



## **Things to Think About Before You Get a Job**

### **Think about what you love to do now and what you are already good at.**

For Example:

- Working with animals
- Organizing things
- Technology

### **What hobbies do you have that you wish were a job?**

For Example:

- Social Media
- Video games
- Craft making

### **What type of jobs do you admire that other people or friends have?**

Go online and check out different types of work that involve those things. Perhaps do a simple Google search like: "I like to pet animals" or "I like to make art" or "organize things." Maybe you like to be on social media or cook. Ask Google for jobs with those things you have in mind.

### **When you find something you are interested in, ask yourself a few questions like:**

- ✓ Is this job somewhere I could get to regularly? Can I get there by bus or car?
- ✓ Will my appointments get in the way?
- ✓ Am I aware of my rights around disclosing my mental health challenges?
- ✓ Does this job have a shift that works for me right now?
- ✓ Do I need to buy certain clothes or equipment before getting a pay check?
- ✓ How will a job impact any benefits I receive?

If you haven't worked in a while or this is your first job, you might consider part-time hours to ease into it. If you are on disability or your housing is income dependent, will you be able to keep the other resources going in your life too? Find someone to talk to about your options, so you are aware of all the choices you may have to make. Ask about training opportunities at a job, entry-level or not. Check into the company's website to see if there is a career path to move up to better pay and benefits.

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