



Mental illness should not be an obstacle to employment.



AT-WORK | AU TRAVAIL



Contact Us

CMHA Nova Scotia Division
Suite 201
3-644 Portland Street
Dartmouth, Nova Scotia
B2W 6C4

Follow us!



Association canadienne
pour la santé mentale
Nouvelle-Écosse
La santé mentale pour tous

DID YOU KNOW?

Mental illness can be correlated with success in certain professions.

For example, there are many successful entrepreneurs living with bipolar disorder.

(NAMI)



CMHA Nova Scotia Division

☎ 1.877.466.6606, ext. 302

🌐 www.novascotia.cmha.ca

✉ tracy.hiltz@novascotia.cmha.ca

About



The At-Work Program is a federally-funded, national program delivered in 12 communities across Canada.

The program was established to provide employment support, job maintenance, and job retention services to those living with a mental illness or a mental health issue.

The At-Work staff provides employer awareness activities and financial incentives through a wage subsidy and assist employers by filling their hiring needs.

What we do:

The At-Work team provides support services to people living with mental illness that are unemployed or under-employed, by supporting them in obtaining and maintaining meaningful employment. (*No diagnosis required*).

Who we help:

Our services are available to adults (16+) legally entitled to work in Canada, who self-identifies as having a mental illness and who is unemployed or under-employed may be eligible.

Fees: There are no fees to participate in the At-Work | Au Travail program.

How to connect: Referral through a community agency or self-referral.

If you think we can help, please contact us.

Phone: 1.877.466.6606, ext. 302

Direct Line: 902.517.2430

Email: tracy.hiltz@novascotia.cmha.ca

For Employees



Each At-Work team member provides assistance with:

- A comprehensive job search;
- One-on-one peer support;
- Resume development and interview guidance
- Job placement; and
- Continued individualized support.

For Employers

At-Work provides employers with: Wage subsidies available for up to four months;

Ongoing case management to foster employer-employee success; and Motivated, trained, skilled candidates who are ready to work.