



Mental Health Specialist (68X)

The health care that's provided for Army Soldiers and personnel isn't limited to the physical realm. Stress due to combat situations or physical ailments can often have an effect on the mental well-being of Army Soldiers. The Mental Health Specialist, an important member of the Army health care team, assists with the management and treatment of inpatient and outpatient mental health activities.

The Mental Health Specialist is primarily responsible, under the supervision of an Army psychiatrist, social worker, psychiatric nurse or psychologist, for providing mental health treatment to patients. Some of your duties as a Mental Health Specialist may include:

- Collecting and recording psychosocial and physical data
- Counseling and treating patients with personal, behavioral or mental health problems
- Assisting with the care and treatment of psychiatric, drug and alcohol patients
- Providing bedside care in hospitals, including taking the body temperature, pulse and respiration rate of patients
- Giving medication to patients under the direction of physicians and nurses

TRAINING

Job training for a Mental Health Specialist consists of nine weeks of Basic Training, where you'll learn basic Soldiering skills, and 19 weeks of classroom instruction, including practice in patient care. Training length varies depending on specialty. Part of this time is spent in the classroom and part in the field. Some of the skills you learn are:

- Patient care techniques
- Emergency medical techniques

HELPFUL SKILLS

Helpful attributes include:

- An interest in helping and caring for others
- An ability to communicate effectively
- An ability to work under stressful conditions

An interest in chemistry, biology, psychology and general science
Attention to detail

ADVANCED RESPONSIBILITIES

Advanced level Mental Health Specialists supervise and train other Soldiers within the same discipline.

RELATED CIVILIAN JOBS

The skills you learn as a Mental Health Specialist will help prepare you for a future with civilian hospitals, clinics, nursing homes or rehabilitation centers. With a Mental Health Specialist background, you may consider a career as a psychiatrist's assistant, a medical assistant or a physician's aide.

RELATED ARMY POSITIONS

Health Care Specialist (68W)

Operating Room Specialist (68D)

Preventive Medicine Specialist (68S)

Radiology Specialist (68P)

Respiratory Specialist (68V)

Information about this MOS provided by: www.goarmy.com

For further information visit: www.minnesotanationalguard.org