



## ABOUT THE CANADIAN MENTAL HEALTH ASSOCIATION

As the nation-wide leader and champion for mental health, the Canadian Mental Health Association (CMHA) helps people access the community resources they need to build resilience and support recovery from mental illness or addiction. Each year, CMHA BC together with a network of 14 BC branches provides services and supports to over 100,000 British Columbians.



## OUR APPROACH

We know that people who are in active recovery from mental illness and addiction can be successfully engaged in real employment at their full capacity. That's why we're here to support you.

Here is an example of what your employment process with At Work - Victoria might look like:

- Meet your employment support team to see if the program is a good fit
- Register for the program
- Complete an employment pathway plan; may include job readiness workshops
- Identify current skills
- Identify training options
- Complete a resume
- Start job searching together with your employment support team
- Secure a job, develop a specific job description
- Commence employment; settle into new job with appropriate support
- Maintain regular contact with your employment support team
- Tailored ongoing on-the-job support for up to a year of employment
- Celebrate exit from program



### To learn more, please contact:

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## At Work Victoria



An employment project  
serving Greater Victoria

[www.victoria.cmha.bc.ca](http://www.victoria.cmha.bc.ca)

## WHAT WE DO

People who work are healthier, have higher self-esteem and higher standards of living. For people recovering from a mental illness or addiction who want to work and contribute, the stigma of an illness can be a significant barrier.

Our program works with employers to remove this barrier to meaningful employment. Through collaboration we encourage employers to be champions and leaders in integrating equity, diversity, recovery and well-being within the workplace and beyond.

We offer individualized assistance to find and maintain meaningful paid employment to Greater Victoria area residents who are recovering from mental illness or addiction.

### WHO WE HELP

Our services are available to adults (19+) experiencing mental illness and/or addiction who want to work.

Mental illness can include anxiety disorders, mood disorders like depression or bipolar disorder, eating disorders, psychotic disorders like schizophrenia, related alcohol or substance use problems or mental health conditions.

Ideally, clients are connected to the local health care system and following a treatment plan.

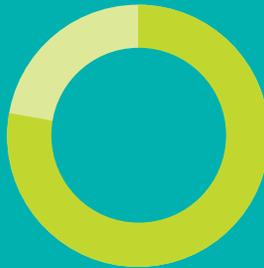
### DID YOU KNOW?



At least 1 in 5 will experience mental illness during their lifetime

A third of these Canadians do not seek help or get the help they need

Up to 90% of these Canadians are unemployed – that's 40% more than any other group



78% report employment is the area they experience the most stigma

Just 50% of Canadians would tell friends or co-workers they have a family member with a mental illness



In comparison, 72% would discuss cancer diagnosis and 68% would talk about a family member having diabetes

### WHAT WE OFFER YOU

Experience tells us that employment promotes recovery and wellness. We focus on each person's strengths and interests. Participants have the opportunity to discuss mental illness or substance use openly with the employment support team.

Our employment services are long-term, individualized and include:

- Goal setting
- Resume building
- Career counselling
- Assistance with job interviews and placement
- Ongoing support for a smooth transition into your new job
- Personalized support and mentoring to help manage challenges at the workplace
- Job readiness and job-specific skills training
- Job maintenance support for people at risk of losing their job due to addiction or mental illness

We can also help connect you to:

- A network of employers
- Specialists in mental health and addiction services
- Countless well-being services

Our services are not dependent on disclosure of addiction or mental illness. Disclosure is up to you. While disclosing your health status to an employer can make it easier for them to accommodate your health needs, many clients never disclose that they are recovering from a mental illness or addiction.