

Digital Brochure

# Careers in Mental Health

NHS Wales

Created in partnership with:



GIG  
CYMRU  
NHS  
WALES

Addysg a Gwella Iechyd  
Cymru (AaGIC)  
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This digital brochure features information on various roles in NHS Wales within the field of Mental Health. You will find useful links throughout the brochure for each role.

For further information on mental health careers, please visit HEIW Careers or Careersville.

[heiw.nhs.wales/careers/](https://heiw.nhs.wales/careers/)



[careersville.heiw.wales/](https://careersville.heiw.wales/)



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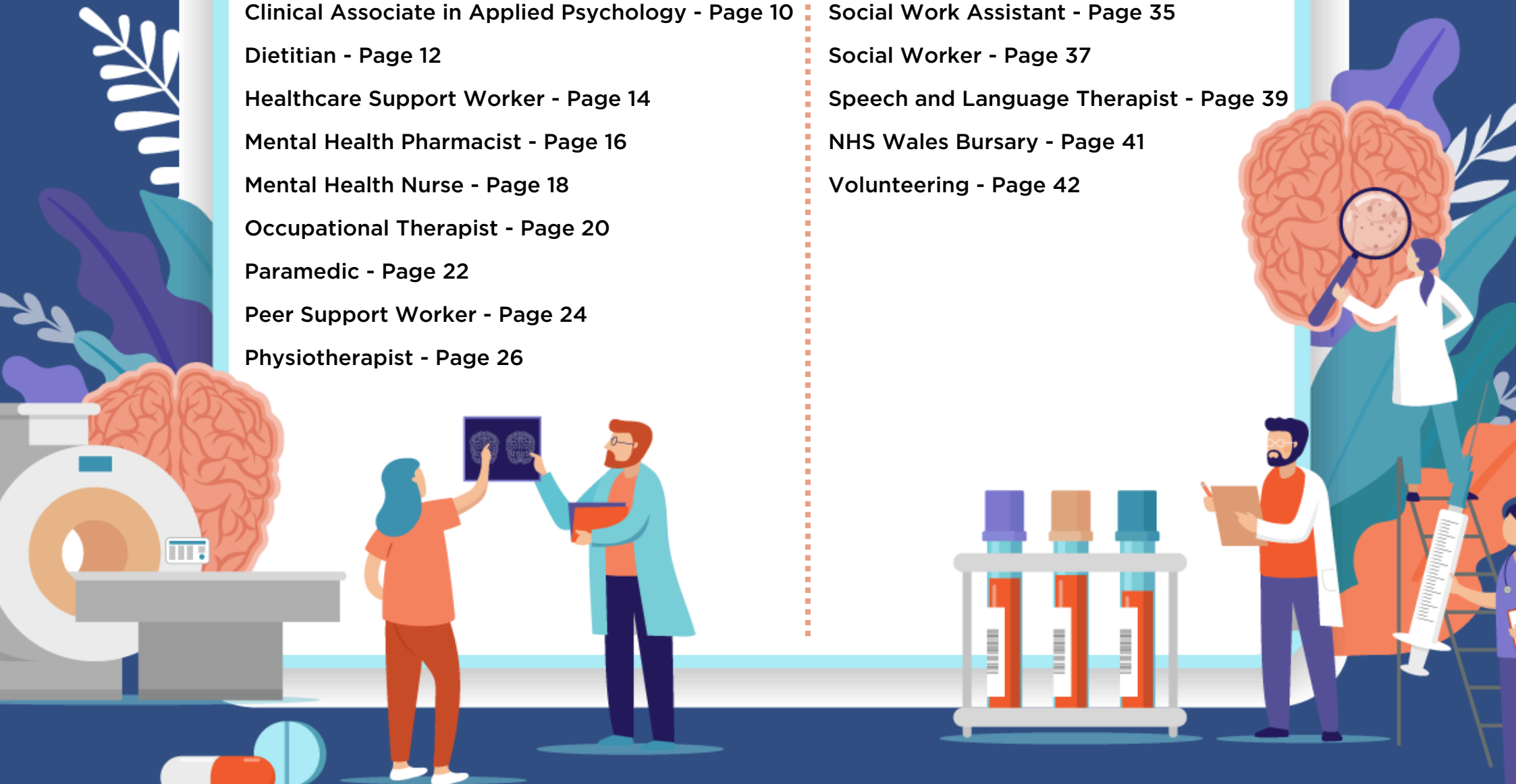
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# Art/Music/Drama Therapist



## What is it?

There are many forms of artistic therapy that can support the mental health workforce. The disciplines you are likely to encounter within Mental Health are Art, Music and Dramatherapy which are registered and recognised roles as Allied Health Professions (AHPs) by the Health and Care Professions Council (HCPC).

