



Aim4Work video Transcript

“Getting you back to work and feeling good again.”

“Aim4Work is a free employability service for people living with common mental health conditions in South, North and East London.”

We spoke to some of our clients, this is what they said:

“During that first conversation, my adviser made me feel good, he really understood me. It was though someone actually believed in me and felt that I was worth something.”

“The clouds will always be there but I’m working again and it feels good.”

“I realised I was not “out of date””

“I feel much more confident that I am employable and am ready to move forward.”

“My adviser helped in a very practical way, but at the same time has given me more emotional support than she realises.”

“It was just the confidence boost I needed. My adviser made me laugh for the first time in ages.”

“My future already feels brighter.”

“I turned 53, my mood was very low. By highlighting past achievements and experiences, emphasising that many of my skills and abilities were transferable, made me feel much more positive about my future.”

Aim4Work is a free specialist employability programme for people with common mental health conditions living in South, North and East London.

Find out more at:

www.shaw-trust.org.uk/aim4work