

# Mental Health Worker Job Description

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## **Duties and Responsibilities:**

- Collaborate with other professionals to develop treatment plans for patients
- Provide care and support daily to patients and also intervene during crisis periods
- Constantly monitor and supervise patients to ensure their safety within the facility
- Always on the lookout for behavioral changes in patients
- Engage in individual therapy or group sessions with patients and their families
- Document and keep patients' records properly
- Help patients with their daily activities
- Recommend patients to the doctors or psychiatrists for further examination
- Build a relationship with patients and their families so as to build trust
- Assist patients to manage their emotions through de-escalation strategy
- Give patients evidence-based therapy such as cognitive behavioral therapy (CBT) for tackling anxiety and depression
- Assess patients carefully while discussing their problems with them
- Educate patients' families about the mental health problems faced by patients and how to help them recover
- Carry out thorough risk assessments on patients
- Ensure patients do not harm themselves or others with sharp or dangerous objects
- Help to find out or point out the root cause of patients' mental health problems.

## **Mental Health Worker Requirements – Skills, Knowledge, and Abilities**

- A Bachelor's degree in Mental Health Technology or Nursing
- At least 3-year cognate experience
- A Master's degree in Mental Health Technology will be an added advantage
- Excellent written and verbal communication skills
- Impressive interpersonal and relationship skills
- Computer skills and the ability to do data entry or processing
- Excellent problem-solving skills are important
- Must possess great observational skills so as to be able to look out for behavioral changes in patients
- Must understand de-escalation in order to properly handle crisis or emergency situations
- Ability to work under intense pressure
- Must possess time management skills
- Ability to show mental and emotional toughness so as to have the upper hand to care for patients emotionally and mentally
- Must possess excellent psychological skills
- Ability to show empathy with patients
- Ability to listen to patients without being judgmental
- Ability to assist patients to develop social skills
- Ability to participate in conferences, workshops, and seminars in order to improve in skills and knowledge.