



Australian Government

Department of Health  
and Aged Care

## CASE STUDY

# EXPLORING CAREER PATHS IN MENTAL HEALTH



**HANNAH THOMPSON**

**ROLE:** Mental health nurse

**PLACE OF WORK:** Psychiatric Emergency Care Unit

### What does your role as a mental health nurse involve?

I work as a mental health registered nurse in psychiatric emergency.

My role revolves around providing mental health care to individuals in acute psychiatric crises. Every day I am on the frontline, ready to assess, intervene and support patients experiencing mental ill health. I conduct thorough assessments, carefully evaluating patients' presentation and risk factors to assist in determining the appropriate interventions.

I employ crisis intervention techniques, active listening, de-escalation strategies and therapeutic communication skills to help support people while in hospital, creating a safe and supportive environment. I also collaborate closely with a multidisciplinary team to develop and implement comprehensive care plans that align with the principles of recovery.

### What do you like most about working in mental health?

I find it incredibly rewarding to be able to help people during their most challenging moments and to see them progress on their recovery journey.

### What would you say to someone considering a career in mental health?

If you're considering a career in mental health, I suggest studying nursing as it's a great way to get into the field. Nursing is also a generalised course, allowing you to gain exposure to many different areas of healthcare during your studies.

Mental health nursing is a broad profession with many areas you can explore, including community nursing, clinical nursing, working in an acute crisis team, specialising in drug and alcohol units, homeless health, and more.

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  
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