

MENTAL HEALTH CAREERS CHATTERBOX



This chatterbox is a fun, engaging tool to help people find out more about study pathways and career opportunities in the mental health workforce.

For students, parents, teachers, careers counsellors and anyone else interested in mental health careers, this is an excellent way to start a conversation about pursuing a career that fits personal interests and skillsets.

Simply print it out, fold it up, and use it to start a conversation about the diverse range of roles available in the mental health field.

For further information, visit health.gov.au/mental-health-careers

INSTRUCTONS

- ♦ Cut out the square below
- ♦ Fold each corner point into the centre. You should have four flaps. Flip the paper over and place it flap-side down.
- ♦ Using both hands slide your thumb and index fingers underneath the flaps to open your chatterbox.
- ♦ See reverse for further explanation

USING THE CHATTERBOX:

- ♦ Begin by choosing an answer that resonates with you and open and close the chatterbox the number of times written on your response.
- ♦ Repeat this process with the subsequent questions, following the same steps.
- ♦ On the third go, open the flap corresponding to your final response.
- ♦ Reveal in anticipation as you unveil the next stage of your career exploration.

WHICH WORDS BEST CAPTURE WHO YOU ARE?
Kind Generous
2

WHAT DO YOU HOPE TO GET OUT OF YOUR CAREER?
To lift people up and enable them to find their own way.
9

WHAT DO YOU HOPE TO GET OUT OF YOUR CAREER?
To help people using your own experiences to give back.
3

WHICH WORDS BEST CAPTURE WHO YOU ARE?
Empathetic Non-judgemental
4

WHAT SOUNDS MOST LIKE YOU?
I am academic and like to be challenged intellectually.

WHAT DO YOU HOPE TO GET OUT OF YOUR CAREER?
Consider a role as psychiatrist or psychologist where you can conduct assessments and research to understand the causes and treatment of your patient's mental health.
To find out how visit health.gov.au/mental-health-careers

WHAT DO YOU HOPE TO GET OUT OF YOUR CAREER?
Consider a role in psychology, nursing, and social work, or other hands-on roles working with people to help them manage physical and mental issues.
To find out how visit health.gov.au/mental-health-careers

WHAT SOUNDS MOST LIKE YOU?
I am kind, people-focused and resilient.

WHAT DO YOU HOPE TO GET OUT OF YOUR CAREER?
Consider a role as outreach or peer worker, where you can visit patients in their homes or other settings to provide support and assess their needs.
To find out how visit health.gov.au/mental-health-careers

WHAT SOUNDS MOST LIKE YOU?
I am a leader and motivated by career growth and success.

WHAT SOUNDS MOST LIKE YOU?
I am kind, people-focused and resilient.

WHAT DO YOU HOPE TO GET OUT OF YOUR CAREER?
Consider a role as psychiatrist or psychologist where you can conduct assessments and research to understand the causes and treatment of your patient's mental health.
To find out how visit health.gov.au/mental-health-careers

WHAT DO YOU HOPE TO GET OUT OF YOUR CAREER?
Consider a role as outreach or peer worker, where you can visit patients in their homes or other settings to provide support and assess their needs.
To find out how visit health.gov.au/mental-health-careers

WHAT SOUNDS MOST LIKE YOU?
I am a problem solver who can relate to others well.

WHAT SOUNDS MOST LIKE YOU?
I am kind, people-focused and resilient.

WHAT DO YOU HOPE TO GET OUT OF YOUR CAREER?
Consider a role as a psychiatrist or mental health nurse where you provide thorough and ongoing medical care to patients of all ages.
To find out how visit health.gov.au/mental-health-careers

WHAT SOUNDS MOST LIKE YOU?
I am a problem solver who can relate to others well.

WHAT SOUNDS MOST LIKE YOU?
I am kind, people-focused and resilient.

WHAT DO YOU HOPE TO GET OUT OF YOUR CAREER?
To learn as much as you can about the human mind.
7

WHAT DO YOU HOPE TO GET OUT OF YOUR CAREER?
To inspire people and lead change, especially for noble causes.
5

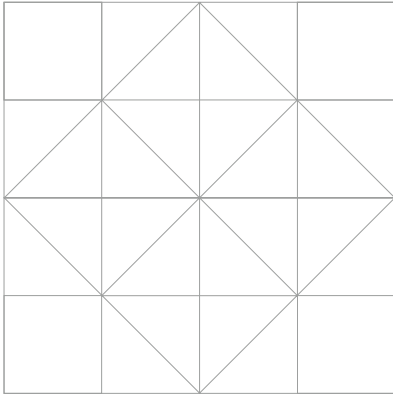
WHICH WORDS BEST CAPTURE WHO YOU ARE?
Problem solver Academic
8

WHAT DO YOU HOPE TO GET OUT OF YOUR CAREER?
Consider a role as psychiatrist or psychologist where you can conduct assessments and research to understand the causes and treatment of your patient's mental health.
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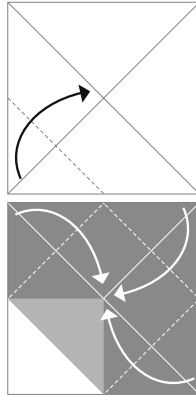
WHICH WORDS BEST CAPTURE WHO YOU ARE?
Leader Strategic thinker
6

Instructions: Follow the steps below to create your own chatterbox.

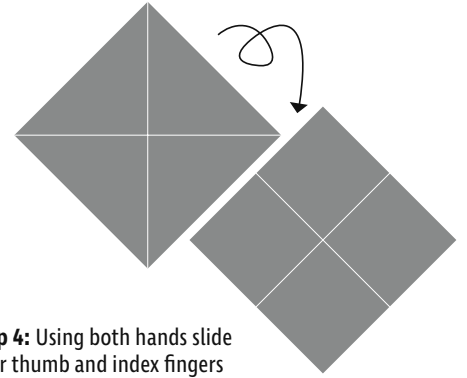
Step 1: Cut out the square below



Step 2: Fold each corner point into the centre. You should have four flaps.



Step 3: Flip the paper over and place it flap-side down



Step 4: Using both hands slide your thumb and index fingers underneath the flaps to open your chatterbox.

