

## Success Stories

*“ My confidence hit rock bottom after the doctor diagnosed me with schizophrenia in 2012. Job Club staff helped me to focus on my recovery instead of my illness. Thus, my confidence grew. They also helped me to gain more insight about myself, and equipped me with coping strategies in handling work-related stress. Later, I managed to get a job through Job Club as a customer service agent at a call centre in Jan 2014. I have been working there since then. I was once recognised as the Best Customer Service Agent of the month. I want to thank Job Club for their continued support for the past two years.”*

-- Client A

*“ I am always grateful to Job Club for finding me a job as a graphic designer and for continuing to support me at work. When I first started work, it was very tough for me because I have not been in this industry for quite a while. I even thought of giving up. I then recalled the strategies my therapist from Job Club taught me, and I managed to overcome the challenges I encountered. My therapist also constantly reminds me of my strengths, and encourages me to use my strengths to overcome my limitations. I am proud to tell others that I have been in the company as a graphic designer for more than three months, and I always put in my best effort at work.”*

-- Client B

## Referrals

If you are interested in Job Club services, please ask your psychiatrist, allied health professional or case manager for a referral to Job Club. Alternatively, you may contact Job Club directly for enquiries.

### Opening Hours:

Mon - Thu 9am - 5.30pm

Fri 9am - 5.00pm

Closed on weekends and public holidays

**Institute of Mental Health**  
Buangkok Green Medical Park  
10 Buangkok View  
Block 1 Occupational Therapy  
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Tel: 6389 2675  
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[www.jobclub.sg](http://www.jobclub.sg)

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## Your Key to Vocational Independence



## About Job Club

*Job Club is a vocational rehabilitation programme aimed at providing assistance to meet your employment needs. In order to assist you in your job search while managing your mental health condition, our professional staff will:*

- *Assess your strengths and performances for a suitable job placement*
- *Equip you with the necessary job-seeking skills*
- *Network with employers in relevant organisations to ensure that adequate job training and opportunities are provided as you adapt to the organisation*
- *Arrange for you to undergo a period of vocational training before returning to Job Club for job placements, if necessary*



## Our Services

Through the following services that Job Club offers, you will develop to your fullest potential in a conducive environment:



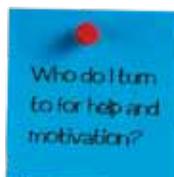
### Rehabilitation Counselling

This includes vocational assessment and counselling to assess your strengths. Our staff will guide you in identifying your interests and skills, and match you to a suitable job.



### Job Preparation Skills

You will be equipped with essential knowledge and skills in preparation for employment. These include vocational exploration, job seeking skills, resume writing and job interview skills.



### Support Groups

You will have the opportunity to exchange tips and experiences with those who have successfully found employment. Allow yourself to be encouraged and supported by your peers in your journey towards success.



### Job Placement & Support Services

You will be assisted in your own job search or be matched to an employer that has a relevant position to offer. Upon job placement, our staff will provide on-site support and practical help to help you adapt better to the new work environment. Through the club, employers will learn about your condition and understand the need for continual treatment.



### Caregiver Support

We highly encourage your family members and friends to work with us to help you sustain a job. We welcome your family to visit Job Club for a friendly chat with us.

## Who are eligible for Job Club services?

*Anyone with a mental health condition who is interested in obtaining and/or sustaining employment.*

*Criteria:*

- *Formal diagnosis of mental illness*
- *Referral from a psychiatrist stating stability of mental health condition for open employment*
- *Personal motivation to take on competitive jobs in the community*
- *Encountered challenges in finding and keeping jobs due to mental illness*

