

# **Let's Talk Employment: A Guide for Family Members of Individuals in Mental Health Recovery**

The [Let's Talk Employment](#) guide is designed to help family members of unemployed people with mental health conditions remove barriers that often interfere with the ability to seek, obtain, or keep meaningful employment. Since many definitions of “family” exists for different people, the purpose of this Guide is to allow the person living with a mental health condition to determine who is considered “family” to them.

The user of the Guide could be a parent, sibling, adult child, grandparent, roommate, partner, relative, or friend. The common feature is that the person “helping” intentionally provide informational, emotional, or tangible support while the job seeker completes the actual work. The beneficiaries of this guide are the persons with mental health conditions who are open to receive the support of their loved ones to attain employment.