

Providing emotional and practical support for you

HELP AND ADVICE

FREE, CONFIDENTIAL

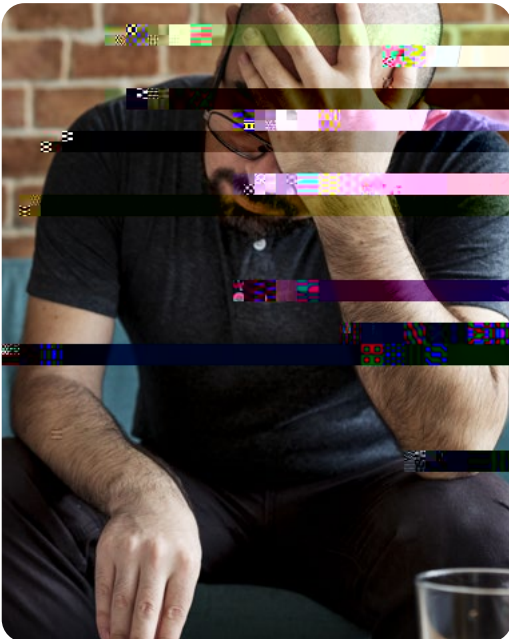


Welfare service

The RCN welfare service provides confidential expert advice and representation.

Our services include:

For more information, visit www.rcn.org/for-you/welfare-service

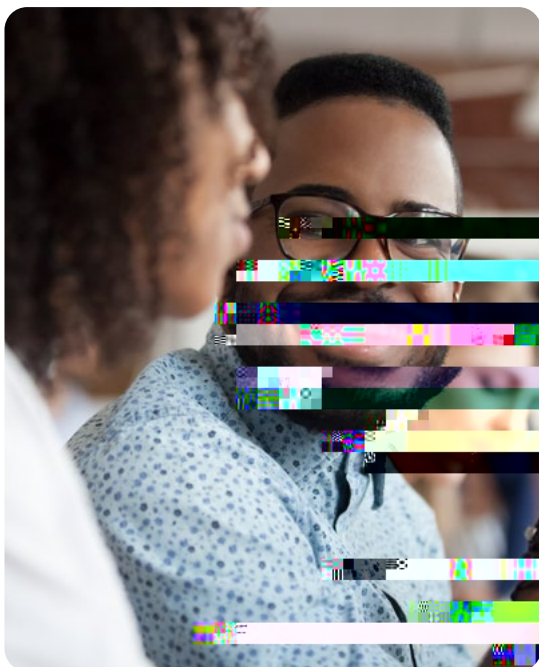


Peer support service

The RCN peer support service is for members with lived experience of disability and/or neurodiversity. Join the peer network online to speak to other members and access our disability advice and guidance.

This service can help you by:

- connecting you with other members who have shared experiences, by either phone or email
- working with you on disability-related guidance and policies to positively change perceptions
- providing practical advice and support on working with a disability.

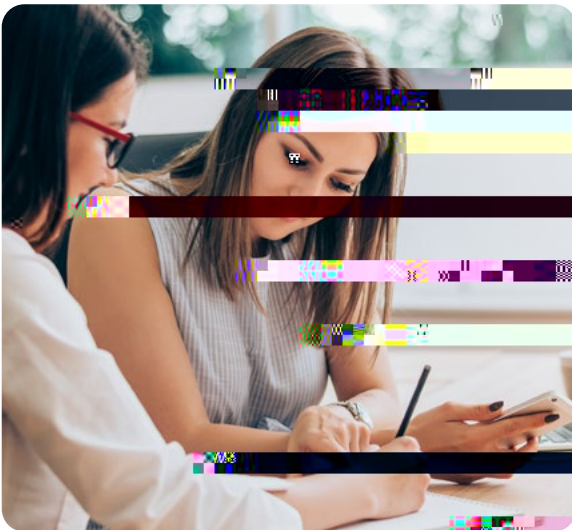


“I have felt the immense support from the group. They really understand, due to the unique career of nursing, and that has led to not feeling isolated and genuine understanding.”

Careers service

The RCN careers service offers a wide range of helpful resources at: rcn.org.uk/careers

- You can access online advice on:
- how and where to search for jobs
 - tips for writing a perfect CV
 - job applications with supporting statements
 - interview skills, techniques and sample questions
 - what to do if you are at a career crossroads



Telephone counselling service



