



Australian Government

Department of Health  
and Aged Care

FACT SHEET

# BENEFITS OF WORKING IN MENTAL HEALTH



**A career in mental health  
is both challenging  
and rewarding.**

Mental health workers play a vital role in providing support and guidance to individuals who are experiencing mental health issues and helping them to improve their mental health and wellbeing.

They make a difference to people's lives every day.

The mental health workforce has a profound impact on the quality, accessibility, effectiveness and sustainability of Australia's mental health system.

Here are just some of the benefits you can experience working in the mental health sector:

## 1 Demand for mental health professionals in Australia is growing

**Mental health issues are on the rise, with an estimated one in five people aged over 16 to experience a mental health disorder in any given year in Australia (ABS, 2022).**

Skilled professionals in the mental health sector have never been more valuable.

There is significant demand for all occupations in the field, all requiring different people with diverse skill sets, making it a stable and sought after profession.

## 2 Mental health is a fulfilling and rewarding career path

**One of the greatest benefits of working in mental health is the opportunity to make a positive impact on the lives of others.**

Every day at work, you can help people struggling with mental health to feel better and live happier and more fulfilling lives. You can make a real difference to individuals, families and communities.

## 3 There are diverse career opportunities available

**The mental health sector offers a diverse range of career opportunities, including roles in counselling, social work, psychology, psychiatry, nursing and occupational therapy.**

Even within the same profession, different professionals can have differing skillsets, specialties and styles.

For example, one psychiatrist may choose to specialise in schizophrenia, another may specialise in eating disorders. A counsellor may choose to specialise in substance abuse, family therapy or anxiety and depression.



## 4 Mental health is a dynamic profession

**No two days are the same working in the mental health sector as each day presents different challenges.**

You'll be interacting with individuals from a variety of backgrounds and experiences, who are each dealing with their own mental health concerns.

For example, you may like to explore a locum role in a rural community.

## 5 Working in mental health is often collaborative

**Mental health professionals often work collaboratively with other professionals including psychiatrists, psychologists, nurses, social workers and counsellors, to provide patients with comprehensive care and treatment plans.**

Working alongside a diverse range of professionals with differing skill sets can present endless learning opportunities on the job.

Are you ready to make a difference? Take the next step and visit [health.gov.au/mental-health-careers](https://health.gov.au/mental-health-careers) or scan the QR code to learn more about pursuing a career in mental health today!



Careers in **MENTAL HEALTH**  
Visit [health.gov.au/mental-health-careers](https://health.gov.au/mental-health-careers)