Our services for students with a long-term condition

including mental health and autistic spectrum conditions, disabilities and specific learning disabilities
What does the Careers and Employability Centre offer?

We recommend that students begin thinking about their future careers as early as possible and we work with students from their first year onwards. We are here to assist you throughout your time at Sussex. We aim to offer equality of service to those with long-term conditions such as mental health and autistic spectrum conditions, specific learning disabilities or a disability.

We can offer advice on:

- whether or not to disclose long-term conditions and disabilities to a current or potential employer; you can discuss your options with a Careers and Employability Adviser
- finding part-time jobs, work experience, internships, placements, graduate jobs and training schemes
- writing CVs, covering letters and applications
- interview skills and preparation
- reliable sources of information on legal rights, Access to Work and more.

We can provide:

- one-to-one careers guidance in the form of an initial 20-minute meeting; we can then offer, by prior arrangement, extended 40-minute appointments with a Careers and Employability Adviser specialising in disability issues
- appointments by telephone, email or at an alternative location on campus to suit your needs
OUR SERVICES

• accessible careers information – materials can be made available in alternative fonts
• a fully accessible careers centre for those with mobility issues.

We can also talk to employers on your behalf with your permission.

Confidentiality and accessing our service

You can find further information on our services at: sussex.ac.uk/careers and specific information at: sussex.ac.uk/careers/diversity

We encourage you to share information with us about any adjustments that you may need to access our services. Please let us know if we can put anything in place to meet your needs. We will not pass on any information about you without your permission.

If you require clarification about the services we offer or require additional support, please contact us by phone on 01273 678429 or email us at careers@sussex.ac.uk

Other University support

The Student Support Unit (SSU) at Sussex has a team of specialist advisors who work with students who may need support due to a long-term condition. The SSU offers one-to-one advice and information. You can call them on 01273 877466 or email studentsupport@sussex.ac.uk
The Careers and Employability Centre recognises the diversity of Sussex students and graduates and is committed to addressing their individual needs. Do let us know your requirements to enable you to access the service.