



Government of **Western Australia**
North Metropolitan Health Service
Mental Health, Public Health and Dental Services

Mental Health Nursing



Acknowledgement of Country

“We acknowledge the Noongar People as the traditional owners and custodians of the land on which we work and pay respect to elders past and present. NMHS recognises, respects and values Aboriginal cultures as we walk a new path together”.

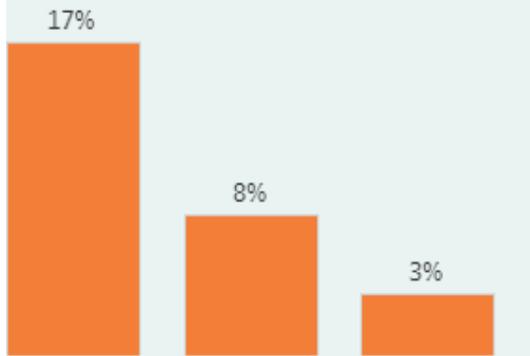


How common is mental illness?



In the previous 12 months...

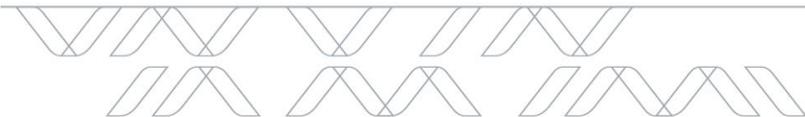
about **1 in 6 (17%, or 3.3 million)** Australians experienced an *Anxiety disorder*, 8% an *Affective disorder* and 3% a *Substance Use disorder*.



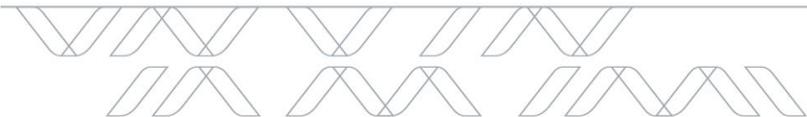
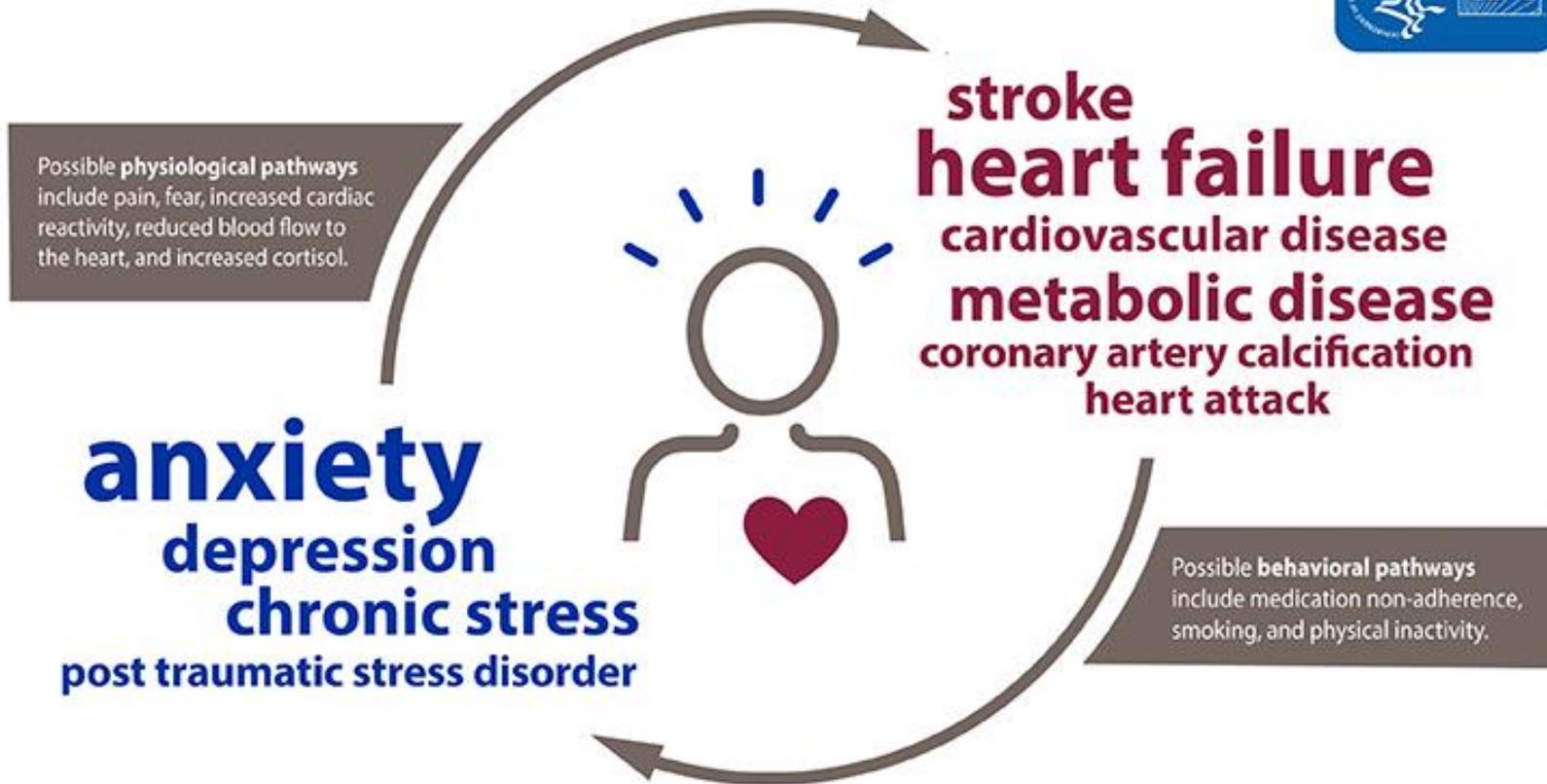
More than two in five Australians (42.9 per cent) aged 16–85 years have experienced a mental disorder in their lifetime



