

# EVE's Healthy Bite

## Employment & Wellbeing



Being in a job has a positive effect on wellbeing.

If you are out of work and get a job, your wellbeing is likely to improve.

If you are out of work, having support from family and friends helps.

Being unemployed is worse for your wellbeing the longer you are out of work, if you are male, and if you are young.

### Some jobs are better for our wellbeing. These include jobs which provide:

- Security
- Connections with others
- Clear responsibilities
- The ability to use and develop our skills
- Opportunities to have a say in a supportive workplace



### Where can I get support for work?

- Talk to your keyworker in EVE
- If you are a Clubhouse member, ask about Employment Supports in Clubhouse
- Link in with your Local Employment Service
- Ask your mental health service about IPS (Individual Placement and Support)
- Talk to Employability in your area