

ANXIOUS?

DEPRESSED?

UNEMPLOYED?



WE'RE HERE TO HELP



OstaraAustralia

RECRUITMENT. TRANSFORMING LIVES

WE BELIEVE

EVERYONE IS

EMPLOYABLE.

OSTARA AUSTRALIA HAS BEEN HELPING AUSTRALIANS LIVING WITH MENTAL HEALTH CONDITIONS RANGING FROM ANXIETY, BIPOLAR, SCHIZOPHRENIA, DEPRESSION AND OTHER ILLNESSES PREPARE THEMSELVES TO FIND A JOB THAT FITS FOR OVER 20 YEARS.

Whether you have been out of work for a day, months or years, we can tailor our services towards your specific training, health and living needs through our one-on-one service. We offer:

- Work ready training.
- Skill development and goal setting.
- Résumé building.
- Job search and interview assistance.
- Career counselling.
- Ongoing personalised support and mentoring.
- Exposure to a national network of employers.
- Specialist services in mental health.
- Links to well-being services.

YOUR LOCAL OSTARA AUSTRALIA OFFICE

1300 JOB SEEK (1300 562 7335)

www.ostara.org.au

www.ajobthatfits.com.au

