

Craig

You worked in sales for 25 years but the car dealership you were working for closed down last year. You loved your job and were devastated when you were made redundant. Your job was a big part of your identity. You had lots of experience and enjoyed training and mentoring newer staff as they joined the company. You got a real sense of satisfaction from being part of a team and helping people.

The experience has left you feeling old and useless. You can't face doing the rounds of job applications, interviews etc. It's such a long time since you applied for a job you don't know where to start and anyway, who would give you a job at your age.

You've made a claim for Universal Credit and your work coach has been very helpful but you just don't feel you've got the energy to start again.

You felt so low you went to the doctor and she gave you a fit note saying that you have depression.