almost **1 in 7 (14%)** children and adolescents aged 4–17 years are estimated to have experienced a mental illness.

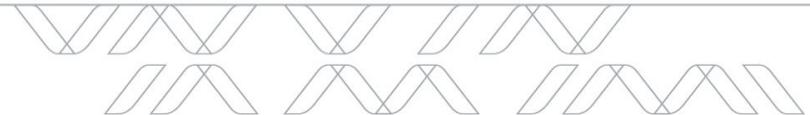


Physical Illness can also affect Mental Health

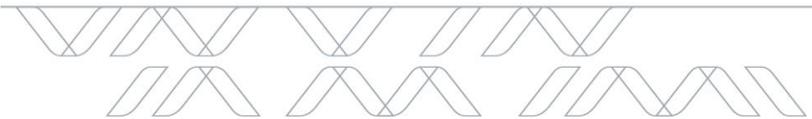


Why choose a career in MH nursing

- Mental Health is a growing sector with many varied opportunities.
- Nursing in Mental Health offers a unique opportunity to make a real difference to the outcomes of the vulnerable people in our communities
- Holistic, person centred care – assessing mental, physical, psychosocial, cultural and spiritual needs
- Caring for patients through their mental health crisis until they can return back to their optimum stabilised mental state
- Patient advocacy
- Establishing trusting and therapeutic relationship
- Working within a Multidisciplinary team
- Mental Health assessment and interventions
- Mental Health promotion and prevention

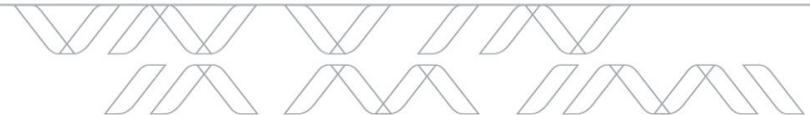


<https://youtu.be/qJR1MI585tg?si=RfiNLderNGmEa6hP>



Why choose a career in Mental Health?

- Increase knowledge and understanding of mental illness and the effects it has on individuals /families
- Consolidate professional practice
- Gain experience of caring for people with lived experiences of mental illness
- Coordinating collaborative care planning
- More time with patients/clients as you develop a programme of complex interventions and deliver specialised care, you build rapport and a therapeutic relationship with your patients.
- Caring for people with a broad range of conditions
- Challenging yet rewarding career
- Constantly learning new skills



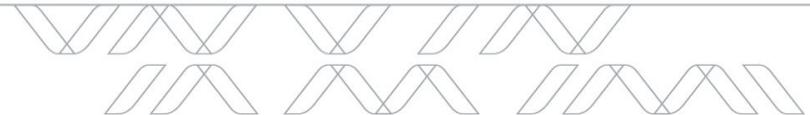
Developing & Building on Interpersonal Skills

