

***Finding Work That Works* Resource List**

Self-Assessment

CareerOneStop (“the flagship career, training, and job search website for the U.S. Department of Labor”)

<https://www.careeronestop.org/> (click “Explore Careers” and then “Self assessments”)

What Color is Your Parachute by Richard Nelson Bolles

https://www.amazon.com/What-Color-Your-Parachute-2017/dp/039957820X/ref=sr_1_1?s=books&ie=UTF8&qid=1492791389&sr=1-1&keywords=what+color+is+your+parachute

Other Richard Nelson Bolles Resources:

Job Hunter’s Bible

<http://www.jobhuntersbible.com/>

eParachute

<http://eparachute.com/>

The eParachute Introduction to Your Career and Job Search course through Udemy

<https://www.udemy.com/the-eparachute-introduction-to-your-career-and-job-search/>

Dancing Naked: Breaking Through the Emotional Limits That Keep You From the Job You Want by Robert Chope

<https://www.amazon.com/Dancing-Naked-Breaking-Through-Emotional/dp/1572241845>

StrengthsFinder 2.0 by Tom Rath

<https://www.amazon.com/StrengthsFinder-2-0-Tom-Rath/dp/159562015X>

National Career Development Association resource page

<http://www.ncda.org/aws/NCDA/pt/sp/resources>

You're Much More Than a Bipolar Diagnosis:

7 Tips For Discovering Your Unique Strengths And Gifts (International Bipolar Foundation blog post)

<http://ibpf.org/blog/you%E2%80%99re-much-more-bipolar-diagnosis-7-tips-discovering-your-unique-strengths-and-gifts>

Playing Detective To Uncover The Culprits Behind Relapse: A Guide To Understanding Triggers And Vulnerabilities In Bipolar Disorder

(International Bipolar Foundation blog post)

<http://ibpf.org/blog/playing-detective-uncover-culprits-behind-relapse-guide-understanding-triggers-and>

Occupational Research

CareerOneStop (“the flagship career, training, and job search website for the U.S. Department of Labor”)

<https://www.careeronestop.org/> (choose “Explore Careers” and then “Learn about careers”)

O*NET OnLine (Occupational Information Network; provides “detailed descriptions of the world of work”)

<https://www.onetonline.org/>

Indeed (job opportunity website)

<https://www.indeed.com/>

National Career Development Association resource page

<http://www.ncda.org/aws/NCDA/pt/sp/resources>

SCORE (small business advisors that can help with market research; you can do a search for your closest SCORE office)

<https://www.score.org/?gclid=CJTenLagt8ACFdCCfgodpBIABw>

“Gig” and Work From Home Jobs

These are just a few of many opportunities on digital platforms:

Upwork (wide range of freelance work)

<https://www.upwork.com/>

People Per Hour (wide range of freelance work)

<https://www.peopleperhour.com/>

Care (caregiving and other domestic jobs)

<https://www.care.com/>

Wyzant (tutoring jobs)

<https://www.wyzant.com/>

Rover (pet care jobs)

<https://www.rover.com/>

PrestoExperts (consulting and tutoring jobs)

<http://www.prestoexperts.com/>

Etsy (site for selling crafts and other goods)

<https://www.etsy.com/?ref=lgo>

Book about succeeding as a gig worker:

The Gig Economy: The Complete Guide to Getting Better Work, Taking More Time Off, and Financing the Life You Want by Diane Mulcahy

<https://www.amazon.com/Gig-Economy-Complete-Getting-Financing/dp/0814437338>

Good work from home resource, with links to many opportunities:

Rat Race Rebellion

<http://ratracerebellion.com/>

Volunteer Positions

Volunteer Match (directory of volunteer opportunities)

<https://www.volunteermatch.org/>

Professional Career Help

Vocational Rehabilitation

List of state offices:

<https://www.fda.gov/downloads/AboutFDA/workingatFDA/UCM277757.pdf>

One Stop American Job Centers

Find your closest office:

<https://www.careeronestop.org/LocalHelp/service-locator.aspx>

Private career development professionals certified by National Career Development Association:

http://www.ncda.org/aws/NCDA/pt/sp/home_page

Bipolar Career Advisors (specialized career services company; they offer a free 30-minute consultation)

<https://www.bipolarcareeradvisors.com/>

SCORE (small business advisors that offer mentoring and workshops; you can do a search for your closest SCORE office)

<https://www.score.org/?gclid=CJTenLagt8ACFdCCfgodpBIABw>

General Counseling/Psychotherapy

Low-cost counseling options:

OpenCounseling.com (low cost counseling directory)

<http://www.opencounseling.com/>

Open Path Psychotherapy Collective (low cost therapy; one-time membership fee required)

<https://openpathcollective.org/>

Distance counseling/online therapy options:

Better Help (online counseling platform with options for messaging, chat sessions, phone sessions, and video sessions)

<https://www.betterhelp.com/>

Breakthrough (online therapy sessions lasting from 15 minutes to an hour)

<https://breakthrough.com/>