

# Are you looking for free support into work or training?



**Bridge Northumberland offers one to one support to get your life back on track.**

Our voluntary programme will give you a dedicated Bridge worker who'll work with you to improve your confidence, develop your skills and move towards employment or training.

We can help with any barriers you face such as money worries, counselling for mental health, IT skills training as well as careers advice and job searches.

Our support is free for anyone:

- Age 16-65 years
- Not in education, employment or training
- Living in Northumberland

Find out more by getting in touch:

- Text 'BRIDGE' to 07393 796 522 for a callback
- Email [bridgereferral@northumberlandcva.org.uk](mailto:bridgereferral@northumberlandcva.org.uk)
- Refer yourself via our website

[bridgenorthumberland.org.uk](http://bridgenorthumberland.org.uk)



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