

Family and Mental Health

2023



2023 is the year to gain carer expertise and advance your career in family and mental health.

Job prospects for professionals in family and mental health look strong for 2023 as governments invest in Australia's mental wellbeing, organisations turn towards tech, and we support our most vulnerable.

Key takeaways from 2022



The Federal Government continued to prioritise mental health through investment and focused prevention¹

In 2022, the Australian Government renewed its investment into mental health services and facilities with \$391.7 million. This investment has been providing accessible mental health services as part of the 'Mental Health and Suicide Prevention Plan'. This plan has achieved significant milestones such as increasing headspace services for young people from 56 services to a project total of 164.

This further commitment and additional investment over 2022-23 has also opened opportunities for mental health workers into the future. This role has a projected growth of 23.2% over the next 5 years².



Victoria's mental health and wellbeing reform had positive results one year on³

The end of 2022 marked twelve months since the launch of a program to implement the Royal Commission's mental health strategy and recommendations. So far, the results have been positive and opened the industry to more engagement and opportunities.

Among the positive outcomes have been an increased focus on diverse and multidisciplinary mental health workforce, 27 new mature aged Mental Health Wellbeing services, and the Victoria-wide expansion of the Hospital Outreach Post-Suicidal Engagement service.



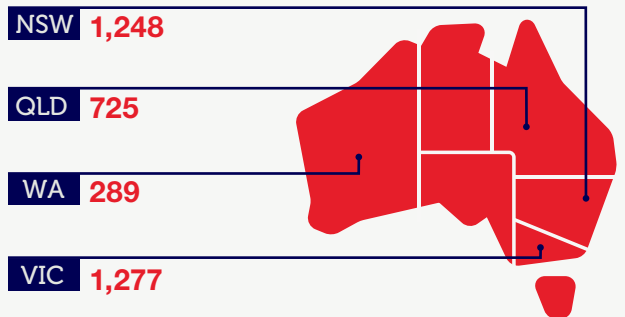
Family and mental health at a glance



Over the next five years, these roles are projected to increase by **23.2%...**

- Family Support Workers⁴
- Mental Health Support Workers²
- Youth Workers⁵
- Community Support Workers⁶

In February 2023, 4090 positions were open for Mental Health Nurses on Seek...⁷



Which groups are most in need of family and mental health services?



Families, carers and supporters

Did you know that 60,000 Victorians are caring for an adult with a mental illness? The Royal Commission into Victoria's Mental Health System found that families, supporters and caregivers need tailored support to cope with this⁸. Since the commission, the Victorian Government has invested a record \$372 million into workforce and facility increases to provide further access for families and individuals of all ages⁹.



Our Aboriginal communities⁹

The Department of Health and Human Services noted that the national suicide rate for Aboriginal people is estimated to be twice the rate of the general population. To create equitable access for this community, the Victorian Government invested \$116 million to support Aboriginal social and emotional wellbeing outcomes in 2021 and a portion of the 2022-23 State Budget focuses on working in close partnership with Aboriginal organisations to self-determine the best outcomes for their communities.



Young people aged 15-24

With the perceived imminent threats of job losses, climate change and high housing prices stacked against them, young people of Australia are experiencing higher levels of psychological distress than they experienced in 2017.¹⁰ This trend has continued beyond the pandemic as many of these environmental and sociological issues have continue to affect mental and physical wellbeing.¹¹



What's next...



The Royal Commission into Victoria's Mental Health System highlights the need for more skilled workers

The Royal Commission identifies primary prevention and mental health promotion as two key strategies for improving mental health and wellbeing across Victoria.¹²

Recommendations to support this finding include shifting our focus to establishing and supporting mentally-healthy workplaces, funding evidence-informed initiatives for schools, priority funding for rural and regional schools, and developing the workforce to support primary prevention and mental health promotion.

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[Click here to learn more about the Graduate Diploma in Mental Health Nursing](#)



[Click here to learn more about the Master of Mental Health Nursing](#)



Aboriginal community-focused plan aims to provide equitable access to mental and family health services¹³

The National Aboriginal and Torres Strait Islander Health Plan 2021-2031 seeks to provide greater access to health services to assist people and families in need, with a particular focus on providing access in regions and communities.

The Australian Department of Health, working with organisations such as the National Aboriginal Community Controlled Health Organisation and the National Health Leadership Forum, aims to provide a marked increase in accessibility to important health and care services. These services include, but are not limited to, disability support, workforce support, development care, mental, social health and emotional wellbeing services, and aged care services.

The Health Plan aims to deliver on several key health targets by 2031, with two of its core targets aiming to close the gap in life expectancy and to significantly reduce and sustain a reduction in suicide of Aboriginal and Torres Strait Islander people towards zero.

Develop a rewarding career in community child and family health nursing through the Graduate Diploma in Child and Family Health Nursing. Learn to critically analyse and apply principles of primary healthcare and secure a rewarding role as a maternal and child health nurse in as little as 12 months. You'll build your skills in hands-on simulated work environments and 300 hours of clinical placements and visits.



[Click here to learn more about the Graduate Diploma in Child and Family Health Nursing](#)



Sources

- ¹ Australian Government, Department of Health 'Budget 2022-23: Prioritising Mental Health and Suicide Prevention – Treatment (Pillar 3)'
- ² Seek 'How to become a Mental Health Support Worker'
- ³ Victorian Skills Authority 'Health and Community Services Industry Insight'
- ⁴ Seek 'How to become a Family Support Worker'
- ⁵ Seek 'How to become a Youth Worker'
- ⁶ Seek 'How to become a Community Support Worker'
- ⁷ Seek 'How to become a Mental Health Nurse'
- ⁸ Royal Commission into Victoria's Mental Health System 'Families, carers and supporters' fact sheet 2021
- ⁹ Australian Government, Department of Health 'Victorian State Budget Mental Health Highlights 2022-23'
- ¹⁰ The Guardian 'Pandemic pain: Young people experiencing greater mental health distress and job losses during Covid-19' 2021
- ¹¹ WHO 'The impact of COVID-19 on mental health cannot be made light of' 2022
- ¹² Royal Commission into Victoria's Mental Health System 'Promoting mental wellbeing for all Victorians' fact sheet 2021
- ¹³ Australian Government, Department of Health 'National Aboriginal and Torres Strait Islander Health Plan 2021-2031'

This report is accurate as of February 2023