**Mental Health Careers Activity**

Mental health professionals treat people with psychological, emotional, and behavioral disorders. There are many careers in mental health. All of them require a strong understanding of human behavior and the desire to assist someone who wants to improve their mental health. Try this fun activity to learn more about mental health careers.

# Materials

* blank notecard and writing utensil
* **PebbleGo Next** article “Mental Health Careers”
* a partner

# Directions

1. Write the name of a mental health career on the front of a notecard. On the back of the card, take notes about that career. For example, if you wrote “clinical psychologist” on the front, you might write “help people with childhood trauma” on the back. Try to write as many notes that apply to that career as you can. Refer to the **PebbleGo Next** article “Mental Health Careers” to help you. Make notecards for at least three different careers.
2. Pretend you are a talk show host interviewing a mental health professional. You don’t know what career the person is in. Your job will be to create a list of questions that will help you determine what type of mental health professional the person is. Try to think of questions that are specific enough to help you narrow down what your interviewee does for a living. Write a list of at least 10 questions you could ask the person during the interview. For example, you might write, “Do you help children, adults, or people of all ages?”
3. Partner with a classmate and host an interview show. Allow your classmate to choose one notecard, but they should not tell you which one they select. Proceed with your interview and ask your partner your questions. They can use the notes to help answer your questions. Can you guess which mental health career they chose?
4. Select a notecard and allow your partner to ask their questions. Did they guess your mental health career correctly?

# Critical Thinking

1. What similarities do all careers in the mental health field possess?
2. Do you think it would be easy for someone to switch careers within the mental health field? Why or why not?
3. How might you explore the mental health career opportunities in your area?