

## How will a job help me on my mental health journey?

- Social connection
- Builds confidence
- Sense of achievement and contribution to society and/or your family
- Daily structure
- Income



## About St John of God Health Care

St John of God Health Care is a leading Catholic not-for-profit provider of high-quality health care and community services in Australia and New Zealand.

As a not-for-profit health care provider, we return all surpluses to the communities we serve by updating and expanding our facilities and technology, developing new services, investing in people, and providing our social outreach services to those experiencing disadvantage.

### Our Mission

To continue the healing mission of Jesus.

### Our Vision

We are recognised for care that provides healing, hope and a greater sense of dignity, especially to those most in need.



23 Old Great Northern Highway, Midland WA 6056  
T. 1800 161 178 E. [midlandheadtohealth@sjog.org.au](mailto:midlandheadtohealth@sjog.org.au)

[sjog.org.au/midlandheadtohealth](http://sjog.org.au/midlandheadtohealth)

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# Need support to find and keep a job?



Hospitality | Compassion | Respect | Justice | Excellence

## How can an employment specialist help me?

The employment specialists at Midland Head to Health provide a free support service called Individual Placement and Support, or IPS.

This service helps people with mental health challenges find and maintain a job they love by:

- Helping you connect with potential employers
- Helping you find training, education or skills development to increase your chances of finding work
- Supporting you in a change of career direction
- Supporting you back into a job after a long time away from the workforce

## Who is it for?

Your case manager at Midland Head to Health will talk to you about your wellness goals and together you will decide if now is a good time in your mental health journey to consider finding a new role. If it is, they will refer you for our IPS service.

## What happens then?

Our employment specialists will help you:

- Look at skills and/or training you need to be job-ready and assist with the application process
- Create or update a resume and cover letter
- Look for suitable jobs that inspire you!
- Help you prepare for an interview
- If needed, talk with your new employer about your mental health barriers so they can task you appropriately and ensure you feel safe at work
- Support you as you start your new job
- Provide ongoing job support to keep you mentally well and employed

