

UTM CAREER CENTRE

INDUSTRY PROFILE:

MENTAL HEALTH



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What Do Mental Health Professionals Do?

Successful mental health professionals are **compassionate, patient problem-solvers** with excellent **interpersonal** skills and a passion for **helping people**.

Overview

Many people throughout the world struggle with disabling mental disorders and disabilities. In fact, one in two Canadians have—or have had—a mental illness by the time they reach 40 years of age. Mental health professionals help these individuals learn to cope with their disorders and disabilities, overcome mental and emotional challenges, and improve the quality of their lives.

The mental health field is broad and diverse with many areas of specialization.

Counselling Psychologists

Counselling psychologists diagnose, assess and treat mental health problems through counselling and therapies and work in clinics, hospitals, schools or in the private sector. Child psychologists help children and adolescents with mental and behavioural disorders, developing treatments to help them cope in a productive way. Among child psychologists, school psychologist is one of the fastest-growing job sectors.

Marriage and Family Counsellors

Marriage and family counsellors provide a valuable service that benefits not only individual couples and families, but society as well. They help couples recognize their problems and take the necessary steps to enjoy a happier relationship, avoid divorce and keep families together.

Addiction Counsellors

With substance abuse on the rise, addictions counsellors assist patients at private clinics, rehabilitation centers and hospitals to break dependency, cope with stress and develop skills to withstand the urge to abuse drugs or alcohol.

Social Workers

Social workers help individuals, couples, families and organizations develop the skills and resources they need to enhance social functioning and provide counselling, therapy and referral to other supportive social services.

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What Do Mental Health Professionals Do? (cont.)

Although psychologists, marriage counsellors and social workers require graduate degrees and professional qualifications, graduates with a bachelor's degree and/or a college diploma or post-graduate program under their belts, can pursue roles such as Case Manager, Crisis Counsellor, Peer Support Worker, Mental Health and Addictions Worker or Social Services Worker. Entry-level positions, including Mental Health Rehabilitation Assistant and Mental Health and Addictions Secretary, are a good way to get started in the field.

Case Managers

Case managers work one-on-one with clients, helping them to access services like medical care and psychosocial rehabilitation in areas such as learning new skills, finding jobs and strengthening and establishing relationships. A case manager may offer counselling or help individuals overcome addictions. Qualifications vary among community mental health organizations, but in general, case managers require an undergraduate degree or diploma in a related area of study such as health care, social sciences or health human services.

Crisis Counsellors

Crisis Counsellors work at telephone distress centres, drop-in crisis programs and as part of mobile crisis teams. Qualifications can include degrees in psychology and social work or a diploma or post-graduate program in social services.

Mental Health Rehabilitation Assistants

Mental Health Rehabilitation Assistants may work in a hospital or community setting performing duties like helping clients develop life skills, co-ordinating social and recreational programs and managing the flow of clients in a reception area. Post-secondary education in programs such as psychology or social service worker can qualify you for this role. Experience working with people with mental illness is an asset.

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What Do Mental Health Professionals Do? (cont.)

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A Mental Health and Addictions Secretary

A Mental Health and Addictions Secretary provides administrative support to health promotion teams in hospitals or community agencies. They are a key contact for clients and service-providers, also interacting with government agencies and the public.



Ontario Colleges

Ontario's colleges offer programs of different durations that prepare students for a number of roles in the mental health field. For example, most colleges, including Humber, Centennial and Sheridan, offer two-year Social Service Worker programs. Conestoga and Durham Colleges offer one-year post-graduate Addictions and Mental Health Worker programs and Humber College offers a part-time continuing education program in Psychosocial Rehabilitation and Mental Health. Check the Ontario Colleges site for more information.

Growing Demand for Professionals

These are just a few of the roles available in the field of mental health. Since one in five Canadians will experience a mental illness or addiction problem in any given year, there is a growing demand for professionals in this field.

Fast Facts

According to the World Health Organization...

around 450 million people currently struggle with mental illness, making it the leading cause of disability worldwide. In Canada, it affects more than 6.7 million of us.

Between 2012 and 2017...

visits to the emergency department at Toronto's Centre for Addiction and Mental Health (CAMH) increased by 70%.

While 10% to 20% of children...