- Expert communicator with clients, colleagues, family and friends; community members
- Becoming more resilient and having more compassion and empathy
- Expert in de-escalating potential conflict
- Excellent teamwork skills (working with multidisciplinary teams)
- Expert in adapting and reacting quickly to challenging situations
- Approaching day to day life with more self-confidence
- Great problem solving, critical and logical thinking can help
- Self-awareness and the use of effective communication techniques



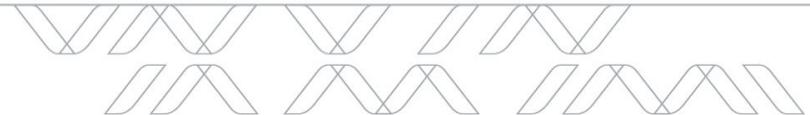
Consolidating skills

- Holistic care – physical and mental health
- People with mental illness are more likely to develop physical illness.
- Mental health and physical health are fundamentally linked – utilising acquired skills in comprehensive nursing.

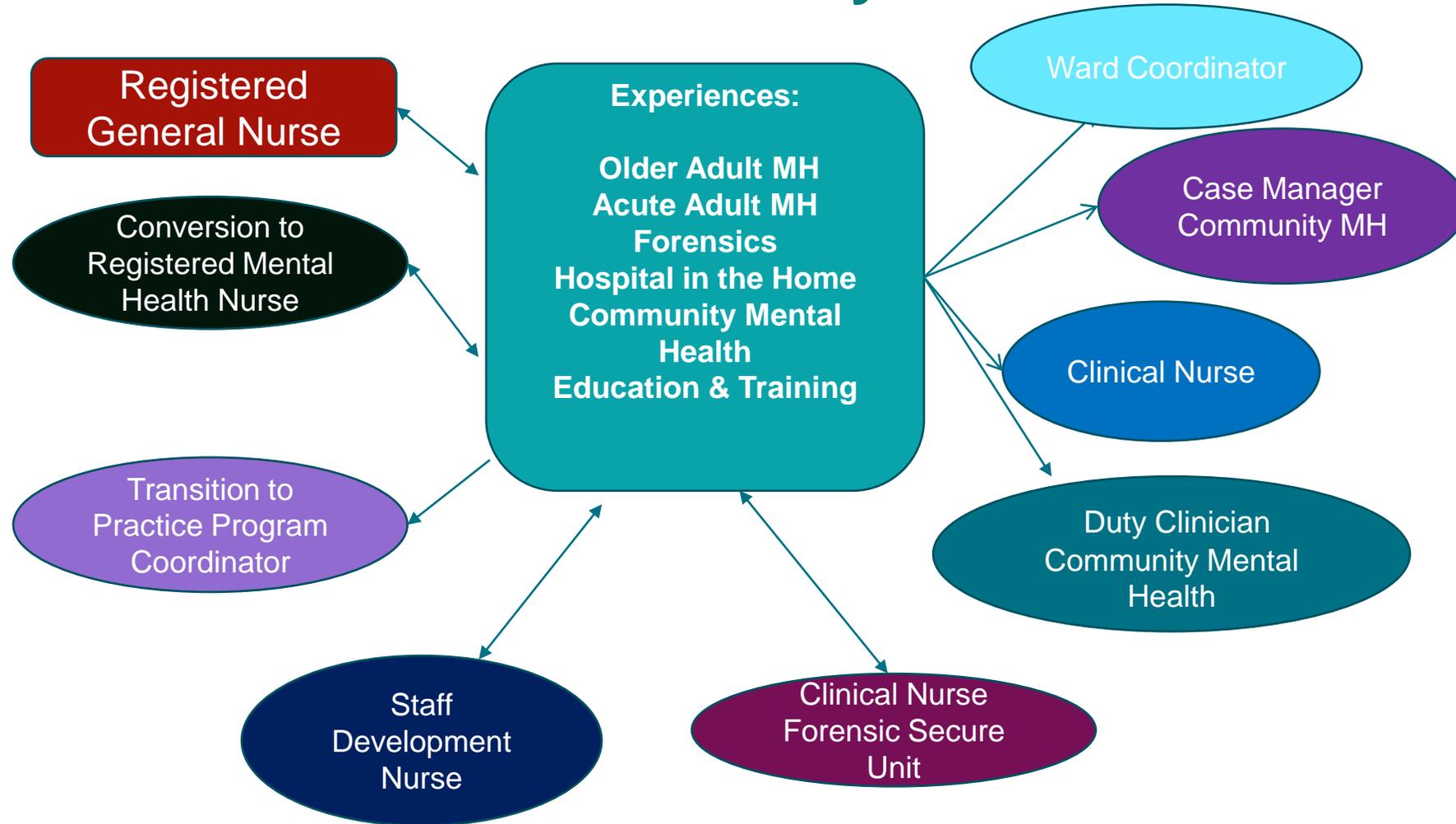


Career pathway