These therapists are practitioners that offer evidence informed interventions that are designed to be safe, accessible, and inclusive.

These could include psychotherapy and a range of wellbeing interventions using a range of mediums, including visual art, music and drama to help bridge talking, feeling and the ways that we interact.

These therapies are a highly accessible form of therapy for people of all ages who find it difficult to talk directly to another person about their distress. Participating in arts therapies can support and develop communication, improve mood, help with feelings of isolation, loneliness and assist people who are experiencing difficulties with communication and expression. Sessions may also help with the development of meaningful relationships, independence, wellbeing and social inclusion.

## Where would I work?



These therapists can be found in health, education and social care in a variety of settings such as hospitals, schools, shelters, hospices, prisons and mental health services.

In Wales, many school and community-based counselling services employ art therapists in primary, secondary and specialist education.



## How much would I earn?

Following qualification, you will typically be paid as a Band 7.

Other roles within artistic therapy such as Clinical Leads/Specialist, Heads of Service and Consultants can allow you to be paid at a Band 8a and above.

Find out more information on the **[NHS Wales Banding System](#)**.

## Where can I study in Wales?



University of South Wales offers Postgraduate courses for Art Therapy and Music Therapy.

Currently, there are no courses to train as a Drama Therapist in Wales.

## How do I become an Art/Music/Drama Therapist?



You must have an undergraduate degree in art & design/music/drama or another relevant subject. Alternatively, you may have an equivalent professional qualification.

You must then complete a post-graduate Masters in artistic therapy.

You will then register with the British Association of Art Therapists and register with the Health and Care Professions Council (HCPC).



## Useful Links

**[HEIW - Art Therapy](#)**

**[HEIW - Drama Therapy](#)**

**[HEIW - Music Therapy](#)**

**[Careers Wales - Art Therapist](#)**

**[Careers Wales - Music Therapist](#)**



# Assistant Psychologist



## What is it?

Assistant Psychologists work in a broad range of settings, supporting the delivery of psychology services under the supervision of a Practitioner Psychologist, often as part of a multi-disciplinary team.

The roles that an Assistant Psychologist may undertake will be specific to the area within which they are working.

## Where would I work?



Assistant Psychologist roles exist across NHS Psychology services, so you could work in an older adult setting or a perinatal infant mental health service, with children and young people or adults, in services that support individuals with additional needs, or with organisations.

The settings will vary according to the service and so you could work within an inpatient or a community setting, and everything in between. While many Assistant Psychologist posts are within NHS settings, roles also exist within human resources, education, forensic settings, and the non-profit sector.

## Where can I study in Wales?



You can study a Psychology degree at:

Aberystwyth University

Bangor University

Cardiff University

Cardiff Metropolitan University

Swansea University



## How much would I earn?

If employed by the NHS, you will typically be employed on a Band 4 or 5 and have access to NHS pay and work standards.

The training is funded by the Welsh Government for successful applicants who will subsequently become NHS Wales Employees.

Find out more information on the **NHS Wales Banding System.**

## How do I become an Assistant Psychologist?



You need an undergraduate degree in Psychology and many posts require this to be from a BPS accredited course.

Some positions will require evidence of previous clinical experience and/or additional post-graduation education, such as an MSc in a relevant area.



## Useful Links

**Careers Wales - Assistant Psychologist**



# Counsellor



## What is it?

As a Counsellor you will help people to explore difficulties, distress or loss of direction in their lives. They usually work on a one-to-one basis with clients, treating their problems in confidence. People may need counselling to help them cope with issues such as bereavement, anxiety, drug or alcohol dependency, debt or domestic violence.

The type of problems you help people with depends on where you work. For example, you may work in hospitals and general practices, helping people to cope with chronic or terminal illnesses, bereavement, genetic disorders and drug or alcohol dependency. You may work with companies to explore and manage the stress experienced by employees. You may work with victims of crime or survivors of serious accidents who experience post-traumatic stress disorders, or you may work with schools, colleges and universities to help students with personal, social and academic problems.

## Where would I work?



As a Counsellor for the NHS, you may work within a hospital or general practice.

Other employers can include schools, colleges and universities; alcohol and drug agencies and advice and community centres. Counsellors may also work on telephone helplines.



## Where can I study in Wales?

Bangor University offers a Postgraduate course in Counselling.

The University of South Wales offers a Counselling and Therapeutic Practice undergraduate course, as well as more specialised Postgraduate courses in Counselling.



## How much would I earn?

A typical salary for a Counsellor starts at £24,500 and can range from £28,000 - £50,000 for an experienced Counsellor.

