

# **Supporting Students and Graduates with Mental Health Difficulties**

## **Sources of information and advice on careers and employment**

This resource is one of the outcomes of a HEFCE funded Student Psychological Health Project and was produced collaboratively with the University's Careers Service.

Further information about the project can be obtained by viewing the web-site:

# **Supporting Students and Graduates with Mental Health Difficulties**

## *Sources of Information and Advice on Careers and Employment*

### **Disability and Employment Organisations**

#### **Employment Opportunities**

Employment Opportunities is a national charity helping people with disabilities find and retain work. They also provide a range of support and advice to employers on disability and employment issues.

123 Minorities, London EC3N 1NT  
Tel 020 7481 2727  
Web-site: [www.opportunities.org.uk/](http://www.opportunities.org.uk/)

#### **Disability – Government Services**

Help and advice on employing people with mental health problems and on 'Access to Work' are available from the Employment Service through its local Placing, Assessment and Counselling Teams (PACTs). Telephone numbers for local PACTs are in the telephone directory under Employment Service or can be obtained from Jobcentres.

##### **Disability Discrimination Helpline**

Provides information and issues factsheets and other publications.

Tel: 0345 622 633

##### **Disability Discrimination Website**

Government's disability site with information for employers, advisers and individuals on initiatives including New Deal for Disabled People, the Disability Discrimination Act (DDA), Disability Rights Commission and the Advisory Committee for Disabled People in Employment and Training (ACDET). Useful links to other government sites, including DfEE and DSS.

Website: [www.disability.gov.uk](http://www.disability.gov.uk)

#### **Employers' Forum on Disability**

A national employers' organisation which promotes the employment of disabled people and provides general guidance on making reasonable adjustments in employment.

Nutmeg House, 60 Gainsford Street, London, SE1 2NY  
Information Line: 020 403 3020

Website: [www.employers-forum.co.uk/](http://www.employers-forum.co.uk/)

#### **EmployAbility**

An on-line careers training package aimed at disabled people, specifically students and graduates. Exercises, information and links on career management, opportunities in the communication sector, European study, work and training opportunities, and legislation.

Website: [www.nrec.org.uk/employability](http://www.nrec.org.uk/employability)

## **SCOPE: Fast-Track Management Development Programme**

A partnership between Scope and some of Britain's major employers which provides management development opportunities for high calibre people with disabilities.

6 Market Road, London, N7 9PW

Tel: 020 7619 7299

Email: [info@fast-trackpartnership.co.uk](mailto:info@fast-trackpartnership.co.uk)

Web-site: [www.fast-trackpartnership.co.uk](http://www.fast-trackpartnership.co.uk)

## **Ready, Willing, Able**

Produces a recruitment bulletin for disabled people.

27 Harborough Road, London, SW16 2XP

Tel: 020 8696 7006

Web-site: [www.readywillingable.net/](http://www.readywillingable.net/)

## **Richmond Fellowship Workchemes**

Provides training, work experience and support into employment for people with mental health problems.

80 Holloway Road, London, N7 8JG

Tel: 020 7697 3300

Web-site: [www.richmondfellowship.org.uk/](http://www.richmondfellowship.org.uk/)

## **Shaw Trust**

Activities include training and employment support for disabled people and support and advice for employers. Offers training, work experience and placements. Also helps people who have experienced mental health problems to resume their career or consider new lines of work.

Shaw House, Epsom Square, White Horse Business Park, Trowbridge, Wiltshire, BA14 0XY

Tel: 01225 716 300

Email: [stir@shaw-trust.org.uk](mailto:stir@shaw-trust.org.uk)

Website: [www.shaw-trust.org.uk](http://www.shaw-trust.org.uk)

## **SKILL (the National Bureau for Students with Disabilities)**

An independent organisation which aims to develop opportunities for people with disabilities and learning difficulties to progress through further and higher education into training or employment. Provides information resources to students and professionals working with them.

Chapter House, 18-20 Crucifix Lane, London, SE1 3JW

Information Service: 0800 328 5050

Web-site: [www.skill.org.uk](http://www.skill.org.uk)

**Workable**

Offers work placements to undergraduates and graduates with disabilities, including mental health difficulties. Schemes working in specific areas including: Insurable; Legable; Artsable; Mediable; Workable in the Civil Service and in the Creative Professions.

123 Minorities, London ED3N 1NT

Tel: 020 7553 0002

Email: [info@workableuk.org](mailto:info@workableuk.org)

Website: [www.workable.co.uk](http://www.workable.co.uk)

## Mental Health Organisations

There is a range of organisations dealing with mental health issues; the following are some of the main organisations providing information and advice on employment-related issues.

