

Individual Placement and Support (IPS) Service

Employment can be beneficial to your health and recovery

What is IPS?

Individual placement and support (IPS) is an intensive and supportive approach that can help you gain paid employment.

Who can use the IPS service?

You can use the IPS service if you are on the caseload of the community mental health team, the early intervention in psychosis service or the forensic service, if you are unemployed and you want to work.

What are the benefits of working?

- Work can offer structure, meaning and purpose to life
- It can help build your confidence and self esteem
- It can increase your social contacts
- It can improve your income

What can you expect from the IPS service?

You can ask your mental health worker to refer you to the employment specialist who will meet with you to discuss your ambitions and your preference for work.

Following discussion the employment specialist will meet with you to support you to:

- Identify your skills and preferences for employment
- Write an up to date CV
- Look for job opportunities based on your preferences
- Develop an action plan
- Get advice regarding your benefits
- Engage with employers

You will have regular review meetings with your employment specialist who will offer you positive support and help you to identify and remove barriers to work.

What happens when you get work?

When in work the employment specialist will continue to support both yourself and your employer to ensure you get the best experience. We aim to provide an accessible service with appointments being arranged to suit your needs.

Quotes from people working with an IPS service

"Giving me more confidence and self belief to help me keep my job."

"It's great to earn my own money and I am now pursuing a career."

"Since finding secure employment, I feel like a new person."

"I feel that I am on the road back to life again."