



Canadian Mental  
Health Association  
Nova Scotia  
*Mental health for all*



Accredited  
IMAGINE CANADA

Canada 



At Work/Au travail  
Nova Scotia



Canadian Mental Health Association Nova Scotia Division  
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Charitable Number: 133465609RR0001

# Empowering Individuals, Supporting Employers

The At Work program helps individuals living with mental illness or mental health challenges find and maintain safe, meaningful employment.

We work with both job seekers and employers to create sustainable job opportunities that promote mental wellness, ensuring success for both employees and employers.

## **For Job Seekers:**

- One-on-one peer support
- Resume building and interview coaching
- Job placement and career development
- Ongoing mental health support
- Access to career training

## **For Employers:**

- Access to motivated, trained candidates
- Case management support for smooth integration

## **Eligibility:**

- Legally entitled to work in Canada
- Resides in Nova Scotia
- Aged 16 or older
- Unemployed or underemployed
- Living with a mental health challenge or substance use disorder (no diagnosis required)

For more information, contact Tracy Hiltz, Provincial Lead, At Work at [@tracy.hiltz@novascotia.cmha.ca](mailto:@tracy.hiltz@novascotia.cmha.ca) or scan below:

