



## Your Degree What Next: *Mental Health Nursing*

### What can I do with my degree?

As a graduate of Mental Health Nursing from Trinity, you have placed yourself in an excellent position for employment with the HSE, Nursing agencies, Residential Care Providers, Psychological Care Providers and private clients. At present the jobs market is plentiful for people with your qualification, so take your time to weigh up the different opportunities and what each of them might bring to your career. Following qualification it is possible to specialise in a number of areas within mental health nursing, Cognitive Therapy, Behavioural Therapy, Adolescent Mental Health Nursing, Eating Disorders, Mental Health Nursing of Old Age, Addiction Counselling - to name but a few. Some graduates pursue opportunities with the NHS and health support services in England and countries like Australia and Canada are also popular. Some graduates are also drawn to the humanitarian and global development sectors, working with charities, development organisations and/or aid organisations. Some graduates decide to pursue a different route, such as medicine, one of the allied health sciences like Occupational Therapy or the world of business. Perhaps your future lies in a community nursing role, a management role, an even more specialised role or perhaps you will move away from nursing and work more in the health management and policy development side of things, there are many opportunities and further studies to be explored.

#### Roles

Mental Health Nurse  
Voluntary Worker  
Doctor  
Addiction Counsellor  
General Nurse  
Project Worker

#### Employers

HSE  
St. John of Gods, Brothers of Charity, WALK  
World Health Organisation, Concern  
Samaritans  
Peter McVerry Trust  
St. Patricks Hospital

### Useful Resources

The organisations and professional bodies listed below are useful resources for career / sector specific information:

#### Professional Bodies and Useful Sites

[The Psychiatric Nurses Association](#)  
[Nursing Board](#)  
[Mental Health Ireland](#)  
[Inclusion Ireland](#)  
[Www.activelink.ie](#)

#### Resources

[www.publicjobs.ie](#)  
[Www.prospects.ac.uk](#)  
[Www.cpl.ie](#)  
[www.goabroad.com](#)  
[www.volunteer.ie](#)

## Graduate attributes and transferrable skills you can develop at Trinity

Alongside the obvious clinical skills you have developed, you gain a wide range of other skills and attributes while at College, through academic study, clubs and societies, voluntary work, student politics, work and other commitments. These are important to recognize as they inform your career decisions and are a critical ingredient in your applications for post-graduate study and jobs. Here are some skills you can gain :

**1. Critical Thinking** - Learning to work on your own and to make independent judgments. You have to discover the information that you need to analyse complex questions and develop your ideas about them and to present your arguments clearly and persuasively.

**2. Teamwork** - Learning to work as part of a team is an important skill; sharing the workload, agreeing roles and working as a team to develop ideas and present a coherent group argument.

**3. Independent Research** - You will have learnt how to use the library and other complex information resources and co-ordinate information from a wide variety of sources.

**4. Logical argumentation** - You will know how to bring together facts and arguments in order to answer a specific question or analyse a problem.

**5. Time and project management** - By working on assignments and studying for exams you will have developed the ability to revise and consolidate your work and know how to extract the essential points from a mass of information. You will also have learned how to manage your own time and to work under pressure of deadlines.

**6. Verbal communication** - You will know how to present your ideas orally and to contribute constructively to discussions.

**7. Written communication** - You will have had the opportunity to present your ideas in writing accurately and concisely, using convincing arguments which are based on solid evidence; responding flexibly to different types of questions and expressing your thoughts concisely; carrying out in-depth research on a specialised topic and develop the sustained writing skills needed.

**8. Digital Skills** - You will have the opportunity of developing your computer skills both from typing up your own essays and papers and from undertaking searches on the web & using databases.

**9. Personal Development** – You are managing the learning required for a degree and recognising the gaps in your understanding and ensuring that these are addressed in ways that best suit your learning style.

### How can the Careers Service help me?

The Careers Service supports students in exploring their career options and connects students with employers. You can book an appointment with your careers consultant to help you deciding your next step in your career.

Login to MyCareer at [www.tcd.ie/careers](http://www.tcd.ie/careers) and book your appointment today.

### Contact Us

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