

Learn. Work. Grow.

Getting Started with Work Well NL



Programs and services are listed and searchable by region of the province:

Education: <http://workwellnl.ca/education.asp>

Employment: <http://workwellnl.ca/employment.asp>

Learn about [provincial and federal government programs, services and resources](#):

<http://workwellnl.ca/HRLE.asp>

To learn more about the website, visit the [About](#) page:

<http://workwellnl.ca/about.asp>

Or read the [Frequently Asked Questions](#) (FAQ):

<http://workwellnl.ca/faq.asp>

If you are from an organization who would like to list information on your programs and services on the Work Well NL website, or would like to change your current listing, please use our [Add or Change Listing](#) online request form:

<http://workwellnl.ca/request.asp>

Read more general information in the [Resources section](#):

<http://workwellnl.ca/resources.asp>

Check out the [links page](#) for a list of other organizations in the province and abroad:

<http://workwellnl.ca/links.asp>

[Get in touch with us: http://workwellnl.ca/contact.asp](http://workwellnl.ca/contact.asp)



Work Well NL is a project of the Canadian Mental Health Association, Newfoundland and Labrador Division (CMHA-NL), developed with funding from the Department of Human Resources, Labour and Employment.

To learn more about the website, visit

[About Work Well NL](#)

<http://workwellnl.ca/about.asp>

OR

[Frequently Asked Questions \(FAQ\)](#)

<http://workwellnl.ca/faq.asp>

For more information on mental health and mental illness, please get in touch with CMHA-NL.



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Work Well NL

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www.workwellnl.ca

An education and employment website for people with mental illness in Newfoundland and Labrador



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Newfoundland and Labrador Division



What is Work Well NL?

Work Well NL —www.workwellnl.ca—is a project of the Canadian Mental Health Association, Newfoundland and Labrador Division (CMHA-NL). It is an internet-based resource for people living with a mental illness in Newfoundland and Labrador that offers information on supports and services that can help them finish school or pursue post-secondary or training, and/or obtain and maintain employment. It also includes online resources for further reading.

Why a website?

Work Well NL offers a great way to have all of the relevant information together in one place and publicly accessible to people all over Newfoundland and Labrador at the click of a mouse.

There is also a great need for this information: One in five Canadians will have a mental health problem at some point in their lives, and work and education can play an important role in living well with and recovering from mental illness. Mental illness is also one of the leading causes of workplace disability.

While many people living with a mental illness are working well all across our province, there are some people who may face barriers to finishing or advancing their education, and obtaining and maintaining employment.

People living with mental illness in our province have education, skills and experience from a variety of backgrounds. Providing access to a range of relevant information on pursuing or completing education, and obtaining and maintaining employment, can help people explore what is available and allow them to make their own choices and connections.

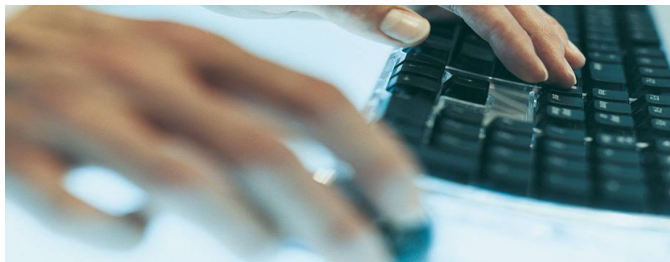
Not all of the listings on the site are specifically designed for or offered to people with mental illness, but they are all accessible to anyone looking for support in the areas of education, career development and employment in this province.

These programs and services might not interest or be a good fit for everyone who is living with a mental illness in Newfoundland and Labrador, but we hope that you find the information on Work Well NL useful in some way, no matter what stage you are at in your life.

We also hope that this website will become a valuable resource to people working in the mental health field who are trying to connect people to information in all areas of the province, as well as educators and employers who are looking to find ways to accommodate and create supportive environments for their students and employees.

History and Background of Work Well NL

The Community Partnerships Project, which is comprised of a number of mental-health stakeholders from government, health care, and community in St. John's, including CMHA-NL, identified the need for a web-based resource that would provide information about programs and services for people with mental



health issues to help them form and maintain attachments to the labour market.

The Department of Human Resources, Labour and Employment offered funding to CMHA-NL to take the lead in the development of this website but with a provincial scope.

As part of the development process, a survey was sent to a number of related organizations throughout the province to collect information on their programs and services related to education, employment and volunteering that might benefit people with a mental illness. Interviews were also conducted with key informants to learn more about the work of their organizations.

A Website Advisory Committee comprised of mental health consumers representing CHAN-NAL, Schizophrenia Society of NL, and Stella Burry Community Services, has worked with CMHA-NL to help guide the development of the website layout, design and content to ensure that it is helpful, well designed, relevant, and represents the interests of people with mental illness in this province.

The road to wellness and recovery from mental illness has many different paths and opportunities along the way, and CMHA-NL is committed to helping people make their own choices and find their way towards meaningful work and good mental health. Working well is a win-win for us all!

For more information, visit the website

www.workwellnl.ca