

Methods for Successful Employment

Finding and maintaining employment as an adult living with mental illness

This worksheet can help you with your efforts to find solutions to potential challenges you might face as you continue to work or look for employment after your diagnosis. One method that can be helpful as you complete the worksheet is to think about who may offer you support or help you find solutions to some of these challenges.

Potential Challenges	Potential Solutions	Next Steps
Talking to your manager/ supervisor or coworker about your mental health condition	Example: Write down what you want them to know about your mental health	
Getting to appointments that might interfere with your work schedule		
Taking medications while at work		
Difficulties with supervisors and coworkers		
Going to work/staying at work on days you don't feel well		
What are some other challenges you might encounter?		

Steps for Success:

- 1 Speak with a case manager or therapist to explore any concerns about managing work and your mental health
- 2 Set up services to support you, such as therapy, peer counseling, case management, etc
- 3 Make sure you have your medication, and create reminders to make medication part of your daily routine
- 4 Work with your treatment team and support network, student counseling services, academic advisor, manager, etc