

Contact:

Lucie Kollerova
Cardiff
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Languages:

Czech (fluent), English.
(fluent), can communicate in
Slovak

UK full driving licence

Education**St. Illtyd' Catholic High School**
2006-2009

*GCSEs including Health &
Social Care, Psychology, and
Food Technology*

St. David Catholic College
2009-2011

*A-Levels in Psychology, Health
Care*

University of Wales Trinity
Saint David
2011-2014

*BSc (Hons) Health Practice
(Mental Health)*

*Certificates in First Aid & CPR,
Safeguarding, Infection Control,
Mental Health Awareness, and
Food Hygiene (Level 2)*

**Mental Health Nurse**

Lucie Kollerova

A knowledgeable and enthusiastic registered Mental Health Nurse with hands on experience of working with Children, Adults and older people suffering from various Mental health conditions. Experience of providing high quality patient centred care and committed to National Service Framework. N.I.C.E. and Essence of Care initiatives. Now looking for a position with a reputable hospital.

Career**Mental Health Nurse** (University Hospital of Wales)
2017-Present

Responsible for providing guidance, supervision, and direct support to individuals to help them maintain their Mental health. Also accountable for creating a safe, comfortable and therapeutic environment in which patients can be treated.

Mental Health Nurse (Cleveland Clinic London)
July 2016

Administered medications and monitored medication adherence to ensure optimal symptom management. Provided crisis intervention and stabilization services to individuals experiencing acute psychiatric emergencies. Facilitated group therapy sessions for individuals with specific mental health conditions, such as anxiety disorders and substance use disorders. Educated patients and families about mental health conditions, available treatments, and recovery strategies.

Mental Health Nurse (Prince Charles Hospital)
June 2015

Working with other staff in assessing as well as evaluating a patient's Mental state. Conducting individual, couple, and group counselling sessions. Assessing whether a patient's represents a risk to themselves or others. Giving good advice.

Mental Health Nurse
June 2014

(Royal Glamorgan Hospital)

Other Courses:

- First Aid and CPR
- Safeguarding Adults and Children
- Infection Prevention and Control
- Mental Health Awareness
- Food Hygiene and Safety (Level 2)

Observing and recording a patient's behaviour. Building deep relationships with patients to gain their trust. Working with patients' families and carers. Providing deep supportive care.

Skills

- Mental health assessment and diagnosis
- Care planning and implementation
- Crisis intervention and de-escalation techniques
- Patient and family education
- Medication administration and monitoring
- Therapeutic communication and active listening
- Multidisciplinary team collaboration
- Safeguarding and risk management
- Empathy and emotional resilience

IT Skills:

Experienced with Microsoft Office (Word, Excel, PowerPoint), Microsoft Swiftly, and Adobe Suite

Hobbies:

Volunteering supporting community mental health projects or charities.

Reading books or articles on psychology, mindfulness, or healthcare.

Mindfulness & Meditation helps manage stress and promote self-awareness.

Physical exercise yoga, walking, gym, or swimming to support wellbeing.

Creative activities art, journaling, or music for relaxation and self-expression.

Learning languages or cultures improves communication and empathy with diverse patients.

References: available on request.