Find out more information on the **NHS Wales Banding System.**



## How do I become a Counsellor?

To become a Counsellor you will need a minimum of a Level 4 Diploma in Therapeutic Counselling. This qualification will prepare you to work as a Counsellor and join a recognised professional association, such as British Association for Counselling and Psychotherapy (BACP) and the National Counselling Society (NCS).

A degree in a related subject such as Nursing or Psychology might help you to get onto a Counselling course. However, experience and evidence that you have the necessary skills and qualities are as important.



## Useful Links

**Careers Wales - Counsellor**



# Clinical Associate in Applied Psychology (CAAP)



## What is it?

The CAAP role is a 2 year training programme for Psychology graduates. The role brings additional psychologists to the workforce, bridging the gap between Assistant Psychologists and Clinical Psychologists.

CAAPs are relatively new roles within NHS Wales, having been previously established in Scotland and England. You will be trained within one adult mental health setting, to deliver a range of evidence-based psychological interventions, and you will be able to refine your skills within the specific area within which you are working. Once qualified, you will be able to work in a variety of adult mental health services, making a positive difference to people's lives by promoting well-being and reducing distress.

## Where would I work?



You will be able to work autonomously, within your scope of practice, under the supervision of a Practitioner Psychologist. CAAPs can currently work in any adult and older adult healthcare setting where psychological approaches are used and where regular supervision by a practitioner psychologist can be provided.

As well as working alongside practitioner psychologists, CAAPs may also work with doctors, nurses, other allied health professionals and mental health professionals.

## Where can I study in Wales?



Training places as a CAAP are available across Health Boards in Wales. The educational component of the training is currently provided by Cardiff University but in the future will be provided by multiple academic institutions. Teaching is typically a mix of face-to-face training and online teaching.



## How much would I earn?

CAAPs begin earning a wage as soon as they start their training.

CAAPs are a Band 7 Annexe 21 whilst training which means that they are paid at 70% of the top of Band 7.

Find out more information on the [\*\*NHS Wales Banding System.\*\*](#)

## How do I become a Clinical Associate in Applied Psychology?



Individuals wishing to become a CAAP first need to complete an undergraduate degree that is accredited by the British Psychological Society (BPS) for the Graduate Basis for Chartered Membership (GBC). Typically, the requirement will be for a 2:1 Honours degree from a BPS accredited psychological degree programme to meet the entry requirements for CAAP training. If you have an undergraduate degree in a different subject you can undertake a conversion course in psychology to gain the GBC.

Prior to applying for the MSc Clinical Associate in Applied Psychology – Adult Lifespan, it is helpful if applicants have gained experience working with people experiencing mental health challenges, ideally in a healthcare setting.



## Useful Links

[\*\*HEIW - Clinical Associate in Applied Psychology.\*\*](#)

[\*\*Clinical Associate in Applied Psychology Infographic\*\*](#)



# Dietitian



## What is it?

Registered Dietitians are the only qualified health professionals that assess, diagnose and treat dietary and nutritional problems at an individual and wider public health level. Dietitians work with communities and people of all ages.

Dietitians interpret the science of nutrition to improve health and treat diseases/conditions by educating, giving practical advice, supporting and motivating clients, patients, carers and colleagues through behaviour change techniques.

Dietitians often work as integral members of multi-disciplinary teams to treat complex clinical conditions such as diabetes, food allergy and intolerance, eating disorders, and bowel disorders to name but a few. They provide advice to caterers to ensure the nutritional care of all clients in the NHS and other care settings such as nursing homes. They also plan and implement public health programmes to promote health and prevent nutrition related diseases.

A key role of a dietitian is to train and educate other health and social care workers. They also advise on diet to avoid the side effects and interactions between medications.

## Where would I work?



Dietitians practise in a number of environments, which include the NHS and private clinics. Dietitians can work in the food industry, workplace, catering, education, sport and the media.



## How much would I earn?

An entry level qualified Dietitian position starts at Band 5. Specialised Dietitians can often work as a Band 6 or 7 or above.

Find out more information on the [\*\*NHS Wales Banding System.\*\*](#)

## Where can I study in Wales?



Cardiff Metropolitan University  
Wrexham University

## How do I become a Dietitian?



In order to work in the NHS you will need to complete a Health and Care Professions Council (HCPC) approved course.

Cardiff Metropolitan University also runs a post graduate diploma in dietetics; this is an 18 month course which can be undertaken assuming a relevant undergraduate degree has been completed.



## Useful Links

[\*\*British Dietetic Association \(BDA\)\*\*](#)

[\*\*HEIW - Dietitian\*\*](#)

[\*\*Careers Wales - Dietitian\*\*](#)



# Healthcare Support Worker



## What is it?

Healthcare Support Workers work under the supervision of a professional to support them with basic tasks. Many deliver group support, support people with their care plans and contribute to recovery after illness. Healthcare Support Workers make up 41% of the NHS Wales workforce and make a valuable contribution to service delivery in all settings with over half of this 41% working in roles supporting nurses and AHPs.

