

Mental Well-Being: Skills and Jobs



For the final week of May, the Anti-Stigma committee wanted to talk about skills and jobs and their relationship to one's mental well-being. However, with this article, we decided to take a different approach. The following is a story from a consumer who wanted to share their story on the topic of skills and jobs.

After 8 years of forced retirement because of my Mental Health issues, I realized I needed a part-time job. At that time I was seeing a therapist and she suggested I see an employment specialist from Functional Industries. My therapist put in a referral and off I went to Functional Industries.

The experience I had with Functional Industries was amazing!

First, they looked at all my working background and helped me put together a very professional resume and reference letter. Second, my employee specialist and I went to a class on job interviewing. After the class they provided a mock interview for me.

My employment specialist worked with me to find jobs within my background and experience. Needless to say, today I have a part-time job today that I love. My job has fulfilled my life. Something I would not have without my employment specialist and Functional Industries.

There are a lot of places with help for people with Mental Health issues; Functional Industries is just one of them. Some others include Vocational Rehab, Central Minnesota jobs and training, Good Will Easter Seals, Rise, and The Workforce Center.



For more information on the agencies that have vocational support programs, check out our website at: www.mnmentalhealth.org and search "Vocational/Employment" in the Resource & Provider Search tab.

Special message from Nick Johnston, President of NAMI St. Cloud:

May was national Mental Health Month! It is time to reflect on our own mental health as well as the health of family, friends, co-workers, etc. One in five Americans will experience symptoms of mental illness in their lifetime. Most people do not think about mental health/illness until a crisis occurs.

Prevention of mental illness is something we should strive for. A healthy mind is as important as a healthy body. Good mental health will allow you to enjoy life more, handle difficult situations better and have a better social life.

Should you recognize problem areas in your life or in others close to you, schedule an appointment with a health care provider to rule out a medical reason for your concerns. Your provider will refer you to an appropriate resource. Should you have any questions please call 651-645-2948 or 1-888-NAMI Helps (National Alliance on Mental Illness).

