

My name is Cari, and I am 35 years old. I am a mother of two boys. I like spending time with my family and my boys in my spare time; going for walks and visiting different places.

I am currently training to become a mental health nurse as I have always had a keen interest in mental health going back from when my older brother had a head injury when I was a child. My interest grew in lock down seeing the major effects that the pandemic had on people's mental health. I have seen the struggles people go through dealing with mental illnesses and the major impact it can have on their lives. It has become clear over the years, with the campaigns to raise awareness, that there is more need for empathetic professionals in this area of health, which I am loving being a part of. I have excellent communication skills which help me deal with patients and their families and understand the importance of communication techniques in emotionally charged situations.

I understand that the job of a mental health nurse is challenging, but with the positive outcomes that can be achieved to help each individual suffering, by making sure that they are safe and supported, to live independently, and a happier, more fulfilling life, make the challenges worth it. I am strong, I am physically fit and emotionally resilient. I am an empathetic, kind and caring person that believes that everyone should be treated as an equal. I have a good understanding of mental health which allows me to connect with patients with mental illnesses. I feel that this is important, as making each individual feel understood, and safe to freely speak without the fear of being judged is important. This way they receive the right care to achieve the best possible outcome for their own personal recovery. I am also very patient and persistent, which I believe are good attributes for entering this career, as recovering from mental health can be a long process and may last a lifetime for many with the need of ongoing support. As I mentioned previously my brother suffered a head injury when he was younger which makes many tasks harder for him, as he does not have good balance and loses his patience easily, so I often go and help him do various tasks.

I am currently volunteered in Mind, a charity that supports individuals with mental health issues, and have volunteered with multiple charities over the past few years. I have

shadowed professionals and helped with one to ones and group activities, providing support, advice and information when needed.

Over the last three years I have completed a Pre-Access course, an Access to Healthcare course, and the Nursing Studies and Health course. I am currently doing the Mental Health Nursing course at Swansea University. I have gained knowledge in many areas including psychology, sociology, communication and counselling, also physiology and biology. I have also developed my academic writing skills, achieving distinction grades, broadening my investigative evidence-based research in health-related topics and have delivered presentations both individually and as part of a group, working together with a non-judgmental approach to achieve a common goal despite varying views, opinions and personalities.

Juggling studies with the role of a busy mum enables me to put my excellent decision making and time management skills to good use, also showing my multitasking skills. I can't wait to be a part of your team and use my passion, and skills to create a better future for as many as possible that are in crisis.