

UPSKILL CHOICES

Make Some Positive Changes in Your Life?

Get into training, well-being activities and volunteering that are available in your local area, to learn new skills, gain confidence, experience and support your mental health.

**How To Start?
Where To Go?
Who To Ask?**

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



workingwell
trust

Through options like training, wellbeing activities, and volunteering, Upskill Choices can not only help you learn new skills that will help you in your personal life and work, but you can boost your self-esteem, gain confidence, and improve your mental health.

- Locally, there are many training options from short courses and workshops to longer programs and qualifications. You can learn everything from computer skills to advanced trade skills. Through training, you can improve your skills and confidence, and open up and explore new career paths.
- Well-being activities like yoga, meditation, and mindfulness are another great way to engage while also supporting your Mental Health. These activities can help you manage stress, anxiety, and other Mental Health challenges and improve your physical health.
- Volunteering is a fantastic way to Upskill while also giving back to your community. Whether you volunteer at a local charity, school, or community centre, you can gain valuable experience and skills that will enhance your CV as well as your social life. Volunteering can have numerous Mental Health benefits, as you meet like minded people and support your community.



Contact Details

Pritchard's Road Centre

Marian Place

London, E2 9AX

T: (020) 7 729 7557

M: 07951 189782

Karen@upskill.org.uk