

Want to make
some positive
changes in
your life?



where to start.
where to go,
who to ask

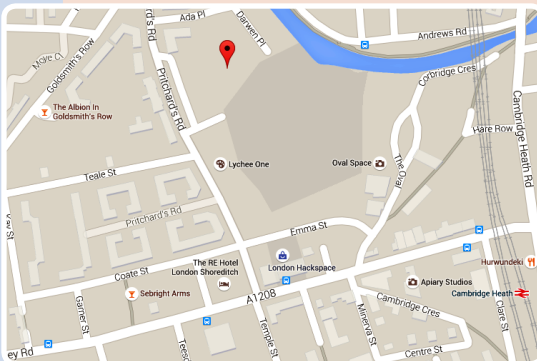
Upskill supports people who have been affected by emotional or mental health issues to take steps towards improving their own health wellbeing and community involvement.



Upskill empowers and supports people who have been affected by emotional or mental health issues to move towards better health, wellbeing and sense of community.

Find information, support and a range of opportunities including:

- ▶ Access to courses, groups and activities to improve health, fitness, wellbeing and social networks
- ▶ Tackle problems and issues such as financial, housing or other issues, with support to specialist advice and information organisations
- ▶ Get involved in your local community with volunteering and work experience opportunities
- ▶ Join a social enterprise project to learn new skills such as customer service, design and print, sewing and working with textiles. Use it to help you get closer to employment or just to learn a new skill
- ▶ Look at training and education to improve the skills you have or to gain new ones for work or fun
- ▶ Connect with others and take control of your own health and wellbeing



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