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My Journey into work

My Background...



- Good Health
- Good Education
- Supportive family
- Friends
- Hobbies
- Good role model

The initial steps into employment...

It became obvious that something was wrong but I had no awareness of what the difficulties were...



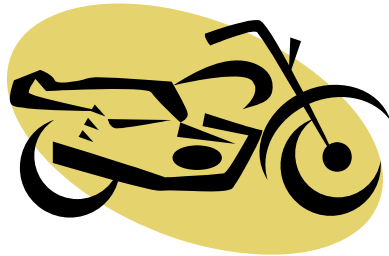
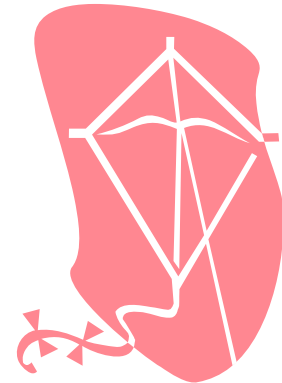
Challenges with my mental health..

My life became limited by illness and I lost my ability and motivation to keeping going



Approached the bridge...

Tried to find employment without the x
factor-self awareness-self confidence-
balance!



Resulting in....

Breakdown team being summoned...

Taken back to be 'put together again'

'Learned helplessness'



I felt time was running out....

I was told I would not be able to work again!

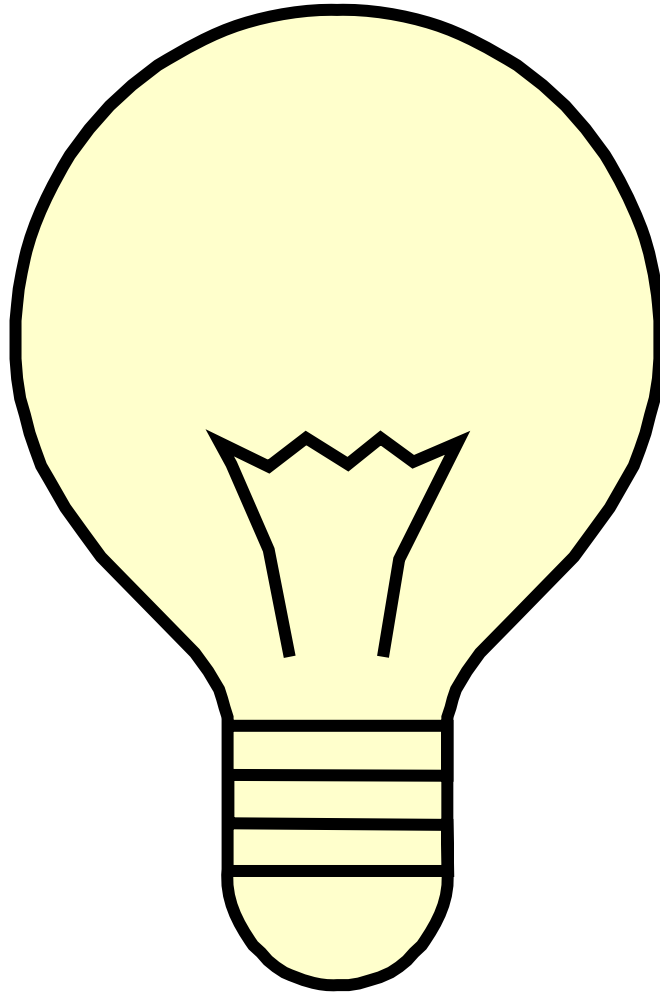


Barriers to employment

- Feeling isolated
- Feeling rejected
- Not feeling good enough
- No self confidence
- No believe in self
- No purpose
- Anxiety
- Fear of failure
- Stigma and discrimination
- Internal stigma

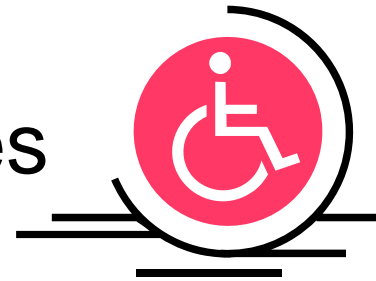


My turning turning point!



Acceptance...

- Of the challenges I faced...
- But not giving in....
- Building inner resilience
- Developing coping strategies
- Being able to ask for help



What had to change

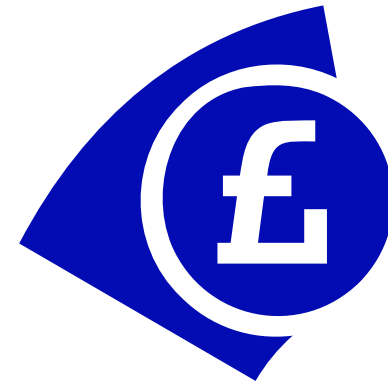
- Realising that other people could not “fix Me”
- I had to take personal responsibility for my life
- I had to set goals
- I had to find out what made me tick...
- My likes and dislikes



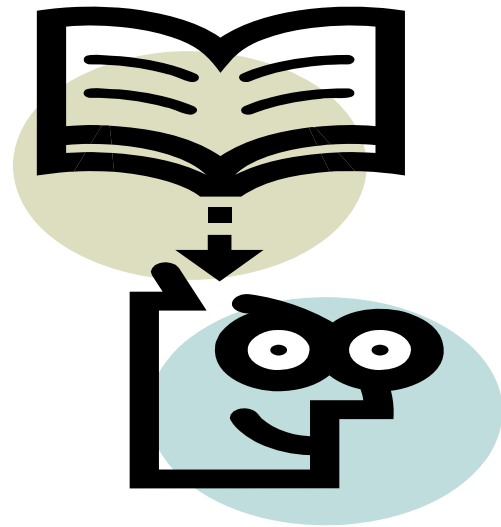
Employment

Is not just about money....

For me its....



I am not just a mental illness, I am a person
who has something to contribute to the work
force



The process

- Day Hospital
- Open University
- Volunteering

Feeling of achievement...

The first stepping stone....



Resources

- What available to help you take the steps back into work



Balance



My Life now.....

- Is no longer lived by the limitations of my mental illness.
- Working with these challenges has allowed me to experience more positive mental health through work and giving me a future I never imagined possible