The role can include supporting patients with their personal hygiene, using manual handling aids and equipment to help with lifting, taking patients' temperature and pulse rates, simple clinical tasks such as changing dressings and collecting specimens for testing, and providing encouragement and emotional support.

## Where would I work?



As a Healthcare Support Worker, you could work in a variety of environments including acute, community, mental health and children's services. You will be guided by a healthcare professional and provide individualised care.



## How much would I earn?

Healthcare Support Workers are typically employed as a Band 2 or Band 3.

AHP Support Workers are typically employed as a Band 4.

Find out more information on the [NHS Wales Banding System](#).



## Useful Links

[HEIW - Healthcare Support Worker](#)



## How do I become a Healthcare Support Worker?



Jobs for a Healthcare Support Worker will be advertised on [Trac Jobs](#).

To apply for a Healthcare Support Worker role you will need to hold:

- GCSE's, evidence of a good standard of education, or vocational qualification at level 2 (or be willing to work towards this qualification) for a band 2 position.
- A level or evidence of a good standard of education, a vocational qualification at level 3, or equivalent, including literacy and numeracy skills and relevant experience for the role (or be willing to work towards this qualification) for a band 3 position.

As a HCSW joining a clinical environment, you will automatically be enrolled onto the all-Wales accredited Clinical Healthcare Support Qualification Level 2. This includes a local induction. If you already hold this qualification, you will not have to repeat this although a local induction will still be required.

As a HCSW joining a community or social care setting, a joint induction is available which links to the [All-Wales Induction Framework for Health and Social Care \(AWIF\)](#).

# Mental Health Pharmacist



## What is it?

Mental Health Pharmacists are an integral part of the multidisciplinary team covering a wide range of mental health problems such as schizophrenia, bipolar disorder, depression, dementia, substance misuse, learning disabilities and ADHD.

The role focusses on safe, effective prescribing, optimising medication and advocating for the patient's choice in medication.

Pharmacists are non-medical prescribers and are able to diagnose and prescribe for patients in their area of expertise.



## Where would I work?

There are different areas for pharmacists to work in. For example, community mental health pharmacists support patients in their local communities through medicines optimisation, and providing a holistic approach to mental health and physical wellbeing. They will have developed their role as a non-medical prescriber with their own clinic starting/reviewing medication, physical health monitoring and checking medicine adherence. Inpatient mental health pharmacists support patients admitted to an acute psychiatric unit and provide medication advice and counselling on the available treatment options.

Pharmacists work as part of a multidisciplinary team and attend ward rounds to promote high-quality, safe and cost-effective prescribing within national and local guidelines.

Liaison pharmacists provide specialist mental health advice for patients admitted to a general hospital setting who are physically unwell. They receive referrals from medical or surgical doctors to review those presenting with an acute or longstanding mental health condition who require specialist input.



### How much would I earn?

The banding ranges from a Trainee Pharmacist paid as a Band 6 to a Consultant Pharmacist at an 8c.

Find out more information on the [\*\*NHS Wales Banding System.\*\*](#)



### How do I become a Mental Health Pharmacist?

You will need a Pharmacy MPharm degree (now includes prescribing qualification) and experience in the area.

You can undertake postgraduate courses in Psychiatric Pharmacy and Advance Clinical Practice to develop further.



### Where can I study in Wales?

A Pharmacy (MPharm) degree is available at:

Bangor University  
Cardiff University  
Swansea University



### Useful Links

[\*\*HEIW - Pharmacy\*\*](#)

[\*\*Careers Wales - Pharmacist\*\*](#)



# Mental Health Nurse



## What is it?

Mental health nurses (also known as Psychiatric Nurses) work with people who are experiencing a wide range of mental health difficulties. For some people, mental illness can be triggered by an event such as divorce, the death of someone close, birth, alcohol and drug abuse in personal circumstances, including at work.

Much of mental health nurses' work involves promoting good mental wellbeing, working with people who are experiencing severe mental health problems and supporting recovery for those who have experienced mental health difficulties.

Trained regarding the legal context of the work, mental health nurses are able to identify whether and when someone may be at risk of harming themselves or someone else.

## Where would I work?



Mental health nurses work in a wide range of settings but are usually based in hospitals or the community as this is where the majority of mental health care is offered.

Within the community setting mental health nurses work in: GP surgeries, community mental health centres, residential centres or patients' homes.

## How do I become a Mental Health Nurse?



You will need to complete a Nurse and Midwifery Council (NMC) approved course.

Having any experience in a caring role, both professionally and personally, will be an advantage.

