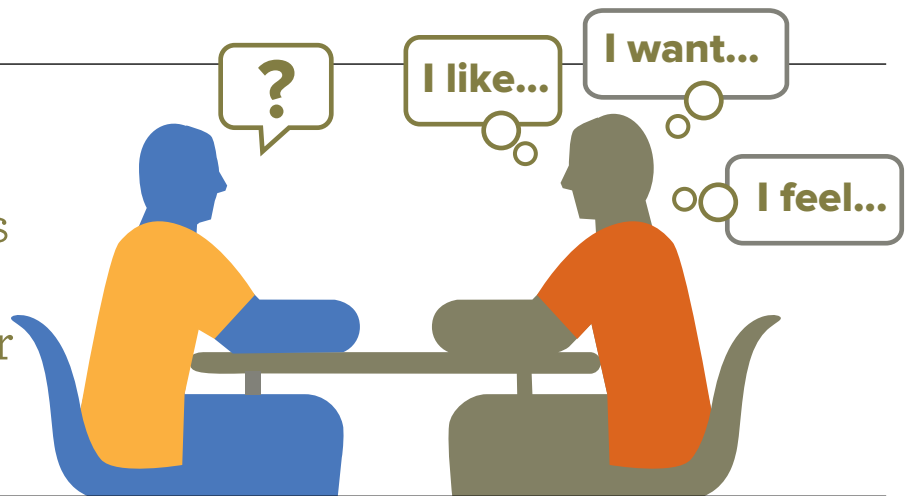


Preparing to Get a Job

Choosing the Best Option for You

Partner with your treatment team and share your preferences and values about employment. Consider your employment options:



VOLUNTEERING

is an unpaid position in which you can work at something you like and gain some valuable experience.

COMPETITIVE EMPLOYMENT

is a paid position that is open to anyone, regardless of his or her mental health status.

SUPPORTIVE EMPLOYMENT

is a competitive job with short- and long-term supports in place to help you achieve success.

TRANSITIONAL EMPLOYMENT

is a time-limited job, often in a clubhouse, that helps improve work experience and skills.



make a decision

Weigh the pros and cons of these options, and decide which kind of employment will work best for YOU

Preparing to Get a Job

Choosing the Best Option for You

Getting a job is an important life decision. Before moving forward, think about and answer a few questions to help prepare you for this exciting next step.

Am I ready to have a job at this stage in my life? Yes No

Why? _____

What would be some good things about having a job?

What might be difficult about having a job?

EMPLOYMENT CHECKLIST	DONE	NEED TO DO
Speak with a benefits counselor about how work may affect my benefits (SSDI/SSI)	<input type="checkbox"/>	<input type="checkbox"/>
Meet with a specialist to figure out what type of employment is best for me	<input type="checkbox"/>	<input type="checkbox"/>
Choose the type of work I want to do	<input type="checkbox"/>	<input type="checkbox"/>
Prepare a resume	<input type="checkbox"/>	<input type="checkbox"/>
Practice interview skills	<input type="checkbox"/>	<input type="checkbox"/>

For more information and free recovery resources, visit www.ChoicesInRecovery.com