

# MODULE 4: CAREER DEVELOPMENT & MENTAL HEALTH CONNECTIONS

DAY MONTH YEAR



# OVERVIEW & KEY CONCEPTS



# MODULE 4 AIMS

- Reasons to connect career development and mental health
- Mental health awareness
- Whole student approach
- Shift in career practice...leading into Module 5



# RATIONALE

- Career development risks being pushed aside by mental health movement
- Career development is foundational to mental health
- Adolescence is a critical period for
  - learning coping skills, including career exploration skills
  - the onset of mental illness
- Career intervention and career education are more effective when seen in context than when isolated



# DEFINITIONS

---

**Career development** is the lifelong process of managing learning, work, leisure, and transitions in order to move toward a personally determined and evolving preferred future. (Cdn S&Gs)

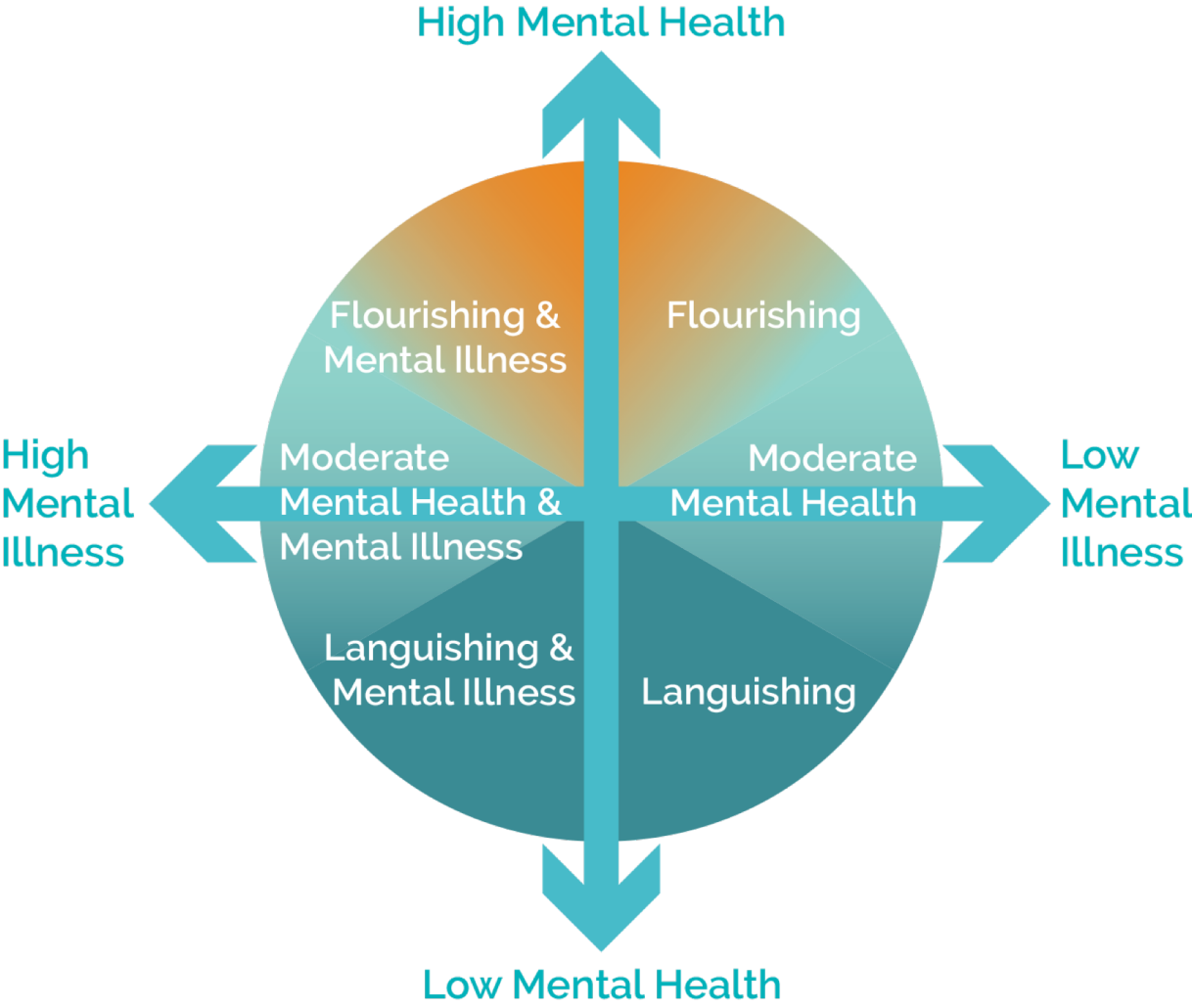
---

**Mental health** is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community (WHO, 2020).

# TWO-CONTINUA MODEL – COREY

## KEYES

- Mental health co-exists with mental illness
- Mental health mitigates frequency, duration and severity of mental illness symptoms



Think about someone you know with a mental illness who is living life fully and has found a way to function.

