

Joined Up Careers Derbyshire

Mental health nursing

What is a mental health nurse?

With one in four people in the UK experiencing mental health problems every year, mental health nurses are vital in supporting patients to recovery. Mental health nurses work alongside individuals with conditions such as anxiety, depression, eating disorders, bipolar and substance misuse. Mental health nurses work with a variety of patients, but may choose to specialise in a certain area such as young people's mental health or offenders' mental health. You will have the opportunity to work in a hospital setting on specialist wards, in the community (community care centre or GP surgery), and also in patients' homes. Although responsibilities can vary depending on the setting, being able to build trusting relationships with patients is at the centre of mental health nursing, helping patients understand their situation and achieve the best outcomes. Other duties include assessing patients, supporting with medication/therapies, and assisting with physical care.

View from one of our mental health nursing practice facilitators: *“Mental health nursing is the skill of making the unseen and unspoken visible while turning distress and confusion into positivity and self-actualisation.”*

Do you have what it takes?

You will need to complete a mental health nursing degree – you will then be able to register with the Nursing and Midwifery Council.

Being sympathetic and non-judgemental is essential in mental health nursing, and you will need to be able to gain a patient's trust as well as manage emotional situations. Other key skills include interpersonal skills, communication, problem-solving and team working.

What's in it for you?

- Excellent employment prospects
- Competitive pay
- Progression opportunities
- Flexibility
- Variety of settings

How can I find out more?

Visit [Health Careers](#)
Visit [Nursing and Midwifery Council](#)
Visit [Skills for Health](#)