



WHY THIS PROJECT?

People who face mental health problems (PMH) have one of the lowest employment rates in Europe (20%-30% /UE stats-2015) even though, as research consistently indicates, most them want to work as well as improve their skills and competencies. In fact, 4 of the 10 leading causes of disability among people aged 5 and older are mental health disorders (Down, Alzheimer symptoms...), with depression being the number one cause of all illnesses that cause disability. Despite this high prevalence of mental illness, only about 20% of PMH receive professional help.

According to research, the minority of them who do work are often in marginal sectors of the economy, thus they are at increased risk of being laid off when the labour market weakens while they usually hold minimum-wage jobs which are often non-standard types of work (i.e. part-time, temporary work) with no benefits and advancement opportunities.

IMPE PARTNERS WILL DEVELOP THE FOLLOWING OUTCOMES:

- IO1: HANDBOOK on facilitating training and work insertion of people with mental health issues
- IO2: E-COURSE on supporting insertion in training and work with mental issues addressed to professional mentors
→ *trainers, career counsellors, etc.*
- IO3: E-COURSE on supporting insertion in training and work of people with mental issue addressed to non-professional mentors
→ *entrepreneurs, co-workers, supervisors.*



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Improving of People with Mental Health Issues in Training and Work





Project aims

This project addresses all these issues since:

- professional mentors (VET trainers, career counselors, coaches) dealing with people with mental health issues (PMH), to be provided with the necessary tools and techniques support PHM people during delivery of career guidance and VET training;
- mentors on the workplace (employers, mentors, supervisors and coworkers) targeted with guidelines and rising awareness content on how to facilitate work insertion of PMH.

The Handbook and the E-courses will be addressed to professional and non-professional mentors and will be inspired to the effective methodology of the Individualised Placement and Support.

- Professional mentors and informal mentors on the workplace are the two-main target group of the project.
- Mental health professionals (psychiatrists and nurses) and other stakeholders such as decision makers in the field of VET and in the field of mental health, associations of PMH of families with PMH can also benefit from this project.

Target groups

The Project addresses the need of different target groups:

- The Need of PMH to be effectively supported in VET training and workplace settings, and to reduce the stigma they face in society in general and in training and work settings in specific;
- The Need of Professional mentors (VET trainers, career counsellors, coaches) to have available an effective methodology to support training and labour insertion of PMH. The project will provide them a Handbook and a training course so improving their competences;
- The need of informal mentors on the workplace (employers, mentors, supervisors and co-workers) to better know how to integrate PMH in the work setting and to overcome their prejudices;
- The need of the other stakeholders in the VET and mental issues filed to improve the training and work insertion of PMH.



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