



**Esther Meza**

**Company- Nottinghamshire  
Healthcare-Rampton Hospital**

**Job Title- Staff Nurse (Mental Health)**

### **Why did you choose this Career?**

I was always fascinated by the forensic aspect of mental health nursing and I wanted to give myself a challenge by starting at a high secure hospital as a newly qualified nurse.

### **What pathway did you follow, why was this the most appropriate for you?**

I started by completing a BTEC in health and social care as well as psychology at Kelvin Hall. I continued studying these subjects at Wyke College. This was the most appropriate route for me as I believe it was a great introduction to health and care. It widened my understanding and solidified my aspiration to become a mental health nurse. I studied mental health nursing at the University of York. I chose this University as it seemed to provide the appropriate support for me during my course.

### **What is the best thing about your job?**

The best thing about my job is seeing the difference in my patients over time. Most importantly it is tailoring their recovery journey for them. Further, it is a continuous learning process as not only do I provide psychoeducation throughout my work, I also receive psychoeducation as I am part of a multi-disciplinary team.

### **What advice would I give my 16 year old self?**

Keep going. Keep striving for more and don't underestimate yourself. Utilise the support around you, including the teachers, family and friends. Be kind to yourself and others. There will be ups and downs, however the ups are worth it and they force you to keep going.



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