

# OPTIONS



Employment  
Outreach Inc.

## EMPLOYMENT OPTIONS THAT WORK

Options Employment Outreach Inc is a leader in employment counselling for those with disabilities in Greater Saint John

Options offers a full range of employment counselling services including assistance with resumes, cover letters, and mock interviews. Options also has a range of unique services including:

- Access to funding for accommodations, assistive technology, and wage subsidies.
- Individualized planning for each client that could include work with community partners to ensure full support.
- Information and registration to FREE training opportunities offered in the community.
- Access to labour market research, employment trends, and employer information.
- Assistance in every step of the way for those moving into post-secondary, including help completing student loans (and Canada Study Grants), meetings with learning strategists, and job search for both summer jobs and jobs after graduation.

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Canada

New Brunswick  
CANADA

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# MENTAL HEALTH

Besides Mental Health, Options specializes in services for Mobility, Deaf & Hard of Hearing, Blind & Low Vision, Learning Disabilities, and Autism.



**Info:** The Centre for Addictions and Mental Health states, “The term ‘mental illness’ refers to a wide range of disorders that affect mood, thinking and behavior, including depression, anxiety disorders, schizophrenia, as well as substance use disorders and problem gambling. By the time Canadians reach 40 years of age, 1 in 2 have – or have had – a mental illness.” Canadian Mental Health Association states, “It’s important to understand that mental illnesses are real illnesses. Like other illnesses, such as diabetes or asthma.”

**Myth & Fact:** It is a myth that mental health issues are not common. The fact is that mental illness is a major public health problem. Mental illness accounts for a large percentage of hospital stays every year. We all know someone who has been, or will be, affected by mental illness.

**Example of Options’ Work:** Over the last year, Options and various partners including Horizon’s Addiction and Mental Health Services team have assisted both work-ready clients and clients considering a return to post-secondary education. Creating a ‘roadmap’ has shown to be successful and one of the most recent roadmaps for a client included developing a targeted resume, training on online job applications, and upgrading skills in Microsoft Office (completed onsite at Options).

“I think the more we talk about mental illness the less scary it becomes.”

- Singer Serena Ryder for the Bell Let’s Talk Campaign