



## Positive Minds Case Study

The Positive Minds programme has been specially created by Works Better 1525 for young people under 25. The programme provides support and encouragement to anyone who is finding that their mental wellbeing might be a roadblock to gaining employment and aims to help participants take positive steps towards getting into work. This is Sam's\* experience of joining the Positive Minds programme.

### In Sam's Own Words:

*"When I first joined Positive Minds, I had just graduated from uni and I was unemployed and dealing with depression/anxiety. I began working with Sian and my goals through this time were job focused. Sian was very encouraging, even through rejection, and kept reminding me to do fun things as well, like taking part in S2R activities. I worked with Byron, Dawn and Andy on various activities like aromatherapy and crafts. This gave me a reason to get out of the house and meet new people in a safe place where I wouldn't be judged and I didn't have to talk about how my life was going if I didn't want to. Initially I struggled with this because I felt that I was being lazy and should be looking for jobs instead (which is what the job centre drills into you). I was under the impression that getting a job would make me happy. Sian helped me to realise that I needed help developing my self-esteem and confidence first and this would then lead to successful job interviews."*

*"Sian was very encouraging but didn't push me to do anything I didn't want to and she was always happy to talk to me. Whenever I had any news to share she was always very excited for me and I feel that that excitement rubbed off on me and made me excited and hopeful for my own life again. I'm now at a point where I have a permanent position as a Science Technician at a high school and I'm feeling much better in myself and confident in my own interests and opinions. I can speak my mind and believe in my thoughts without caring about other people's opinions of me. I'm rediscovering myself and my interests while finding happiness in the little things."*

*"Positive Minds really helped me in my transition from school to real life work and it was nice to meet people who were in the same position as me. The scheme is very flexible and everyone was understanding and patient and never judged me if I hadn't managed to meet all my goals. Even small steps were seen as big wins and this outlook is something I will carry with me into the future."*



01484 221000 (ask for Works Better)  
Register online at [www.worksbetter.cc](http://www.worksbetter.cc)  
and find out what support is available!

\*Name changed to protect participant.