

Be part of a  
passionate, committed  
team, and live a  
fulfilling rural life.



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Sue  
Mental Health Nurse, Port Lincoln

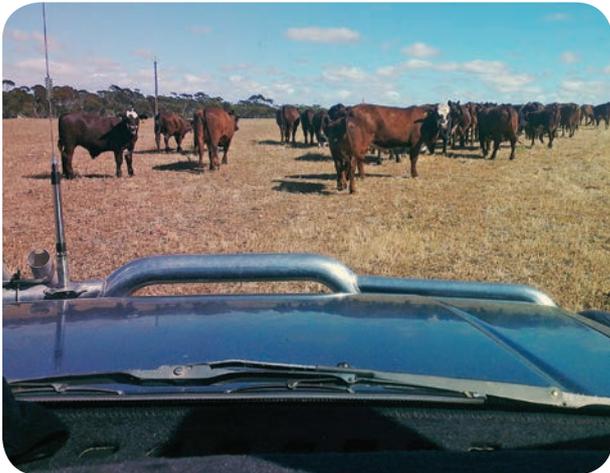
Hello, I'm Sue. 'I joined SA Health back in 1999 after moving to Adelaide. They happened to be recruiting for mental health nurses at the time and I had already had some experience working in mental health in Victoria.

'Mental health nursing provides opportunities in a team or as a sole practitioner and there are lots of career options. It has more variation than general nursing. We look at the whole person: the focus is less on the illness, more on wellness.

'I help clients express their creativity and engage with life through sport, recreation, employment, being safe, through the quality of their relationships and their general health.

'I really enjoy the early stages of the process when you first meet a client and you need to be a bit of a detective to develop a picture of them. It can be a bit of a puzzle.





'So it's really rewarding to see people find their feet after a difficult time and help them to tap into what is important to their life and to them as a person. It is rewarding but also challenging.'

## A rewarding move.

'I decided to move to Port Lincoln in 2011.

'It's lovely, a wonderful climate and is very pretty. There's a real sense of community here. Living and working in the country gives you a much stronger level of support than living in the city. You have a good balance of work and life.

'When I first joined the Port Lincoln team I was surprised by the lengths they went to to make me feel welcome and to help me transition. A lot of the duties are linked and shared between the team as well as liaising with lots of other services.

'We're a varied group, a good balance means we're capable of responding to the needs of all our clients.'

## A rewarding job.

'There are a variety of roles in our team, including a part-time psychologist, a trainee full-time psychologist, two social workers, an occupational therapist and several mental health nurses. We all take turns doing the duty work (assessment of new clients).

'Mine is a broad role, I manage assessment and therapy and provide in-reach to hospitals. Our team provides a variety of services but is always focused on the needs of consumer. I also provide ongoing therapy and links to other services, as well as managing chronic clients and those clients who are in rehabilitation.

'What surprised me when I first joined SA Health, is the length of time that colleagues have remained committed to SA Health. And now I'm one of them!

'When I came to Port Lincoln I was also surprised by the passion that my colleagues have for Country Health SA – that excited me – and now that's also part of my identity.

'I enjoy being part of a cohesive and passionate group of people, team mates who care about what they are doing within an organisation that also cares.'

'I love what I do – and I could never say that about any of my previous jobs.'