- Highly valued and respected workforce
- Demand for Mental Health services is increasing
- Secure employment opportunities
- Variety of career pathways to develop a broad range of skills
- Mental Health Nursing is an integral part of the solution
- Learning something new every day



Real Life Career Pathway: Liz



Where can you work as a Mental Health Nurse?

Midland Adult Community Mental Health

State Forensics Mental Health Services

Fiona Stanley Hospital

Rockingham Peel Group

Fremantle Hospital

Royal Perth Hospital

King Edward Memorial Hospital

Peel Health Campus
Part of Ramsay Health Care

Armadale Health Service

Sir Charles Gairdner Hospital

Fiona Stanley Hospital

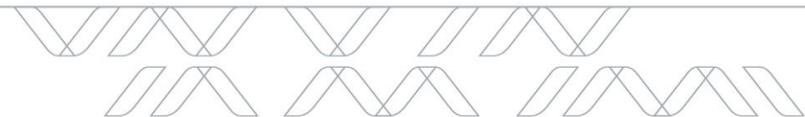
Joondalup Health Campus

Bentley Health Service

Graylands Hospital

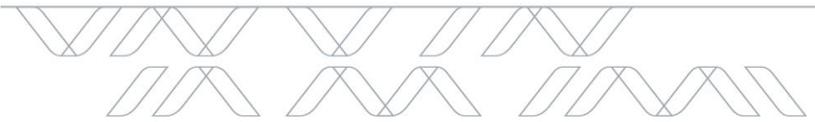
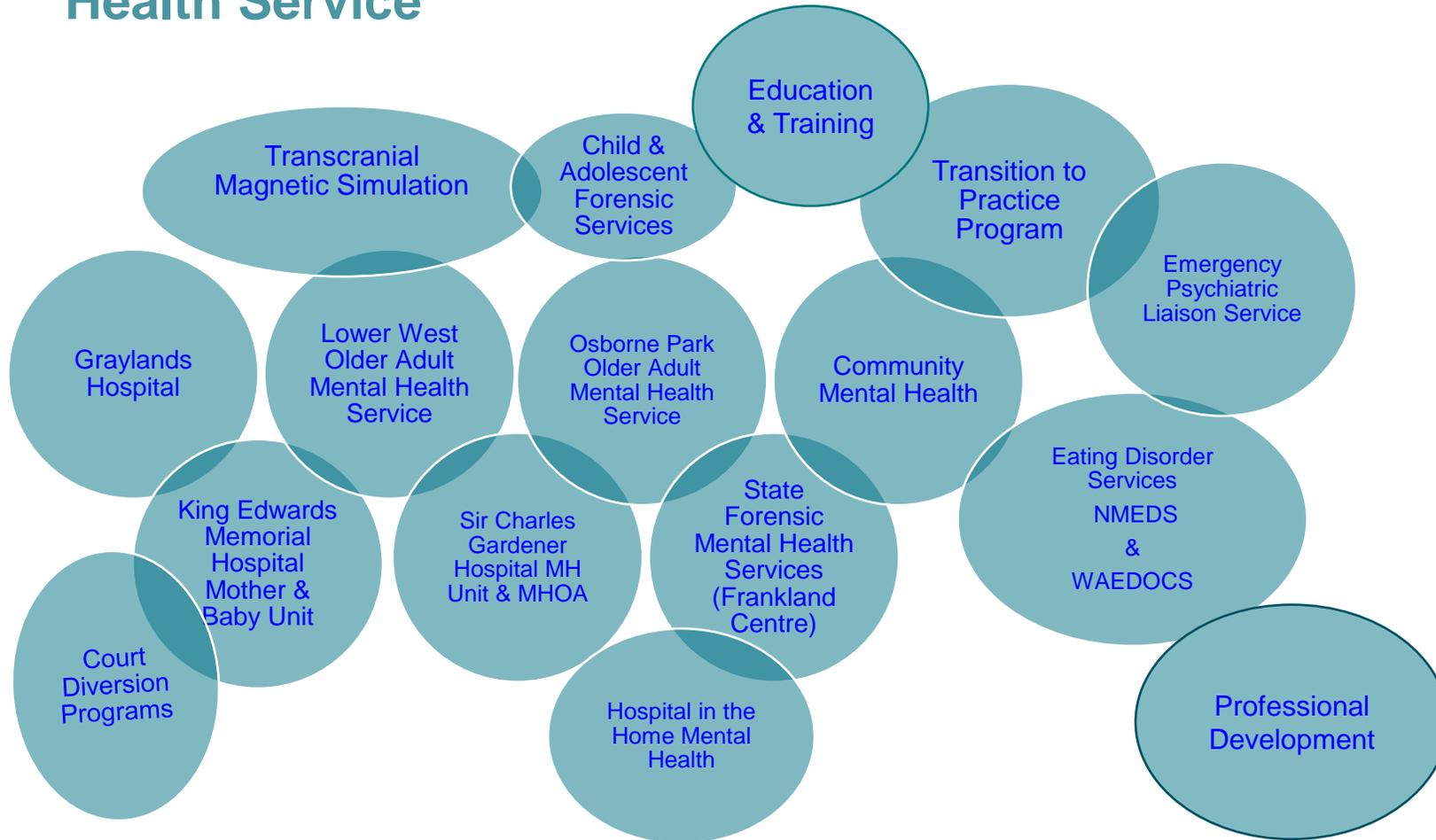
WA Country Health Service

