



# headspace Joondalup IPS Work and Study

## What is IPS?

IPS (Individual Placement and Support) Work and Study mentoring program is for Young People accessing headspace Joondalup and who are keen to find employment, gain work skills or training opportunities.

## Who can access the program?

The IPS program is suitable for young people receiving counselling support through headspace Joondalup, who would also be interested in working alongside an IPS Vocational Specialist to achieve vocational goals.

## What can you help with?

- Looking for and applying for jobs
- Writing a resume and cover letter
- Preparing for a job interview
- Exploring study options
- Community support services, such as Centrelink
- Understand your workplace rights
- Balancing your mental health and wellbeing with work and study

## Well, that sounds great! How do I sign up?

If you are interested, speak with your counsellor or reception to arrange a chat with an IPS Vocational Specialist.

You can also call us on 08 9301 8900 or email: [IPS@headspacejoondalup.com.au](mailto:IPS@headspacejoondalup.com.au)

