



# NEED HELP FINDING WORK OR TRAINING?

SUPPORTING YOUNG PEOPLE  
AND THEIR MENTAL HEALTH  
AND VOCATIONAL GOALS

**Youth Focus offers a free Vocational Support Program that helps young people with mental health challenges obtain and sustain meaningful employment or education.**

## WHO CAN ACCESS THE SERVICE?

Any young person who is engaged in counselling services with Youth Focus and is willing and motivated to find employment or complete education to gain new skills. This service is also offered by headspace Albany and Midland, which are managed by Youth Focus.

## HOW DOES IT WORK?

The Vocational Support Program is complementary to clinical support. The vocational specialist and your counsellor will work closely, sharing information and ideas to improve your wellbeing.

The vocational specialist will meet with you regularly, outside of your normal counselling sessions to help you:

- Identify employment or education that you may be interested in and assistance in the application process
- Create or update a resume, cover letter and interview preparation
- Talk to your employer about your mental health barriers so that you feel safe and supported
- Stay mentally well and employed

## HOW DO I SIGN UP?

**If you'd like to participate in the program, talk to your counsellor.** They will then set up a meeting with you and the Vocational Specialist. We will then work closely to support you throughout your journey.



IT'S  
ALL ABOUT  
FINDING YOUR  
PATHWAY, WORKING  
TOGETHER TO  
OVERCOME BARRIERS  
AND SUPPORTING YOU  
TO ACHIEVE YOUR  
GOALS.

