

# Overcoming Barriers to Employment

30 second training for job seekers in mental health recovery



# Choose the best answer – What do people find helpful for overcoming their concerns about work?

- Consulting a Benefits Specialist to overcome fear of financial benefits loss
- Practicing self-advocacy and self-acceptance
- Practicing stress management to increase resilience
- All of the above





**GOOD JOB !!**

The best answer is  
"All of the above"





NOT BAD BUT NOT  
THE BEST ANSWER.  
KEEP LOOKING!



# Overcoming Barriers to Employment

- ❑ Rejection by employers -  
Get help from an Employment Specialist who will arrange interviews for you and help you prepare for the meeting.
- ❑ Stigma and discrimination in the workplace –  
Learn skills of self-advocacy and self-acceptance.
- ❑ Loss of benefits –  
Consults a Benefits Specialist.
- ❑ Fear of relapse –  
Practice daily stress management activities like a mantra or how to concentrate on breathing.



# Want to know more? Follow these links:

[EMPLOYMENT REPOSITORY](#)

[BENEFITS SPECIALISTS](#)

[SELF ADVOCACY](#)

[RESILIENCE AND STRESS HARDINESS](#)

For more information contact us at 617-353-3549



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**Thank you for taking this short training. We hope you were able to learn something new and exciting.**

For more information contact us at 617-353-3549 or visit our website: <https://cpr.bu.edu/about/>