

Mind On Side - 1:1 Coaching Support

At Mind On Side, we're here to support you on your journey - whether you're just starting recovery, looking to get back into work, or simply need someone who gets it to walk alongside you.

We offer 1-to-1 coaching that's friendly, understanding, and tailored to your needs.

Here's what we'll work on together:

- Building structure and routine
- Boosting confidence and self-belief
- Managing anxiety, stress, or low mood
- Setting and working toward personal goals
- Recovery planning and relapse prevention
- Staying motivated during difficult times
- Communicating with employers or services
- Finding the right support, training or resources
- Feeling heard, supported, and not alone

This support is confidential, person-centred, and fully funded through Access to Work. You're not just a client - you're someone with potential, and we're on your side.