

WHAT'CHA
GONNA DO?

MENTAL HEALTH COULD B 4 U

"It's awesome – mental health is a great place to work."

Tracey, Mental Health Nurse at Tiaho Mai – Middlemore Hospital,
Counties Manukau District Health Board

Q What does someone working in
mental health do?

Q What subjects do I need to
take at school?

Q How do I get into it?

Q Will I get a job after studying?

Q Where can I find out more
information?

Do you enjoy working with people? Are you a good listener? Do you like helping others? If you answered yes then working in MENTAL HEALTH could B 4 U!

What does someone working in mental health do?

Mental health professionals work with people who experience mental illness within the community or in a hospital.

Working in mental health, you will meet all sorts of people from different age groups and cultural backgrounds. There are lots of different professional roles including nursing, clinical psychology, occupational therapy, social work, community support work and psychiatry.

For more information on mental health services in South Auckland, check out www.leadingmentalhealth.co.nz.

What subjects do I need to take at school?

Taking a wide range of subjects including Science, English and Maths is suggested.

How do I get into it?

Psychiatry – you will need to study medicine at university (6 years) and work in a hospital for at least a year before completing 5 years of specialist training. Psychiatrists are registered with the Medical Council of New Zealand.

Community Support Work – you can choose from a range of courses available locally. The main qualification is the National Certificate in Mental Health (1 year).

Nursing – to become a mental health nurse you will need to complete a bachelor of nursing or health sciences in nursing (3 years) at tech or university. Most DHBs require you to also complete a post-graduate certificate in mental health. Nurses are registered with the Nursing Council of New Zealand.

Occupational Therapy – you should study a bachelor of occupational therapy (3 years) at either Auckland University of Technology (AUT) or Otago Polytechnic. Occupational Therapists are registered with the Occupational Therapy Board of New Zealand.

Social Work – you will need to study a bachelor of social work at tech or university (4 years). Social workers can be registered with the New Zealand Social Workers Registration Board.

Psychology – to become a clinical psychologist you should study a bachelor's degree in either science or arts, majoring in psychology (3 years). You will then need to complete a masters degree and postgraduate diploma in clinical psychology or an equivalent qualification such as a doctorate of clinical psychology (3 – 4 years). Clinical psychology can be taken at universities all around New Zealand. Clinical psychologists are registered with the New Zealand Psychologists Board.

There are lots of scholarships available for students studying mental health, have a look on <http://www.careers.govt.nz/scholarships.html> to find out more.

Will I get a job after studying?

There are lots of employment opportunities in mental health.

Where can I find out more information?

Useful websites:

- www.leadingmentalhealth.co.nz
- www.moh.govt.nz/mentalhealth
- www.careers.govt.nz
- www.cmdhb.org.nz/careers
- www.realjobsforrealpeople.org.nz
- www.skillsmatter.co.nz

For any other questions call Counties Manukau District Health Board on (09) 259 5052 to speak with someone about careers or email careers@cmdhb.org.nz.