

The IPS approach

For job seekers and whānau



Below is information on how the Individual Placement and Support (IPS) approach could benefit you or your whānau.

What is the IPS approach?

IPS helps people with mental health issues who want to get and keep work. It is integrated with mental health care and treatment. The approach is used across the world and it's proven to work.

Is employment good for your mental health?

Not only does employment contribute to income, it can support us to build self-esteem and confidence. For many people work can be good for our health and can give us a sense of purpose in life.

Does it cost me money?

If you're referred to the service through your clinician, then the services are funded by New Zealand government departments.

What can we expect from IPS programmes?

- A warm welcome.
- A tailored employment support experience to you and your individual needs.
- A focus on your strengths and skills when identifying jobs and career options.
- Your mental health team ensuring care and treatment plans are aligned with employment support plans.
- Knowledge that evidence based, best practice principles for employment support are being used.

How do I access employment support providers who offer the IPS approach?

Funding and accessibility differs across different regions, but feel free to ask your mental health clinician for options in your region.

Alternatively check out the [IPS services in New Zealand map](#) or email info@workcounts.co.nz for more information.