

YEP! **headspace Ballarat's** **youth employment** **program**

YEP uses the Individual placement Support (IPS) model, renowned for helping young people with mental health challenges achieve their employment and educational goals.



what is YEP?

YEP workers assist young people with mental health concerns in finding jobs they are passionate about.

Our focus is on helping you find a job you love, in a safe environment with an employer who respects your recovery journey.

How is YEP different to other employment programs?

The IPS team work with small numbers of young people at a time, which allows us time to work closely with you and really get to understand what it is that you want to do.

The program is open to everyone, regardless of mental health or medical history, previous work experience, drug and alcohol issues, or living situation.

Whether it's your first job, further study, a training course, or re-entering the workforce, we support you every step of the way.

Our aim is to help young people find a job they will enjoy and match you with an employer that prioritises your mental health.

Your Vocational Specialist can assist with any personal matters impacting you at work and assist you to settle into your new job. We can also assist you with conversations you might find challenging in the workplace.

Who can attend?

Young people aged 15-25 looking for work or education opportunities, who are currently receiving clinical support from headspace Ballarat.

Who will I be talking to?

Our Youth Vocational Specialists are ready to provide career guidance or study support and help you prepare for the journey ahead – whatever that looks like for you. Not sure what you're looking for? That's ok, we're here to help you uncover your hidden skills and talents.

Who will I be talking to?

Our Youth Vocational Specialists are ready to provide career guidance or study support and help you prepare for the journey ahead – whatever that looks like for you. Not sure what you're looking for? That's ok, we're here to help you uncover your hidden skills and talents.

What happens in these session?

The IPS program is very individual and tailored to your unique situation. There's nobody else in the world just like you so everybody's program will be a little different.

Some of the things you can expect to get support with when we meet include:

Career exploration and planning

Assistance with Centrelink and community services

Help obtaining a bank account and tax file number

Resume and cover letter creation

Interview preparation and mock interviews

Job search strategies and applications

Organising work clothes

Employer introductions

Guidance on talking to your employer about your mental health

how do I get started?

Call headspace Ballarat or speak to your headspace clinician about your interest in the program.

To ensure that we are supporting you in every way we can, it is essential that you have spoken to one of our headspace clinicians first. Once you're in there, let them know that you're interested in work and study and they link you in!



contact us

phone: 03 5304 4777

email: yep@headspaceballarat.org.au

visit: 28 Camp Street BALLARAT CENTRAL



headspace centres and services operate across Australia, in metro, regional and rural areas, supporting young Australians and their families to be mentally healthy and engaged in their communities.



headspace would like to acknowledge Aboriginal and Torres Strait Islander peoples as Australia's First People and Traditional Custodians. We value their cultures, identities, and continuing connection to country, waters, kin and community. We pay our respects to Elders past and present and emerging and are committed to making a positive contribution to the wellbeing of Aboriginal and Torres Strait Islander young people, by providing services that are welcoming, safe, culturally appropriate and inclusive.



headspace is committed to embracing diversity and eliminating all forms of discrimination in the provision of health services. headspace welcomes all people irrespective of ethnicity, lifestyle choice, faith, sexual orientation and gender identity.

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health.

