

## About us

**Richmond Fellowship and Humankind have come together to form **Waythrough**.**

Waythrough specialises in mental health, alcohol, drugs and related areas. Our high quality, evidence-based services are designed around the needs of the people and communities we serve.

**For more information visit:**  
**[www.waythrough.org.uk](http://www.waythrough.org.uk)**

## Get in touch

**To find out more about the support we can provide and our referral process, please contact us on:**

**T: 01480 456 257**

**E: [cambsbeds.referrals@waythrough.org.uk](mailto:cambsbeds.referrals@waythrough.org.uk)**

**W: [www.waythrough.org.uk](http://www.waythrough.org.uk)**

# Help to find or stay in work



**Waythrough**  
Bedfordshire  
Retain Regain  
Employment  
Service

**Waythrough is a company registered in England and Wales.**  
Registered office: Inspiration House, Unit 22, Bowburn North Industrial Estate,  
Durham DH6 5PF. Registered Company 01820492 | Registered Charity  
515755 | CQC registered provider 1-126775024. Social housing registered  
provider 4713 | VAT 413 2088 32

## How we can help

**We offer one-to-one support for people living with mental ill health and/or Autism across Central Bedfordshire.**

Are you currently unemployed, signed off from your current job or in employment but struggling?

Are you experiencing anxiety, depression or work-related stress? Or do you have a long standing mental health diagnosis which impacts on your ability to find employment or cope at work?

Want to explore your options and develop better coping strategies for managing working life?

## Who we can help

We are funded by Central Bedford Council, which means we can only support people who live and pay council tax in that area. Unfortunately we are unable to support Bedford Borough or Luton residents.

We accept referrals from GPs, mental health clinicians, Job Centre Plus and a wide range of other sources. We also welcome self referrals.

## Support we offer

- We provide person-centred, one-to-one confidential and impartial advice and guidance.
- Careers advice and guidance around job options, courses and volunteering.
- Assistance with CVs, applications and interview coaching.
- Support with grievances, disciplinarys, return to work meetings and issues including workplace conflict and bullying.
- With your consent, we can make contact with your employer and support you at formal meetings.

## our promise

To everyone that comes through our doors, we promise:

**Wherever you are now, we won't judge or write you off.**

**We'll help you work out who you want to be and where you want to go.**