

FREE | CONFIDENTIAL | FOR 11-25s

WORK
TRAINING
EDUCATION
ADVICE & SUPPORT

UP! 

GET ADVICE AND SUPPORT ON:

-  **Better off calculations** to weigh up the financial impact of your next steps
-  **Benefits eligibility** if you're on a low income, and support to apply
-  **Where the jobs are right now** and how to find them and apply
-  **Money, debt and housing** to help you stabilise while looking for work
-  **Planning your education and training** options
-  **Interview technique** including reducing stress and boosting performance
-  **Checking you've been fairly treated** if you've been furloughed or made redundant
-  **Accessing employment law** advice



GET IN TOUCH



Freephone **0800 0744454**



Email advice@map.uk.net

Face-to-face appointments available

