

More and Different Opportunities



The Perkins Review (2009) concluded that many people with a mental health condition are able to use existing mainstream welfare to work services successfully, and more would be able to use them if they were more flexible, joined up and tailored to individuals.

People who have mental health problems are not a homogeneous group and their mental health condition does not define them or reflect all of the inequalities they experience so the best solution for an individual may not always be in a programme designed to support people with mental health conditions. It may lie in other opportunities: those that are targeted at inequalities in their community, or being homeless or gay; being a refugee or migrant; being a lone parent or having a history of offending. It may be it is not the individual who needs more support around mental health, but their employer, other services or your own organisation.



You might therefore also want to consider different services that could help an individual. For example:

- someone who also has a substance misuse problem might find the Jobcentre Plus **Progress2work** programme meets their needs better; ex-Armed Services staff can access specific support via **Combat Stress**;

Combat Stress