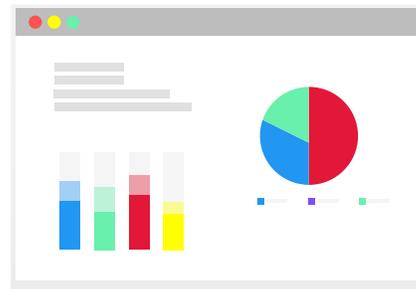
are affected by a mental illness or disorder, only one out of five children who require mental health treatment actually receive it, according to the Canadian Mental Health Association.

About 15% to 20% of patients...

seeking help from mental health services also struggle with addiction, while more than half of those seeking help for an addiction also have a mental illness, according to the Canadian Centre on Substance Use.

Around 8,450 people...

work as psychologists in Ontario and 44% are self-employed.



Approximately 16,200 people...

work as family, marriage and other related counsellors in Ontario, with 15% self employed.

An estimated 24,700 people...

work as social workers in Ontario, 83% of them women. Fewer than 5% are self-employed.

Industry Trends

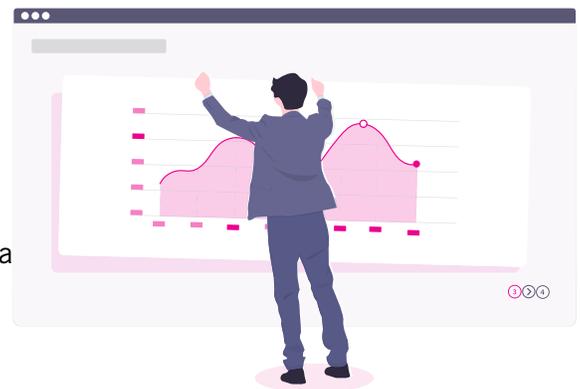
| *Less stigma means increasing demand for mental health services.*

Overview

Recently, campaigns such as Bell Canada's Let's Talk have aimed to reduce the stigma of mental illness. More and more celebrities are speaking out about their own struggles with mental illness – including comedian, Howie Mandel, musician, Serena Ryder, Olympic athlete, Clara Hughes and actor, Emma Watson, to name just a few.

Rising Awareness

Because of the rising awareness and acceptance of mental health and substance abuse illnesses, more people are seeking treatment, increasing demand for qualified mental health professionals. Over the years to 2022, IBIS World forecasts that revenue for the Mental Health and Substance Abuse Centres industry in Canada will grow by 3.3% per year.



Workplace Depression

Workplace depression is becoming a significant and growing concern among physicians and employers. To reduce the cost of mental health-related absences, many employers offer assistance programs that allow staff to access treatments and counselling services, stimulating industry demand. Also, workplace wellness programs are increasingly focused on preventive care and mental health. As the market for mental health programs is still relatively undeveloped, this presents an opportunity for professionals providing corporate wellness services.

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Industry Trends (cont.)

Impact of Aging Population

At the same time, Ontario's population is aging, with 2.4 million seniors over 65 years old as of 2018. Some common mental disorders the elderly experience include depression, anxiety disorders, Alzheimer's disease and substance addiction. The health care and social assistance sector grew by more than 4% between 2016 and 2018 and employment growth will continue to be driven by demand from Ontario's aging population. As governments seek to manage increasing health care costs, jobs will shift from more expensive facilities such as hospitals, to community-based programs and services.

Demand for Mental Health Services

Several other factors influence demand for mental health services. Many studies show a correlation between obesity and mental health illnesses, such as depression and eating, mood and anxiety disorders. As the population gets more obese, mental illness diagnoses are likely to rise, further stimulating demand for mental health treatment. Another relevant factor is per capita alcohol consumption, as many people seek treatment for alcoholism. Per capita alcohol consumption has been on the decline, inhibiting demand for substance abuse treatment for this issue. However, Canada is in the throes of an opioid crisis, as well as having recently legalized recreational cannabis. This will likely increase the demand for substance abuse counsellors.



Employment Outlook for Mental Health Professionals

The employment outlook will be good for Psychologists (National Occupation Code (NOC) 4151) in Ontario for the 2018-2020 period, according to the Government of Canada's most recent Outlook Report.

