



#myjobishumans

Thinking about working in Mental Health?

Mental Health is a **rewarding career** where you can make a **positive impact** on people's lives while developing and advancing your own career.

Did you know?

Community mental health services are mostly delivered by non-government community managed organisations. Jobs can include everything from support workers and coaches to coordinators and manager roles.

What is a Community Mental Health Worker?

Community Mental Health Workers provide support to people with a mental illness to facilitate good mental health and wellbeing within the community. They recognise the individual's strengths and goals and support their emotional, social, work and self-care needs. They acknowledge the value of community and ensure people remain connected with their families, social networks, local communities, and other supports. The area of mental health is quite broad and can include mental illness, substance abuse, suicide prevention and mental health problems associated with poverty. These services are distinct from clinical mental health services that are mainly provided by Queensland Health.

What does the job involve?



Licences and or regulatory requirements?

- ✓ Blue card
- ✓ NDIS Workers Screening Check
- ✓ Police Check (or Criminal History Check)
- ✓ First Aid Certificate & CPR
- ✓ Vaccinations

*Organisations' requirements may vary

Skills

Soft

- Empathy, tact and patience
- Emotional Intelligence
- Excellent communicator
- Interpersonal skills
- Critical thinking
- Work well under pressure
- Demonstrate good judgement

Technical

- Understanding of mental health issues and supports
- Knowledge of the roles and functions of the wider health and social services sector.
- Computer literacy and data entry skills

How do I get into Community Mental Health Work?

A formal qualification via a Vocational Education & Training or ATAR pathway is required to work in the sector. For example, a qualification in mental health, counselling or community services such as a Certificate IV or Diploma in Mental Health will allow you to become a Community Support Worker. Some people will enter these roles after completing an undergraduate degree such as Bachelor Social Worker, Human Services of Psychology.