## Where can I study in Wales?



Aberystwyth University  
Bangor University  
Cardiff University  
Swansea University  
University of South Wales  
Wrexham University



## How much would I earn?

The starting salary is Band 5 for a newly registered nurse and raises to Band 7 for experienced nurses.

Find out more information on the [NHS Wales Banding System](#).



## Useful Links

[HEIW - Mental Health Nurse](#)

[HEIW - Get into Nursing](#)

[Careers Wales - Mental Health Nurse](#)



# Occupational Therapist



## What is it?

Occupational Therapists help people of all ages to find ways to carry out the occupations that are important to them. They will then develop a plan with the person, and their carers if appropriate.

Occupational therapists provide support to people whose health prevents them doing the activities that matter to them.

An Occupational Therapist can identify strengths and difficulties you may have in everyday life, such as dressing, cooking, getting to the shops, or staying in work and will help you work out practical solutions. This could be because they have a medical condition, a learning disability or a mental health condition.

After identifying the difficulties a person has with everyday tasks, occupational therapists can help by either practicing the activity in manageable stages, teaching a different way to complete the activity, recommending changes that will make the activity easier and providing equipment and devices or modifying your environment to make activities easier.

Occupational therapy is also used as part of a rehabilitation programme after an accident, illness or operation to help you recover and regain as much independence as possible.

## Where would I work?

Occupational Therapists work across a range of settings including hospitals, social services, the third sector, social enterprises and charities, private companies or in self employed roles.



## How much would I earn?

As a newly qualified Occupational Therapist, you will typically be paid as a Band 5. This ranges to Band 6 with experience, and Clinical Specialist positions or Team Lead posts can range to Band 7 and above.

Find out more information on the **[NHS Wales Banding System](#)**.



## Where can I study in Wales?

Cardiff University  
Wrexham University

## How do I become an Occupational Therapist?



You will need to complete a degree in Occupational Therapy.

In addition, when qualified you will need to register with the Health Care Professions Council.

If you already have a relevant degree and healthcare experience it may be possible for you to undertake a postgraduate course.



## Useful Links

**[HEIW - Occupational Therapist](#)**

**[Careers Wales - Occupational Therapist](#)**

**[The Royal College of Occupational Therapists](#)**



# Paramedic



## What is it?

As a Paramedic you will respond to any medical emergency situation, which can involve people who are badly hurt or severely traumatised.

You provide emergency care at the scene which may involve controlling bleeding, treating wounds and fractures, or dealing with spinal or head injuries.

Often as the first healthcare professional at the scene of an accident or medical emergency, you are required to use medical equipment, observe vital signs and take relevant information.

## Where would I work?



A Paramedic can work across a range of healthcare settings, usually in emergency, primary or urgent care.

Primarily you would be employed within an NHS ambulance trust. In Wales, this is the Welsh Ambulance Service University NHS Trust, who offer employment throughout Wales.



## How much would I earn?

On graduating as a Newly Qualified Paramedic (NQP) you will be paid as a Band 5.

This rises to Band 6 or 7 with experience.

Find out more information on the **NHS Wales Banding System.**

## How do I become a Paramedic?



To register with the Health and Care Professions Council, you must complete a Bachelor of Science degree in Paramedic Science.

There are 2 routes into the profession, studying on a fulltime programme or via a work based learning programme.

## Where can I study in Wales?



Swansea University  
Wrexham University



## Useful Links

**HEIW - Paramedic**

**Careers Wales - Paramedic**



# Peer Support Worker



## What is it?

The role of a Peer Support Worker is to use personal experience with mental health challenges to support others facing similar issues. By guiding individuals along a path they once travelled, Peer Support Workers inspire hope, offer a strengths-based approach, and are focused on recovery to help people find stability.

They work alongside mental health professionals, complementing traditional care and bringing a unique, lived-experience perspective to the treatment team.

Peer Support Workers may work one-on-one with individuals, help them set goals and create recovery plans, lead peer support groups, co-produce care plans, support engagement in meaningful activities, and facilitate peer training at recovery colleges.

## Where would I work?



Peer Support Workers are employed in a variety of settings, including mental health wards, community mental health teams, recovery colleges as peer trainers, and within third-sector organisations.



## How much would I earn?

Earnings for Peer Support Workers vary based on location, job responsibilities, and experience. Entry-level positions start around £22,000, with potential earnings reaching up to £45,000 for lead roles.

Find out more information on the [\*\*NHS Wales Banding System.\*\*](#)

## How do I become a Peer Support Worker?



Attending local peer support events and groups gives you a feel of what Peer Support entails and is a great way to see if the role is right for you. Enrolling in a peer support training course and seeking voluntary experience can provide a strong foundation for entering the field.



