The Benefits of Working

"Jobs...provide security, stability and structure. So being in paid employment is generally considered to be a good thing.

It is no longer just a way of earning a living: it provides identity, contact and friendship with other people, a way of putting structure in your life and an opportunity to meet goals and to contribute."

Source: MIND, the Mental Health Charity.

Visual Aid 05.01 V2.0 May 2014

Page 1 of 1