

# 2025 GradConnect

Mental Health Nursing





# What is Mental Health Nursing?

- . **Definition**: Mental health nursing involves caring for individuals with mental health conditions, offering support with physical, mental and emotional challenges.
- . **Settings**: Work settings can include hospitals, clinics, community health services, and outpatient care.
- Purpose: Aims to help patients manage symptoms, improve quality of life, foster recovery from mental health conditions, and promote sustained wellness.

### How Common is Mental Health?

A national study conducted by the Australia Bureau of Statistics between 2020 and 2022 on Australians aged 16-85 found:

- More than two in five (42.9%) have experienced a mental disorder in their lifetime.
- One in six (16.6%) had experienced suicidal thoughts or behaviours.
- More than one in six (17.4%) saw a health professional for their mental health in the 12 months prior to interview.
- **Two in seven** (8.5%) of patients have cooccurring mental health and long-term physical health condition

#### What Do You Do?

- Assessment & Diagnosis Support: Conducting mental health assessments and supporting diagnosis through observation and communication.
- Treatment Plans: Collaborating with Consumers, Doctors,
  Psychologists, Occupational Therapists, Social Workers and Peer
  Practitioners to create individualised treatment plans.
- Therapeutic Communication: Building trust through active listening and empathetic responses.
- Medication Management: Administering medications, monitoring side effects and compliance, and educating patients about their treatment.
- **Crisis Intervention**: Providing immediate care during mental health crises and managing high-risk situations (e.g. suicidal thoughts, aggression).



# What Are We Looking For?

- **Empathy and Compassion**: Ability to understand and share the feelings of patients as well as connect with others.
- Critical Thinking: Analysing patient behaviours and symptoms to make informed decisions.
- Resilience: Handling emotionally intense situations and challenging behaviours.
- Communication & Relational Skills: Clear communication with patients, families, and multidisciplinary teams.
- **Cultural Sensitivity**: Understanding and respecting diverse backgrounds and beliefs.
- **Person Centred Approach**: Help others make connections, find meaning and foster empowerment.





# Is It Rewarding?

- Making a Difference: Helping individuals improve their mental health and live more fulfilling lives is deeply rewarding.
  - **71.8%** patients aged between 18-64 years saw significant improvement in their mental health after an acute inpatient admission.
- Personal Growth: Mental health nursing can offer opportunities for personal growth, as it requires patience, understanding, and emotional intelligence.
- **Building Strong Team Relationships**: Many Mental Health Nurses develop strong team bonds with their colleagues, which is a key element of workplace culture and job satisfaction.
- **Advocacy**: Being a voice for vulnerable individuals and reducing the stigma surrounding mental health.

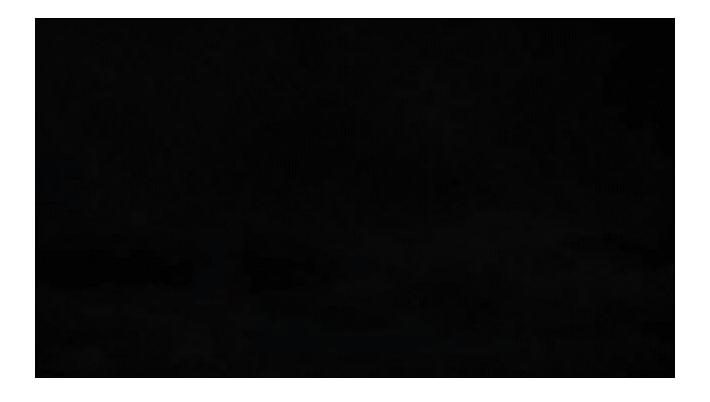
What Are The Opportunities?

 Specialisations: Options to specialise in areas like forensic nursing, child and adolescent mental health, Co-Response, Homeless Healthcare, Virtual Health and more.

- Further Education: Many mental health nurses pursue further training or academic qualifications (e.g., Masters in Mental Health, Nurse Practitioner, AMHP and more).
- Leadership Roles: Mental Health Services are expanding resulting in current and future opportunities to take on numerous leadership positions.
- Transferable Skills: Mental Health issues are present in every health workplace. The skills you learn as a Mental Health Nurse are relevant and transferable to other workplaces.
- **Collaboration**: Working with multidisciplinary teams within and outside hospital boundaries.



### Hear It From Us



# Summary

- A Unique and Rewarding Career: Being a mental health nurse offers both challenges and rewards, but the chance to make a meaningful impact on people's lives is significant.
- . **Continuous Learning**: Mental health nursing is a dynamic and evolving field, enabling ongoing education and self-reflection.
- Key Takeaway: The role is complex but ultimately a deeply fulfilling profession that helps individuals regain their mental health and wellbeing.