Psychologists

Between 2014 – 2016, employment growth for psychologists increased sharply and unemployment was at an extremely low level of 0.7%, well below the national average of 7%. Across Canada, for the period 2017 – 2026, new job openings are expected to total 16,500, while 15,400 new job seekers are expected to be available to fill them.

Mental Health Services

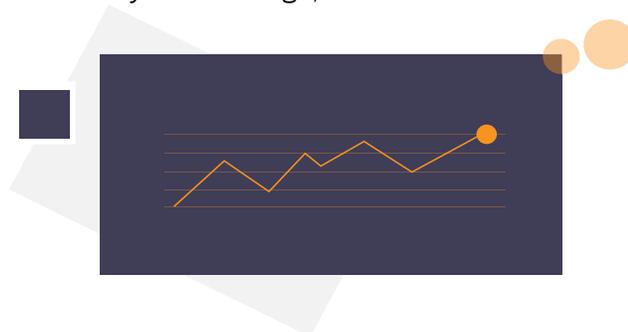
An increasing awareness of mental health, government investments to improve access to mental health and addictions treatment and prevention services, and a recent focus on youth mental health, are all factors that will drive the demand for these professionals. Also, the critical need for mental health services and emotional support for survivors of residential schools and their families should lead to opportunities for psychologists willing to work in remote and northern communities. Finally, as the baby boomers age, there will be more demand for community-based care for dementia and other mental health issues seniors face.

Counsellors

For Family, marriage and other related counsellors (NOC 4153), the employment outlook will be good in Ontario for the 2018-2020 period.

The majority of counsellors work in healthcare or social assistance including individual and family services, nursing and residential care facilities, hospitals, and out-patient care centres. Services for children and youth, in particular, are in high demand. While budget cuts in Ontario may have some impact on public healthcare spending on these services, increasing regulation of counsellors is expected to increase spending by insurance companies and individuals. New regulations require counsellors who perform “the controlled act of psychotherapy” to be registered with a regulatory college by December 31, 2019.

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Employment Outlook for Criminal Justice Professionals (cont.)

Social and Community Service Workers

The employment outlook will be fair for Social and community service workers (NOC 4152) in Ontario and good in the Toronto region for the 2018-2020 period.

Employment growth will be fuelled by people's greater awareness of population aging, mental health, learning disabilities and violence. Although growth is expected to be stronger than average, demand for social workers also depends partially on the level of government spending, which will be reduced because of government budget constraints. Positions left vacant because of retirement are expected to account for about half of available jobs and the retirement rate is expected to be higher than average for all occupations. This is a popular occupation for recent graduates.

What You Need To Succeed

Mental health professionals deal with sensitive and confidential personal matters. In addition to respect, patience, responsibility, emotional maturity and empathy, they require excellent communication, interpersonal, problem solving and organizational skills. Self-awareness and the ability to maintain healthy boundaries when working with people in distress are also important.



In-Demand Jobs and Salary Ranges

Job Title	Salary Range
Addictions Counsellor	\$ 35,818 - \$ 74,807
Child Psychologist	\$ 41,600 - \$ 131,996
Family and Marriage Counsellor	\$ 33,280 - \$ 85,716
Mental Health and Addictions Secretary	\$ 41,080 - \$ 45,635
Mental Health Rehabilitation Assistant	\$ 33,280 - \$ 38,480
Psychologist	\$ 41,600 - \$ 131,996
Social Worker	\$ 42,910 - \$ 97,760

Where the Jobs Are

These industries show the strongest demand for criminal justice professionals:

- Child Welfare Organizations
- Employee Assistance Programs
- Hospitals and Clinics
- School Boards
- Social Service Agencies
- Private Practice



Industry Associations

Industry Associations	Website Link
Canadian Addiction Counsellors Certification Federation	www.cacfc.ca
Canadian Counselling and Psychotherapy Association	www.ccpa-accp.ca
Centre for Addiction and Mental Health	www.camh.net
Ontario Association for Marriage and Family Therapy	www.oamft.com
Ontario Association of Social Workers	www.oasw.org
Ontario Psychological Association	www.psych.on.ca



Where to Find More Information

Stay connected with the UTM Career Centre:

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- @UTMCareerCentre

Find more career-related resources at:

- utm.utoronto.ca/careers
- clnx.utoronto.ca