

Employ//Able

MOVING FORWARD TO A LIFE THAT WORKS

poppy
scotland

SAMH
for Scotland's mental health

Employ-Able is a Poppyscotland service
in partnership with SAMH.

If you think Employ-Able might be for
you, get in touch.

Call: 0131 550 1568

Visit: www.poppyscotland.org.uk

Email: gethelp@poppyscotland.org.uk

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Finding and keeping the job that's right for you can be an uphill battle. Sometimes we need a hand to move forward and get the best out of life.

At Poppyscotland we understand that employment can be difficult for a number of reasons. That's why we offer individual and group support through our Employ-Able programme, helping you to:

- Deal with any issues hindering your progress
- Decide which career or job you want to pursue
- Prepare a plan to help achieve your goals
- Find the job, volunteer option or work placement that is right for you
- Feel confident about your future through ongoing support



'I wouldn't have done any of it without my Employ-Able Advisor, I'm rubbish at paperwork. I tried this myself in the past and gave up.'

Programme Participant



'I'm motivated, focused and excited about the future. I know what I'm capable of and I know how to get there – if I keep going I'm certain I can achieve my goals.'

Programme Participant

Employ-Able is designed to find the job that fits you. This might involve additional training, volunteering or a work placement. Everyone's story is different, so we tailor our approach differently for everyone we work with – whether this means taking into account your health or any other circumstances affecting you right now.

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Our one-to-one support helps to:

- Increase confidence and motivation
- Overcome barriers, such as health, to achieve your goals
- Find pre-work options, like volunteering or work placements
- Write your CV, start the job search and make job applications
- Get the job or placement to suit your needs
- Keep the job or placement through regular contact with your Advisor

Our group work helps you to:

- Improve your health and wellbeing
- Learn helpful communication skills
- Manage difficult situations
- Change unhelpful habits and behaviours
- Problem solve
- Prepare for work
- Understand team work