**Manic Depression Fellowship**

Provides advice and information, on issues including employment, to people affected by manic depression.

Castleworks, 21 St. George's Road, London SE1 6ES

Tel: 020 7793 2600

Email: [mdf@mdf.org.uk](mailto:mdf@mdf.org.uk)

Website: [www.mdf.org.uk/](http://www.mdf.org.uk/)

**Mental Health Foundation**

A research foundation which plays a vital role in prevention, treatment and care and publishes a range of information booklets.

20/21 Cornwall Terrace, London, NW1 4QL

Tel: 020 7535 7400

Email: [mhf@mhf.org.uk](mailto:mhf@mhf.org.uk)

Website: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

**MIND (National Association for Mental Health)**

A mental health charity working on behalf of people diagnosed, treated or labelled as mentally ill. Provides a national information and legal service, publishes a wide range of information booklets and offers a variety of support services in the community.

Granta House, 15-19 Broadway, London, E15 4BQ

Mind InfoLine: 08457 660 163

Email: [contact@mind.org.uk](mailto:contact@mind.org.uk)

Website: [www.mind.org.uk](http://www.mind.org.uk)

## **NSF (formerly the National Schizophrenia Fellowship)**

Dedicated to supporting a greater understanding of the problems experienced by people with severe mental health difficulties by providing information and support for everyone who is affected. Advises on employment issues, including adjustments in employment.

28 Castle Street, Kingston-upon-Thames, Surrey, KT1 1SS

Advice Line: 020 8974 6814

Website: [www.nsf.org.uk](http://www.nsf.org.uk)

## **@ease**

Part of NSF, this website is designed for young adults, including students, who experience problems. Practical support and information that helps to break down the myths about, and stigma attached to, mental illness.

c/o NSF, 30 Tabernacle Street, London, EC2A 4DD

Tel: 020 7330 9100

Email: [info@at-ease.nsf.org.uk](mailto:info@at-ease.nsf.org.uk)

Website: <http://at-ease.nsf.org.uk>

## **Publications**

### **A Level Playingfield?**

*AGCAS (2000)*

Equality and Diversity: A job hunting guide for students and graduates - how to challenge unfair discrimination.

### **A practical guide to employment adjustments for people with mental health problems**

*The Employers' Forum on Disability (1998)*

This guide for employers covers: the Disability Discrimination Act; tackling causes of mental health problems; working with people with mental health problems; changing attitudes; disclosure; confidentiality; recruitment and selection; adjustments to the workplace; stress; and further help and advice.

### **Action Pack on Mental Health and Employment: A guide to good practice**

*MIND (1991)*

A series of six briefings to assist employers in developing positive mental health policies in terms of recruitment procedures.

### **Contact: A Directory for Mental Health**

*Department of Health (1997)*

A handbook containing information on over 160 organisations providing help and information.

[www.doh.gov.uk/mentalhealthcontact](http://www.doh.gov.uk/mentalhealthcontact)

**Disability Discrimination Act: What employees and job applicants need to know**  
*Department for Education and Employment (1998)*

Explains what the DDA means for a disabled person in or looking for work. What counts as a disability (including mental health problems), declaring disability and the responsibilities of employers.

**Disabled people and employment**  
*Helen Barnes, The Policy Press, Joseph Rowntree Foundation (1998)*

A review of research and development initiatives intended to help disabled people get or stay in work.

**New Perspectives - a handbook for careers staff working in higher education with students with disabilities**  
*Skill (1995)*

Manual for careers staff in HE: raising awareness; providing a service; information; hints; case studies; publications and contacts.

**Not Just Sticks and Stones: A Survey of the Stigma, Taboos and Discrimination Experienced by People with Mental Health Difficulties**  
*Jim Read and Sue Baker, MIND (1996)*

Results of a survey commissioned to investigate discrimination faced by people with mental health problems, and the extent to which it affects their everyday lives.

**Recognising ability: make your experience count**  
*Learning from Experience Trust (1997)*

A pack for people with disabilities wanting to make the most of their abilities. Helps people to tackle barriers they may face when seeking employment.

**Skill information sheets**  
*Skill produces leaflets on a range of issues including:*

'Training, careers and work for people with disabilities'  
'Employment service help for people with disabilities'  
'Looking for work: disclosing disability'  
'Getting a job'  
'Careers information for students and graduates with disabilities'.