



***A personalised and bespoke programme based on one to one support. Helping people that have experienced a mental health illness to build confidence, increase motivation and develop the skills needed to step back into the workplace as either a volunteer or employee.***

## **How it works**

- Your mentor will meet with you once per week at a time and a place that suits you.
- After your initial consultation you will receive a personalised plan tailored to your career goals.
- You will be supported to access any specific training that you may need.
- You will be given opportunities to attend employability skills workshops.
- Continued support once you have found voluntary or paid work.
- Placement organisations will be supported to better understand mental health and its impact.



# How you can join

To be considered for the STEP project you must be a resident of Trafford, over 18 years old and have had a mental illness diagnosis.

To make a referral or for further information please contact the Project Coordinator Tara Barker.

**Email:** [Tara@vcatrafford.org](mailto:Tara@vcatrafford.org)

**Phone:** 07955 858680

**Twitter:** @Tara\_VCAT



## **STEP Project**

Voluntary and Community Action - Trafford

Oakland House, Talbot Road

Old Trafford, M16 0PQ

[www.vcatrafford.org](http://www.vcatrafford.org)

