Career Resources – Helping Professions

Career Exploration
Helping professionals work in a variety of settings. Below are some of their job titles (not exhaustive).

Health Educators and Community Health Workers
Health educators teach people about behaviors that promote wellness. They develop and implement strategies to improve the health of individuals and communities. Community health workers collect data and discuss health concerns with members of specific populations or communities. To read more: http://www.bls.gov/ooh/community-and-social-service/health-educators.htm

Mental Health Counselors and Marriage and Family Therapists
Mental health counselors and marriage and family therapists help people manage and overcome mental and emotional disorders and problems with their family and relationships. They listen to clients and ask questions, to help the clients understand their problems and develop strategies to improve their lives. To read more: http://www.bls.gov/ooh/community-and-social-service/mental-health-counselors-and-marriage-and-family-therapists.htm

Rehabilitation Counselors
Rehabilitation counselors help people with emotional and physical disabilities live independently. They work with clients to overcome or manage the personal, social, and professional effects of disabilities on employment or independent living. To read more: http://www.bls.gov/ooh/community-and-social-service/rehabilitation-counselors.htm

School and Career Counselor
School counselors help students develop social skills and succeed in school. Career counselors assist people with the process of making career decisions, by helping them choose a career or educational program. To read more: http://www.bls.gov/ooh/community-and-social-service/school-and-career-counselors.htm

Special Education Teachers
Special education teachers work with students who have a wide range of learning, mental, emotional, and physical disabilities. They adapt general education lessons and teach various subjects, such as reading, writing, and math, to students with mild and moderate disabilities. They also teach basic skills, such as literacy and communication techniques, to students with severe disabilities. To read more: http://www.bls.gov/ooh/education-training-and-library/special-education-teachers.htm

Social Workers
Social workers help people solve and cope with problems in their everyday lives. One group of social workers, clinical social workers, also diagnose and treat mental, behavioral, and emotional issues. To read more: http://www.bls.gov/ooh/community-and-social-service/social-workers.htm

More Career Exploration:
- Careers in Psychology (PAA) http://www.psychologistsassociation.ab.ca/site/careers_in_psychology
- What is human services? (NOHS) http://www.nationalhumanservices.org/what-is-human-services
- What careers are available in special education? (NASDSE) http://www.personnelcenter.org/choose.cfm
- For more career options from Occupational Outlook Handbook: http://www.bls.gov/ooh/
Books at CaPS

**101 careers in counseling**
A comprehensive guide to help you choose a rewarding counselling career that best suits for your interests, strengths and personality.

**101 careers in education**
Describes careers that range from working with very young children to educating adults in organizational settings.

**101 careers in public health**
A career guide that provides an overview of the numerous options in public health. The guide offers an easy introduction to the field details the training, salary ranges, and degree requirements for each job.

**101 careers in social work**
A catalog of social work careers as well as a guidance to career planning to those interested in becoming a social worker. The book includes unconventional, emerging career options such as forensic social work, community planning and more.

**Careers for caring people & other sensitive types**
A guide to careers in hospitals, nursing homes, senior day-care centers, child day-care centers, hospices, home health services, and social services.

**Careers for good Samaritans & other humanitarian types**
A book that encourages you to embrace your individuality by finding the job that matches your character traits.

**Careers in psychology: Opportunities in a changing world**
Career information for anyone majoring in psychology or considering the degree; focusing on the qualifications for different careers within psychology.

**Nonprofit career guide: How to Land a job that makes a difference**
An easy to read career guide for people seeking jobs in nonprofit sector. The guide contains a list of job sites for each nonprofit sub-sector.

**Employer Directories**
- Book: Directory of Community Services of Greater Montreal (available at CaPS)
- Book: Directory of Self-Help Groups in the Greater Montreal Area (available at CaPS)
- Idealist [http://www.idealista.org/search/v2/?search_type=org](http://www.idealista.org/search/v2/?search_type=org)

**Job Boards**

This handout is available at: [What can I do with my studies?](http://www.mcgill.ca/caps/discipline) -> “Career Resources Guides – Fairs & Workshops”