careers advice & guidance
- Support with CV writing & application forms
- Tips & tricks to find the right jobs
- Mock interviews

- Confidence building
- Motivation tips
- Stress management
- Looking at the pros & cons of disclosure
- Welfare benefits advice
- In work support



If you are over 18, experiencing a mental health issue and looking to get back into work contact us now to find out if you qualify for free and confidential support:

> info@twiningenterprise.org.uk 020 8840 8833 www.twiningenterprise.org.uk

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