## Useful Links

[\*\*Train Work Live - Peer Support Worker Blog\*\*](#)

[\*\*HEIW - Lived Experience and Recovery College\*\*](#)



# Physiotherapist



## What is it?

Physiotherapists support people to stay independent for as long as possible. They assist recovery by helping to restore movement and function when someone is affected by injury, illness or disability. At the core of physiotherapy is the patient's involvement in their own care and treatment through education, advice and participation.

Taking a 'whole-person' approach to health and wellbeing (including the patient's general lifestyle) physiotherapists work with people who have a wide range of conditions, such as neurological (stroke, multiple sclerosis, Parkinson's disease), musculoskeletal (back pain, whiplash related neck pain, sports injuries, arthritis), cardiovascular (chronic heart disease, rehabilitation after a heart attack), respiratory (chronic obstructive pulmonary disease), asthma, cystic fibrosis, long term medical conditions.

Once a physiotherapist has assessed the problem they will decide how to treat it. This could be through movement and exercise or manual therapy (such as massage).

## Where would I work?



Training and working as a Physiotherapist offers you the opportunity to work in a number of settings, including hospitals/acute hospitals, schools, workplaces, sports clubs, gyms and the leisure sector, patient's homes.



## How much would I earn?

An entry level qualified Physiotherapist position starts at Band 5. This can increase with experience to Band 6 and above.

Find out more information on the **[NHS Wales Banding System](#)**.



## How do I become a Physiotherapist?

In order to work in the NHS you will need to complete a Health and Care Professions Council approved Undergraduate or Postgraduate course in Physiotherapy.



## Where can I study in Wales?

Cardiff University  
Wrexham University  
University of South Wales



## Useful Links

**[HEIW - Physiotherapist](#)**

**[Careers Wales - Physiotherapist](#)**



# Practitioner Psychologists



## What is it?

Practitioner Psychologists are considered as Allied Health Professionals. They are registered with the Health and Care Professions Council and can work across a range of mental health settings.

They include Clinical Psychologists, Counselling Psychologists, Forensic Psychologists, Health Psychologists, and Educational Psychologists.

## Clinical Psychologists

Clinical Psychologists can work with individuals across the lifespan and with a wide range of psychological difficulties in mental and physical health that impacts on daily life.

Clinical Psychologists work with individuals, groups, families, organisations, and communities and are trained to deliver a range of evidenced-based assessments and psychological interventions to improve wellbeing and reduce the impact of current or longstanding difficulties. They also routinely undertake research and service evaluation, contributing to the knowledge base of the field.

## Counselling Psychologists

Counselling Psychologists are qualified to work with individuals across the lifespan and support a range of mental health and adverse life events including bereavement, relationship issues, domestic violence, and sexual abuse.

Counselling Psychologists work with the subjective psychological experience and typically specialise in three major branches of psychotherapy; humanistic therapies, psychodynamic therapies and cognitive behavioural therapy.

## Health Psychologists

Health Psychologists work to understand and support the psychological and emotional aspects of health, illness, and health care with individuals of all ages and the families and systems around them.

They can support individuals with long term health conditions, those in palliative care, and those facing acute ill health, using their knowledge of health, psychology, and health behaviour. They can also work to promote healthier lifestyles at an individual and organisational level.

## Forensic Psychologists

Forensic Psychologists work with all aspects of the criminal justice system, offering psychological expertise, assessment, and intervention and can support people who have been affected by crime or other legal systems, such as family courts.

Forensic Psychologists help individuals address the factors associated with risk of further offending and support the development of healthy, pro-social living. The majority of Forensic Psychologists are employed by His Majesty's Prison and Probation Service (HMPPS) however many work within NHS settings.

## Educational Psychologists

Educational Psychologists are doctoral level practitioners who work to support issues that affect the psychological and emotional development and learning of infants, children, and young people (aged 0-25 years).

Educational Psychologists can work within their educational setting, as well as supporting their families and the school system to better understand and meet the needs of the individual. Educational Psychologists are also experts in the assessment and intervention of specific learning needs.

## Where can I study in Wales?

You can study a Psychology degree at:

Aberystwyth University  
 Bangor University  
 Cardiff University  
 Cardiff Metropolitan University  
 Swansea University



## How much would I earn?

A newly qualified Practitioner Psychologist typically enters the NHS at Band 7, with progression to Band 8a being accessible a few years after qualification.

Band 8b roles should start to provide you with more opportunities to develop your skills to become a Consultant level Psychologist, which is typically after 6 or more years of practice.

Posts go up to Band 9 for Heads of Psychology Services, with Bands 8c and 8d representing Consultant Practitioner Psychologist levels.

