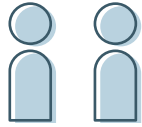


People who experience mental illness and/or addictions typically have multiple barriers to gaining and keeping employment. These barriers include broken work history and no referees, low self-esteem and anxiety around job search activities.



Our Employment Consultants work **one-to-one** with people throughout Christchurch to provide a Supported Employment service.



When people gain employment, Jobconnect provides **ongoing support** to the worker and the employer.



Our Employment Consultants provide tailored **information and advice** for those who are unsure about work.

In the period 1st April 2021 - 31st March 2022:

86

Jobconnect supported 86 individuals seeking full or part time work. 21 people secured full time employment (30+ hours per week).

39

An additional 39 people were supported by Jobconnect to remain employed. Of these 39, twelve people achieved the milestone of twelve months continuous employment.

90

Jobconnect also supported 90 individuals seeking pre-employment assistance including support into training, study and voluntary work.

“ [My Employment Consultant] has provided support with my CV, cover letters, job search and applications, and interview processes ... more than that, she has been there through my bouts of depression, doubts, pulling back from job search, my many phone calls and she is **always there to offer support, words of encouragement, guidance and wisdom.**”

I appreciate all she has done and I'm very happy that she can continue to support me as I transition into work. I have concerns for my mental health and I feel better knowing she will be there to check in on me.

I'm also looking forward to catching up with her for a congratulatory coffee and scone! ”

- Jobconnect Client



Why work is important

The provision of good work is a key determinant of the health and wellbeing of people, their families and broader society. It is well known that long term work absence, work disability and unemployment may have a negative impact on health and wellbeing. Providing access to good work is an effective means of reducing poverty and social exclusion and with active assistance, many of those who have the potential to work, but are not currently working, can be enabled to access the benefits of good work. Good outcomes are more likely when individuals understand and are supported to access the benefits of good work especially when seeking re-employment or recovering at work following a period of injury or illness.*

*Adapted from the Royal Australasian College of Physicians Consensus Statement on the Health Benefits of Good Work

For those with mental health problems, being employed can be an important step to recovery, improving self-esteem and confidence and reducing psychological distress. Conversely, unemployment increases the risk of developing mental health problems, and is associated with increased rates of depression and suicide as well as higher use of health services and hospital admission. Employment is therefore vital for maintaining good mental health and promoting recovery from mental health problems.

Working can provide individuals with an array of other benefits, such as:

- ✓ Improved quality of life and wellbeing
- ✓ Provides structure and routine
- ✓ Provides a sense of purpose
- ✓ Learning new skills
- ✓ Building confidence
- ✓ Feeling more part of society
- ✓ More social contact
- ✓ Financial security and independence

“ We have a holistic approach, focused on the wellbeing of people rather than meeting a target. **We enjoy working one on one with people to develop an individualised plan and being part of their ongoing success.** ”

Flexibility is key to meeting the individual needs of a person. We are a well-resourced, modern service with a strong understanding of the job market and training opportunities in the Christchurch and wider Canterbury region. ” ”

- *Employment Consultant*