



Action Towards Inclusion

Are you unemployed?

Do you want to change your situation but don't know how or where to start?

Are you finding it difficult to have the self-confidence, self-belief or skills to move into training or find work?

Through 1:1 emotional and practical support, we will aim to help you identify and access support that is most meaningful to you and your situation. This may include:

- counselling, well-being and personal development activities
- financial support and advice
- employability skills such as English, Maths, ICT, CV writing and job searching
- enrolment in training
- volunteering and/or other work experience opportunities

For further information, or to discuss a referral, please contact Hannah Walker or Pam Wells at York Mind:

 ATI@yorkmind.org.uk

 01904 66 67 52

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