Find out more information on the **NHS Wales Banding System.**

## How do I become a Practitioner Psychologist?



The route to qualification will vary slightly depending on which discipline of Psychology you are seeking to qualify in. In general, to become a Practitioner Psychologist, you need an undergraduate degree in Psychology from a British Psychological Society (BPS) accredited course as well as relevant clinical experiences before applying to qualify via a British Psychological Society-accredited doctoral qualification (which includes supervised practice) or a British Psychological Society-Stage 2 Qualification that confers Chartered status (which includes supervised practice).

The exception to the above is Forensic Psychology, where Graduate Basis for Chartered Membership (GBC) is achieved by completing a society accredited degree or conversion course, BPS-accredited masters degree in Forensic Psychology, and the completion of an HCPC approved programme.



## Useful Links

**[HEIW - Practitioner Psychologists](#)**

**[Careers Wales - Psychologist](#)**



# Psychiatrist



## What is it?

Psychiatrists are Doctors who care for and treat people with mental health problems. This will involve assessing, diagnosing and treating patients.

Patients may need help with mental health problems such as depression, eating disorders, panic attacks and anxiety, drug and alcohol abuse, phobias and schizophrenia.

Within Psychiatry, there are several specialist areas, such as General Adult Psychiatrists, Psychiatry of old age, Forensic Psychiatrists and Learning Disability Psychiatrists.

## Where would I work?



As a Psychiatrist in the NHS, you could be working in a hospital or within a community setting.

Employers also include private medical companies, the armed forces, government departments, and research and teaching establishments.

## Where can I study in Wales?



In order to become a Psychiatrist, you must first train as a Doctor, and then specialise.

There are 3 stages to becoming a Psychiatrist.

Stage 1: Undergraduate Medical School

Stage 2: Foundation programme

Stage 3: Specialty, GP and run-through training

You can study an undergraduate Medicine course at Bangor University, Cardiff University, Cardiff Metropolitan University, Swansea University, and University of South Wales.

## How do I become a Psychiatrist?



You must first train as a Doctor and then specialise in Psychiatry.

Psychiatry training is split into three years of core training and three years specialty training.

Core training involves basic skills as well as getting a flavour of more specialist areas such as child mental health and addictions. On completion of core training, trainees are then eligible to apply for a three-year specialist training scheme to pursue interests in either child, adult, old age psychiatry, intellectual disability or forensics.



## How much would I earn?

The salary for a Psychiatrist can vary from £29,500 when completing Foundation Training up to £119,000 as a Consultant Psychiatrist.

Find out more information on the **[NHS Wales Banding System](#)**.

## Useful Links

**[HEIW - Psychiatry](#)**

**[Careers Wales - Psychiatrist](#)**



# Social Services Practitioner



## What is it?

As a Social Services Practitioner, you will work in partnership with professionals and agencies to promote person-centred outcomes for individuals with care and support needs and within communities.

You will be involved in sharing information and advice with individuals through their assessment, planning, the delivery of services or support and the review stages of the work.

## Where would I work?



You can work with a variety of people and communities in need of care and support. You could work with older people, people with disabilities or mental health issues, children and their families or carers.

This role may involve working with individuals in their own homes, day centres, residential homes, schools, hospitals and other public, private or voluntary organisations.



## How much would I earn?

Social Services Practitioner roles vary in salary depending on location.

Find out more information on the

**[NHS Wales Banding System.](#)**



## Useful Links

**[WeCare Wales - Social Services Practitioner](#)**

**[Social Care Wales - Social Services Practitioner](#)**



## How do I become a Social Services Practitioner?



You are not required to have a degree to work in this role.

However, there are courses that are recommended for practice, such as the Open University HE Certificate in Social Care Practice and the City and Guilds Level 4 Social Services Practitioner.

# Social Work Assistant



## What is it?

As a Social Work Assistant, you will work with people who need help and support. You could be helping a number of people who have different needs. You will give people basic advice and help them to put together a plan for the future.

Every day can be different, ranging from visiting clients face-to-face, to office work completing administrative duties such as writing reports or answering phone calls.

You will be responsible for a number of clients. However, you will generally deal with less complex cases compared to qualified Social Workers. You will meet with each client and see how they need your help. At the first meeting, you will probably give advice. You will also put together a plan for how you are going to meet the client's needs going forward. You may work with a range of people including children and families, individuals with a learning disability or individuals with a mental health condition.

## Where would I work?



You could work for local authority social services departments, and primary care/health service trusts.

Other employers include children's homes, GP practices, hospitals and hospices, private sector nursing homes and voluntary and independent agencies.



### How much would I earn?

A typical salary for a social work assistant can range from £26,000 to £30,000 when experienced.

Find out more information on the [\*\*NHS Wales Banding System.\*\*](#)

### How do I become a Social Work Assistant?



You do not necessarily need a degree to become a Social Work Assistant. However, having a degree will give you more experience and a better qualification.

