

Self Employment



For anyone with the right qualities to succeed and a skill or product to offer.



Being self-employed requires a high degree of personal motivation and can be a positive and successful employment option. It can offer a number of potential advantages for people with mental health problems, including greater flexibility and more control for an individual in when and how they engage with the social world. Self-employment can mean that it is easier for a person to adapt their work to take into account fluctuation in their condition and to make practical arrangements in advance (like paying someone else a standby fee). Some people find it enables them to work on their own terms and move on from previous negative employment experiences, including stigma and discrimination from colleagues and employers. Jobcentre Plus advisers can help people with business planning and marketing.



Visit <http://www.businesslink.gov.uk>; choose a regional location from the home page to access telephone contact details for your area.



- An Enterprise Allowance, that includes mentoring and financial support, may be available to those that meet Jobcentre Plus criteria.
- Business Link offers free training and can signpost people to specialist organisations, local funding and Enterprise Clubs.
- People who are eligible to receive a personal budget or direct payments may be able to use these to support them to be self-employed.
- Access to Work is available to help fund support workers, equipment, adaptations and travel to work (but not start-up or running costs).

