



## CASE STUDY

# EXPLORING CAREER PATHS IN MENTAL HEALTH



## AMANDA JONES AND KRISTEN MAKARIC

**ROLE:** Amanda – mental health practitioner  
and Kristen – senior mental health practitioner

**PLACE OF WORK:** Anglicare

### What do your roles as a mental health practitioners involve?

We support the emotional wellbeing of residents in aged care facilities. Older people's mental health is not an area of practice that generally attracts the mental health workforce but it is so rewarding to work with these people and their families in a holistic way.

### What educational pathway did you take to become a mental health practitioner?

**Kristen:** I have an Undergrad in Developmental Psychology and Sociology, and a Master's in Social Work.

**Amanda:** My background is in counselling, and I have gained a lot of skills that are important to be supporting older people and working in the mental health sector.

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

I really enjoy working with older people in the mental health space. It empowers you to be independent, but also allows you to work with a team that's passionate about older people's mental health. Our team is continuously learning and bouncing ideas off one another. We often have meetings where we bring a lot of different perspectives to the table and brainstorm if someone is having a bit of difficulty. We all support each other on the team. The support that you get within the role is important for professional growth and development. Having that wide range of different backgrounds and disciplines really makes our job very interesting and very fascinating.

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

You can study across a range of different areas and work in the mental health space. Within our team, we have counsellors, social workers, and people who studied psychology. I would highly recommend this career path for somebody leaving school. It is so rewarding to be able to meet with your clients and see they're making a positive change in their life and their overall wellbeing. They're happier and healthier within themselves, smiling, connecting with friends and family. It is so rewarding.

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!