You may be required to have Health and Social Care qualifications to become a Social Work Assistant.



### Useful Links

[\*\*Careers Wales - Social Work Assistant\*\*](#)



# Social Worker



## What is it?

As a Social Worker, you'll aim to improve the lives of the people you work with. You'll support people through social and personal difficulties, while promoting their human rights and well-being.

You will ensure that vulnerable people, who may have social or emotional problems are safeguarded from harm. You may help arrange support so people can live more independently. You'll carry out assessments to understand if people need care and support, work with individuals, carers and families to produce and review care and support plans. Social Workers are also required to keep records, write reports, attend court, supervise team members, and offer information and advice to individuals and other professionals.

You will support individuals such as foster children and families, people with mental health conditions, youth offenders and people with a sensory impairment.

## Where would I work?



You could work for local authority social services departments, and primary care/health service trusts.

Other employers include children's homes, GP practices, hospitals and hospices, private sector nursing homes and voluntary and independent agencies.



## How much would I earn?

A salary for a social worker can range from £36,500 to £42,500 when experienced.

Find out more information on the **NHS Wales Banding System.**

## Where can I study in Wales?



You can study an undergraduate degree at:

Cardiff Metropolitan University  
Wrexham University  
Swansea University  
University of South Wales

You can study a Postgraduate degree at:

Bangor University  
Cardiff University  
Swansea University

## How do I become a Social Worker?



You can study social work at graduate or post graduate levels and will need to learn about law, policy and social work theory when gaining your qualifications.

Universities run programmes in partnership with local authority social work services.



## Useful Links

**[Careers Wales - Social Worker](#)**

**[WeCare Wales - Social Worker](#)**



# Speech and Language Therapist



## What is it?

Speech and Language Therapists provide treatment, support and care for people of all ages who have difficulties with speech, language, communication, eating, drinking and swallowing.

Using specialist skills, they work directly with clients and their carers to assess, treat and provide them with tailored support.

They also work closely with teachers and other health professionals, such as doctors, nurses, other allied health professionals and psychologists to develop individual treatment programmes.

## Where would I work?



Speech and Language Therapists work in all kinds of settings including education, justice and children's services, in the NHS or as an independent/private Speech and Language Therapist.

They work in all settings within the NHS, from acute adult wards to providing services to children within local schools, from general services to highly specialist settings.

## How do I become a Speech and Language Therapist?



You must complete a recognised degree programme and register with the Health and Care Professions Council before being able to practise.

If you already have an honours or equivalent degree, you may be eligible to enter a two-year postgraduate qualifying programme.

Subjects in related fields (for example, psychology, social sciences and linguistics) are often preferred.



## How much would I earn?

Speech and Language Therapists can be paid at a Band 5 or above level, increasing with experience.

Find out more information on the **NHS Wales Banding System**.

## Where can I study in Wales?



Cardiff Metropolitan University  
Wrexham University



## Useful Links

**[HEIW - Speech and Language Therapist](#)**

**[Careers Wales - Speech and Language Therapist](#)**

**[The Royal College of Speech and Language Therapists](#)**



# NHS Wales Bursary



## What is it?

Student nurses, healthcare science professionals, midwives and allied healthcare professionals (AHPs) studying in Wales who wish to work in Wales after qualifying would be eligible to apply for the bursary.

If you commit to working in Wales, you may receive:

- £1,000 non repayable grant
- Paid Tuition Fees (Non repayable if complete requirement to work in Wales)
- Non-repayable means-tested bursary
- Full maintenance student loan for Welsh Domiciled students and top up maintenance student loan for student domiciled outside of Wales (for those studying full time undergraduate programmes)

## How can I find out more?



Visit the  
**[HEIW NHS Bursary webpage](#)**

or watch the  
**[HEIW video on funding for Nursing courses](#)**



# Volunteering



## What is it?

An effective way to gain a flavour of working within mental health roles is to volunteer. This can help you to decide whether working in a mental health role is for you.

It also provides you with work experience which can be beneficial to your application to training courses or roles within mental health.

As a volunteer, you can get involved in a range of activities and projects to suit your skills, interests and availability.

## How can I find out more?

**Wales Council for Voluntary Action -  
I want to volunteer**

**Volunteering Wales Opportunities**



You can also visit your local Health Board websites or charity websites to see if there are any volunteering opportunities.

**For further information on roles in mental health within NHS Wales, please visit:**

**Careersville or HEIW Careers.**

## Careersville

[careersville.heiw.wales/](https://careersville.heiw.wales/)



## HEIW Careers

[heiw.nhs.wales/careers/](https://heiw.nhs.wales/careers/)

