Oxford Health
NHS Foundation Trust



Individual Placement and Support Youth (IPS - Y)

Helping you with Education, Training and Work

If you're aged 14-25 and finding things tough because of your mental health, we're here to help.

Whether you're looking for your first job, want to get back into education, need help staying on a course, or are thinking about your next step, IPS-Y can support you.

We'll work with you to build confidence, explore your options, and help you move towards the future you want.

We can help you

- ✅ Explore your options
- ✅ Build confidence
- ✅ Apply for courses

How to refer

Speak to your Key Worker or email:

OxonEmploymentService@oxfordhealth.nhs.uk

BucksEmploymentService@oxfordhealth.nhs.ukntact

Education Support

Thinking about college, sixth form, training, university, or another course?

We can help you:

- ☑ Stay on your current course if you're struggling
- ☑ Find courses and training opportunities that match your interests and goals
- ☑ Work with your school, college or training provider to make sure you get the right support
- ☑ Understand learning adjustments and Education, Health and Care Plans (EHCPs)
- ☑ Write personal statements and application forms
- ☑ Prepare for interviews and course applications
- ☑ Explore funding and financial support for studying
- ☑ Understand how education could affect your benefits
- ☑ Decide what, if anything, you'd like to share about your mental health

- ☑ Plan any support you might need before your course starts
- ☑ Settle into your new course with ongoing support

Employment support

Looking for a job? Need help getting started? Want to build your confidence?

Your IPS-Y Employment Specialist can support you with:

- ☑ Creating a CV that stands out
- ☑ Looking for jobs that suit you
- ☑ Completing job applications
- ☑ Interview preparation and practice
- ☑ Building confidence for work
- ☑ Discussing your mental health with an employer, if you choose to
- ☑ Talking to employers on your behalf, if you would like us to
- ☑ Finding ways to stay well at work
- ☑ Understanding benefits and how work may affect them

Whether it's your first part-time job, an apprenticeship, or the start of a long-term career, we'll support you every step of the way.

What our clients think

"My IPS worker took time to understand who I was and what I wanted. They then came up with thoughtful suggestions and ideas for work that were well fitted to my needs and wishes. They checked in regularly and offered practical and compassionate support."

"Working with IPS was also really nice and helped me get my life on a track that I'm happy with. We worked on a few different things like visiting the colleges around Oxford to see what courses were available and it actually was able to spark some new interests."

Accessibility

Patient information leaflets are available on our website:
www.oxfordhealth.nhs.uk/leaflets

Get in touch

Address Oxford Health NHS Foundation Trust
Trust Headquarters
Littlemore Mental Health Centre
Sandford Road, Oxford OX4 4XN

Phone 01865 901 000
Email enquiries@oxfordhealth.nhs.uk
Website www.oxfordhealth.nhs.uk

Feedback

Our Patient Advice and Liaison Service (PALS) provides advice and support to patients, families, and carers, helping to resolve any problems, concerns, or complaints you may have.

Phone 0800 328 7971
Email PALS@oxfordhealth.nhs.uk

Become a member of our foundation trust: **www.ohftnhs.uk/membership**

Support Oxford Health Charity, making a difference to patients, their families and staff who care for them: **www.oxfordhealth.charity**