City East Community Mental Health Service





North Metropolitan Health Service





Royal Perth Bentley Group

Wungen Kartup Mental Health Service

Bentley, City East & Midland Mental Health Community Programs

Bentley & Royal Perth Inpatient Mental Health

Mental Health Emergency Response Line MHERL

East Metro Youth Unit EMyU

Bentley Health Service Mental Health Inpatient

City East Mobile Clinical Outreach Team MCOT

Youth Community Assessment Team YCATT

Active Recovery Team ART

Bentley Early Intervention Psychosis Service EIPS

Wungen Kaat Centre TCU

Royal Perth Mental Health Emergency Centre MECH

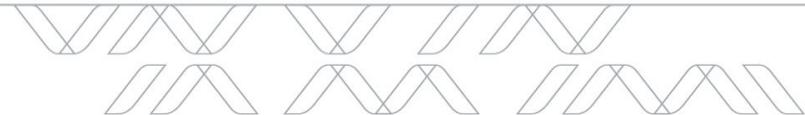
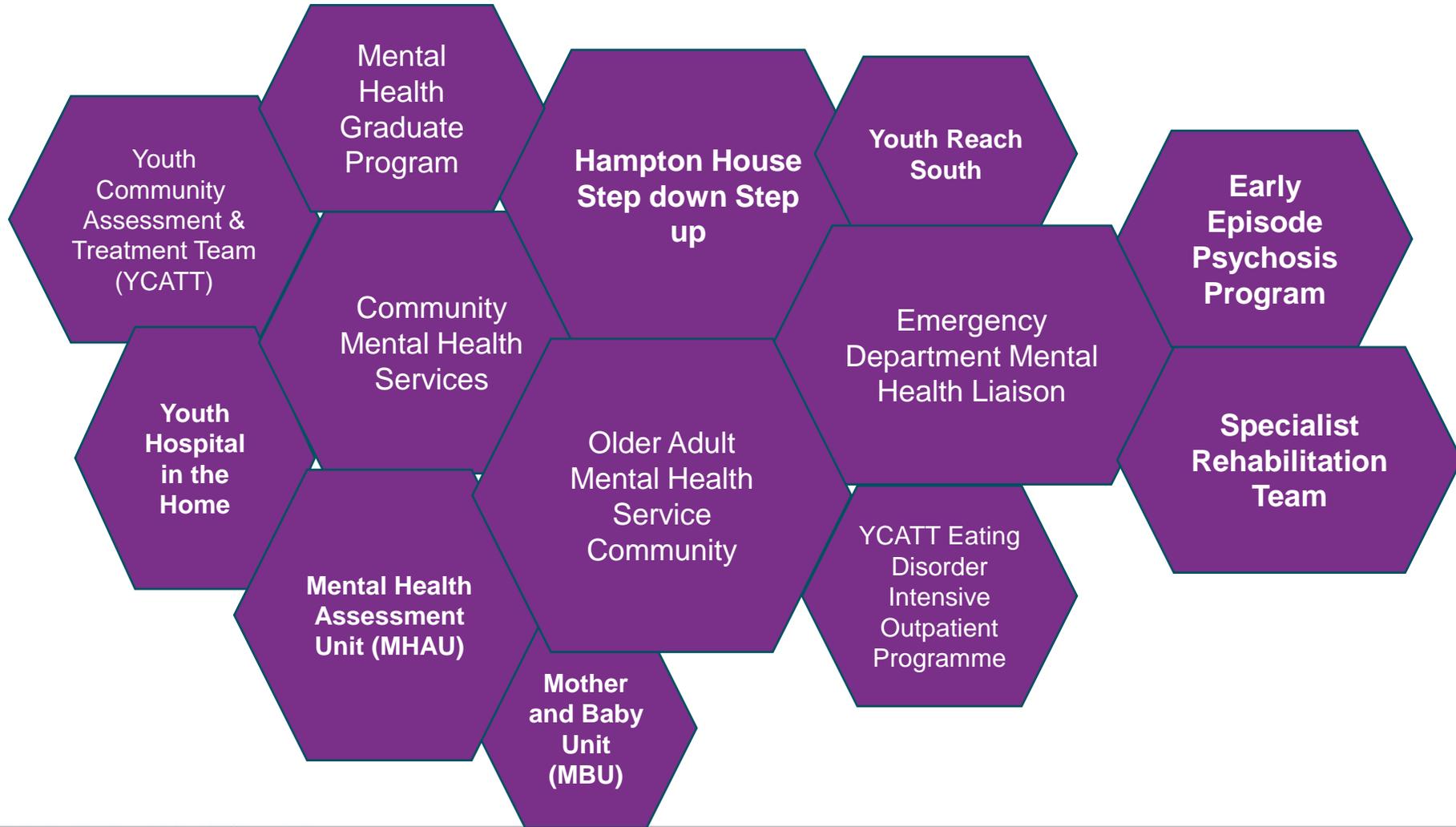
Midland Wellness Clinic

