Work as a Remedy: Encouraging Labour Inclusion through Experience and Inspiration

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Abstract

"Work as a Remedy" is an Erasmus+ Small-Scale Partnership addressing the systemic barriers faced by adults with mental health disabilities in accessing the open labour market. The initiative brings together partner organisations from Greece, Spain, and the Czech Republic with shared expertise in psychological support, career guidance, and inclusive education. Through collaborative development and cross-national exchange, the project empowers its target group to envision and pursue employment opportunities aligned with their strengths and circumstances.

The project delivers two key outputs:
1. A motivational video featuring insights from psychologists, labour counsellors, and individuals with lived experience, offering practical tools and encouragement to overcome internalised doubts and external stigma.
2. A multilingual good practice book showcasing nine diverse employment stories of individuals with mental health disabilities, demonstrating that with the right support and work conditions, meaningful and sustainable employment is achievable.

By combining professional perspectives with authentic peer narratives, "Work as a Remedy" not only informs but also inspires. The project directly engages its target audience in content development and feedback, ensuring outputs are relevant, relatable, and empowering.

Disseminated through social networks, counselling sessions, and final seminars, the materials are designed for long-term use by employment agencies, mental health services, and educators. The project contributes to European priorities on inclusion, accessibility, and adult education by promoting work as a path to dignity, purpose, and societal participation for all.