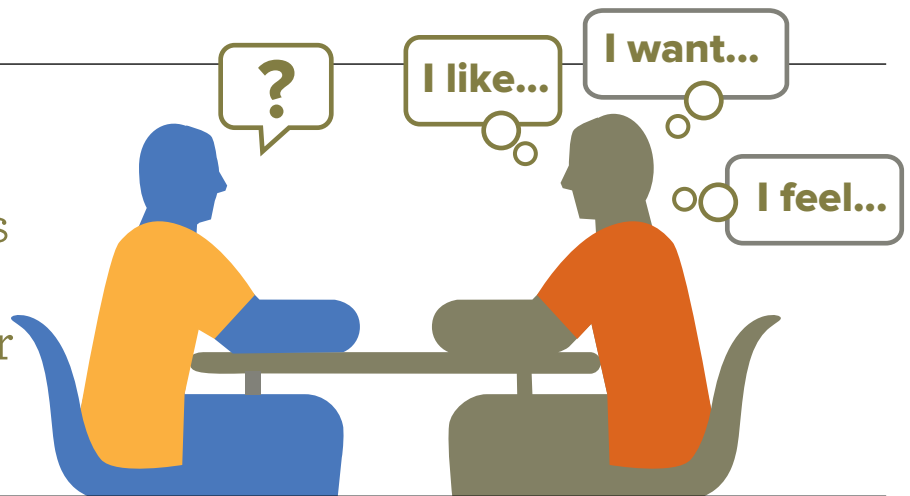


# Preparing to Get a Job

## 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](http://www.ChoicesInRecovery.com)