

# Thriving at Work: One to One Support

For people in employment experiencing mental health challenges.



## How Do You Want to Feel at Work?



- Supported?
- Motivated?
  - Engaged?
  - Valued?
- Purposeful?

We often spend a significant part of our time at work. Managing mental health challenges can affect your confidence and wellbeing in the workplace and have a knock on affect to other areas of your life. We offer free, confidential, one to one mentoring support for people in employment whether you have a formally diagnosed mental health problem or not.

These person centred sessions could help you:

- Have time and space to discuss issues affecting your wellbeing.
- Feel empowered to find solutions and take action, including connecting with nature.
- Achieve a work-life balance.
- Build resilience and ways of coping with work-related stress.
- Build confidence in asking for the support you need.
- Look at next steps for your career progression.
- Access other resources, including from our network of partners.

If you live in York, are currently in work, and would like to know more please email [esther@stnicks.org.uk](mailto:esther@stnicks.org.uk).

Thriving at Work is a collaborative project involving a number of different organisations across York, North Yorkshire and East Riding to create inclusive, accessible, and healthy workplaces.



This programme is co-financed by the European Social Fund