Individualised Community Living Strategy ICLS

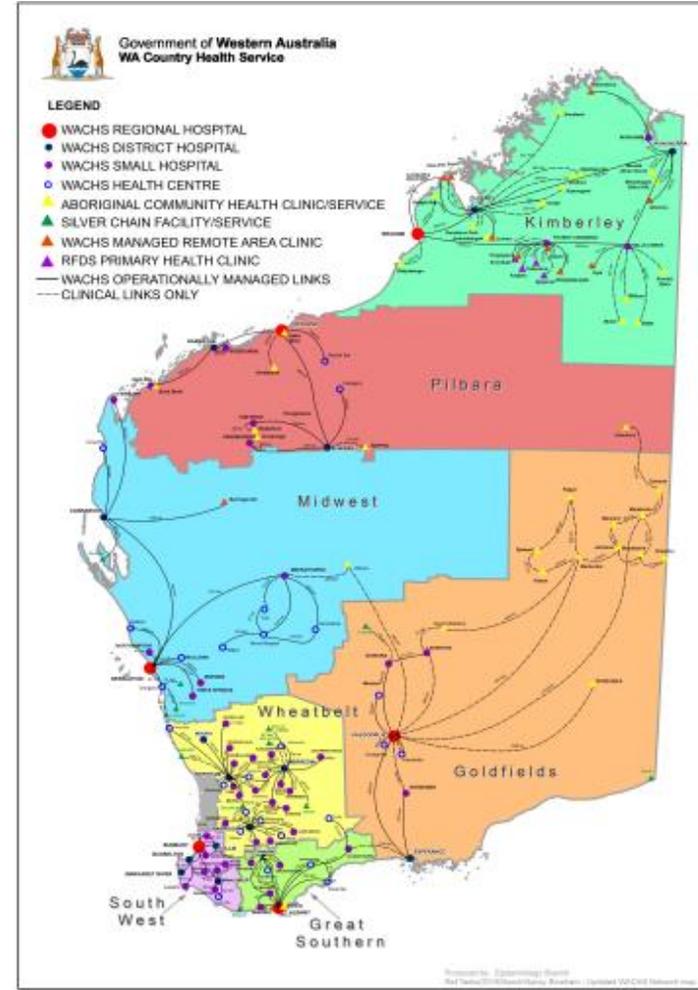
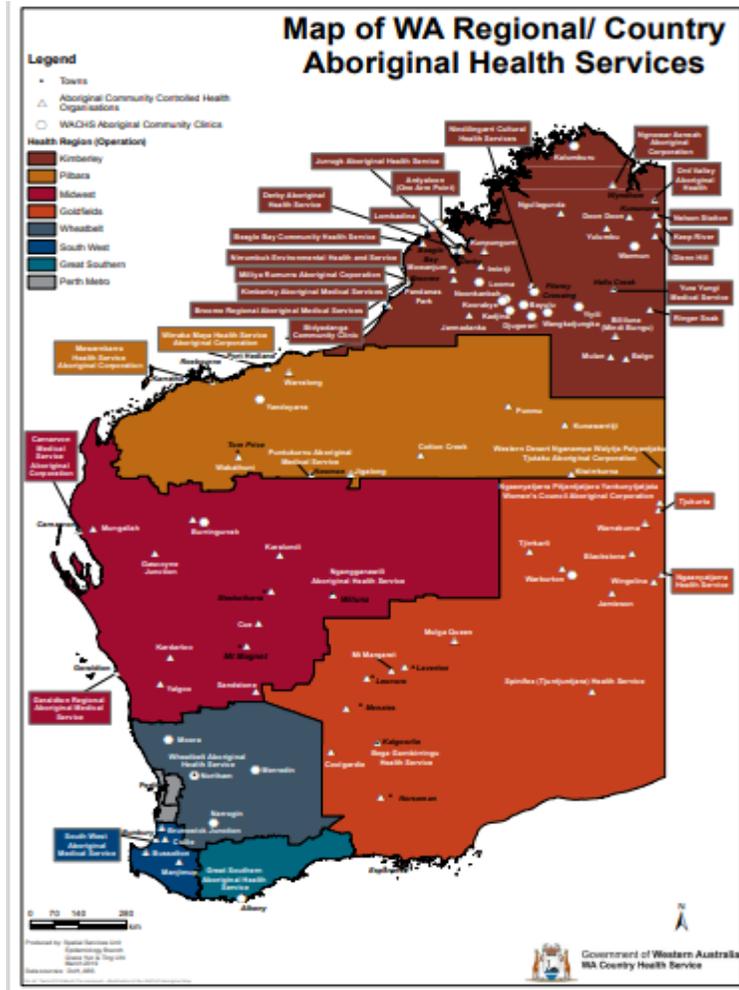
Older Adult Community Mental Health



South Metropolitan Health Service



WA Country Health Service





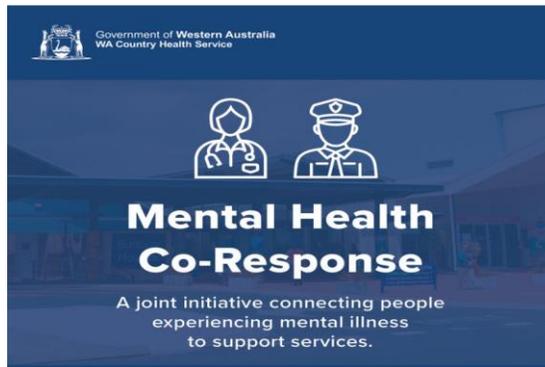
WA Country Health Service

Services span across an area of more than 2.5 million square kilometres

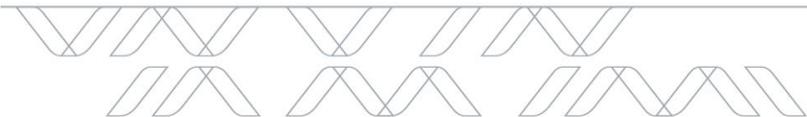


- Mental health services

- Drug and alcohol services



- Aboriginal health services



Any Questions?

**Thank you for your
time**



References

- Australian Burden of Disease Study
- The Australian institute of health and welfare
- Australian bureau of statistics
- And other stuff

