# thinking about work?



have a chat to one of our vocational consultants to see how we can support you with your work goals.



## **Individual Placement Support (IPS)**

is a program located at headspace Geelong that helps you achieve your work and training goals while receiving support for mental health and wellbeing.



# what we can help with

vocational consultants can offer you flexible assistance to enter the workforce and support you with your employment journey



### what does this look like?

- exploring different career pathways
- creating a fresh or new resume and cover letters
- building your confidence
- visiting with potential employers
- job interview support
- working alongside other supports, including family, carers or other key people in your life
- identifying training opportunities
- ongoing job support aimed at keeping you employed



### how to get started

if you're interested in getting support for work and training goals, have a chat to your headspace worker who will put you in touch with a member of the IPS team to see how this program could work for you!

more info?

**contact headspace Geelong** and ask to speak to someone from the team.

ph: (03) 5222 6690

email: headspacegeelong@bcvf.org.au