[Music]

I'm so stressed I keep having panic attacks at work and I'm worried I'm going to lose my job. My back hurts so much sitting at a desk I'm worried that if I get a job I won't be able to stay working. My autism means that I struggle with the social interaction of job interviews so I never do well in them I

've got long COVID which is affecting my work I'm scared I'm going to lose my job and end up homeless I'm in supported housing if I get a job I'm concerned I might lose my accommodation many people don't realise that they can seek employment support through health professionals. Thrive into Work can help you overcome the barriers you have for employment whether you're in a job already or you are looking for work through one-to-one mentoring benefit advice helping you understand your condition engaging and educating employers and job searching personalised support means getting the right job for you and we stay in touch even when we've helped you get that job to make sure you're supported.

 I'm so much more confident now, I have my own breakout space at work if I need it. Thrive into work helped me so much! My Thrive Employment Specialist found me a job where they understand my condition they even got a special desk so my back feels so much better.

Thrive helped me with interview preparation and help me find employers who understand that the attention to detail my autism gives me can be a benefit in a job. Thrive work with my boss to adapt my job role so I'm not out of breath all the time anymore. I've got a job and I can keep my flat.

My employment Specialists work with my different support agencies to make things so much better if you're struggling with employment due to your condition then Thrive into work can help so get in touch with us.

[Music]

[Music]