



Have you thought about getting a job?

“Working has helped further my recovery more than any other single thing I have done — more than therapy, case management or medication alone. My job helps me stay focused on something other than illness. My co-workers, especially, have helped me improve the way I see myself. Extra money is great, too!”

— Nicole



Most people can work without losing their benefits.

A benefits planner can help you find out precisely how a job could increase your income. Most people can work without losing health benefits. A benefits planner can give you specific information about your situation.

Help with a job is available.

If you are interested in going to work, and have a serious mental illness, you are eligible for Supported Employment. Even if you haven't worked in years, an employment specialist can help—it's never too late!

You choose the type of work that interests you.

An employment specialist will help you look for jobs that are related to your interests, the hours you want to work, a location that makes sense for you, or other preferences that you may have.

You can get help finding a job right away.

You can expect to begin looking for a job within a few weeks of meeting with an employment specialist. Supported Employment programs don't require vocational tests or employment groups.

Someone can help you contact employers.

Employment specialists have lots of knowledge about jobs in the community. If you choose, an employment specialist can advocate on your behalf with employers. If, however, you don't want employers to know that you are receiving support, that's OK too.

An employment specialist can help you change jobs.

Your employment specialist will work with you even after you find a job to make sure that you are happy with your position. If a job doesn't work out for any reason, your employment specialist will help you find another job. Further, employment specialists can help you move up in your job or create a plan for career development.



If you are interested in a job, please ask the receptionist to give your address and phone number to the Supported Employment program. An employment specialist will contact you within a week or two.



For more information:

Dartmouth Evidence-Based Practices Center
<http://dms.dartmouth.edu/prc/employment>

Deborah R. Becker and Robert E. Drake, *A Working Life for People with Severe Mental Illness*.

New York: Oxford University Press, Inc., 2003.

SAMHSA Supported Employment Toolkit

<http://mentalhealth.samhsa.gov/cmhs/communitysupport/toolkits/employment/default.asp>