

Mental Health Professional



Health
South Western Sydney
Local Health District

Mental Health Services in SWSLHD are provided by comprehensive integrated inpatient and community teams that work closely with NGOs, other related government departments and private services across the area.

Adult inpatient services are provided at Bankstown, Liverpool and Campbelltown hospitals. Adolescent inpatient services are provided at Campbelltown hospital. Specialised mental health inpatient services for older people are provided at Braeside hospital.

Multi-disciplinary community teams provide assessment, case management and rehabilitation services across the District. Mental health community services also provide emergency care and link with the general hospital emergency departments. Perinatal, child, adolescent, youth and older persons services are provided in the community. Other specialised services include the treatment of anxiety, depression and eating disorders. The community services also include specialised staff who provide services for Aboriginal and multicultural communities.

Consumers and carers participate in the planning, provision and evaluation of services and provide peer support when required.

Career Opportunities and Professions within Mental Health

The professions listed below have the opportunity of working in hospital or community based services:

- Nursing
- Medical
- Social Work
- Occupational Therapy
- Psychology
- Welfare
- Health Promotion
- Administration Support
- Information Technology
- Research Positions in all Fields
- Education & Staff Development
- Aboriginal Mental Health

What sort of person should I be?

- A person that enjoys working in a challenging field. This profession provides opportunities to work in both a community and hospital setting. A person who is interested in all stages of service delivery from early intervention through to acute and rehabilitation services. A person who enjoys working in an environment where your contribution to team work is valued and your skills are viewed as contributing to positive patient outcomes. You will work in an environment where you get to meet new people and face new situations and clinical challenges on a daily basis.

Personal skills required of a Mental Health Professional

- Good communication and listening skills
- Ability to work well within a team
- Problem solving ability
- Non judgemental attitude
- Sense of humour
- Professional attitude