CAREERS NEWSLETTER

OPPORTUNITIES

10th October is **World Mental Health Day**. This year's theme set by the World Federation of Mental Health is workplace mental health. The theme highlights the importance of addressing mental health and wellbeing in the workplace, for the benefit of people, organisations, and communities.

There are lots of ways that you can take part in World Mental Health Day. You can use the social media hashtag #WMHD2024 to see what companies are doing to celebrate and raise awareness, this may be wearing a green ribbon to show support, holding a Tea & Talk, or getting running an event to showcase how they support their employee's mental health.

Talking is good for your mental health. And talking about mental health is important. But starting a conversation isn't always easy. Whether you'd like to talk to someone about how you're feeling, or check-in with someone you care about, here are some tips that can help.

Every year 1 in 4 of us will experience a mental health problem. Nearly 2 million are waiting for NHS mental health services, and since 2017 the number of young people struggling with mental health has doubled. Mind have set out the steps the new UK government must take towards a future where there's no mind left behind.

If you're thinking of a career in mental health, here are some job roles that you may wish to consider: Mental Health Nurse | Child Psychotherapist | Occupational Therapist & Art Therapist

In this video from the NHS, people with lived experience of mental health describe the "huge impact" that great mental health care had on their recovery and their lives, and some of our mental health nurses explain why there's "...no greater gift than supporting someone and seeing them prosper and flourish."

JOB OF THE WEEK

Mental Health Therapist

Mental Health Therapists are qualified professionals who treat the cognitive, behavioral, and emotional aspects of mental health conditions. They work with individuals, families, couples, and groups in a variety of settings.
Watch the video to learn more about working hours, salary and qualifications needed.

LABOUR MARKET INFORMATION FACT

875,000 workers suffered from work-related stress, depression and anxiety in 2022/23.

This makes Mental Heath the 5th most common reason for sickness/absence from the workplace in 2022.

Source

If you have any questions or need support, please contact David.Rudd1@claremont-high.org.uk

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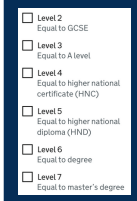
Did you know that there is an instant messaging platform called Unibuddy that allows you to speak to current university students studying all over the UK? You can filter by subject or university and get honest answers to any questions you have about the university or course.



The Government's Apprenticeship application website has made it easier for you to ensure you're applying to the right level apprenticeship. Instead of using the terms "intermediate", "advanced" etc, they now tell you the level and what it is equivalent to. For example, "Level 3 - Equal to A Level".

If you don't have much planned for October break and would like to spend your time helping your future self, an online work experience opportunity could be perfect. They can help you to decide if an industry is right for you and they will look great on your CV, apprenticeship applications and university personal statement. Here are a few options...

You have probably heard of accountancy and advisory services before. Think you know what professionals in this field really do? Embark on this virtual work experience to explore the world of accountancy and advisory services with BDO!

This varied programme will introduce you to a wide range of areas within the housebuilding space. From construction and site careers to marketing and tech roles, you'll come to understand how rewarding a career in property can be.

With over 350 roles in the healthcare sector, each with a unique purpose, it's time to discover your path. This programme provides valuable insights into health and social care careers, helping you take your first steps in this area. From an introduction to the sector to exploring different opportunities and responsibilities, you'll engage in quizzes, activities, and conversations with leading industry experts. Join us for a fantastic programme that prepares you for a fulfilling career in health and care professions.

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EMPLOYER SPOTLIGHT

"A career in Civil Engineering is an exciting and dynamic one. Not many industries make such a tangible difference to our civilisation, and we need to ensure that we have the best talent to meet the ever-increasing demands of our society and the ever-changing face of our infrastructure needs."

Read more about Tony Gee Careers here.

UNI SPOTLIGHT

"Join a community of open-minded thinkers and doers, where everyone is empowered to reach their full potential. Together, we'll work hard to build a better future—for you and the wider world. You can choose from 300+ degree courses. We offer flexibility so you can tailor components of your degree to suit your own interests & ambitions."
Read more about Cardiff University Courses here.