Social worker
Make a difference in mental health

Michelle

Every day in the life of a social worker in mental health is different with so much variety and often a great sense of achievement having made a difference at the end of a shift.

There are further training and career progression opportunities for qualified and experienced professionals, including social workers to join WA Health. Positions are available in acute care and community-based services at many locations across Western Australia.

Michelle is a qualified nurse who now works as a social worker at the Subiaco Community Mental Health Team. She finds fulfilment in her role as part of a multi-disciplinary team, working with her clients and their families to help them move through a period of crisis and back to their normal level of functioning.

"I love communicating with people and get great satisfaction out of helping people to achieve their goals and improve their mental wellbeing and functioning," said Michelle.

The increasing demand for mental health services is a worldwide phenomenon and Michelle's 17 year career has seen her work interstate and overseas.

Currently, Michelle works with adults living with depression, bipolar affective disorder, schizophrenia, acute stress reactions, and trauma, taking a holistic approach to their care.

Her clinic team includes a consultant psychiatrist, medical officer, clinical nurse specialist, occupational therapist and clinical nurses.

Cases assigned to her are usually determined at daily conferences with the team where they will review new referrals, including self-referrals, family referrals, or referral by a medical practitioner.

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After determining if a client would benefit from the services available from the clinic, Michelle will meet with clients and perform a full psychosocial assessment.

"I look at all areas of their life including personal and developmental history, past psychiatric history, medical history, current functioning, supports and look at formulating the overall picture with recommendations for future mental health input,' said Michelle.

> "The role of a social worker on any team is to advocate for the client's and family/carers psychosocial needs. Mental health care is not just about medication."

"There are so many different areas of mental health that you can work in, such as hospitals, community, hospital in the home, adult, children, youth and older adult."

> "To those who are interested in a career in social work or mental health more generally, I'd say 'do it!' It is so amazingly rewarding and you get a lot of job satisfaction," she said.

If you're keen to **join WA's mental health team,** visit health.wa.gov.au/mhworkforce