



Q&A



Why Choose Australian Accredited Social Workers?



**Question:**

What do social workers do?

Answer:

Social workers support people through life's challenges and help improve wellbeing.

**Question:**

Do Social Workers have professional standards?

Answer:

Yes! Social Workers abide by:
AASW Code of Ethics (2020).
AASW Practice Standards (2023) Legislation.

These standards help make sure social workers give safe, skilled, and respectful support.

**Question:**

What does AASW mean?

Answer:

AASW = Australian Association of Social Workers.

Social Work members are degree-qualified, follow ethical standards, and stay up to date through ongoing training—ensuring safe, high-quality support.

**Question:**

Where do social workers work?

Answer:**In many settings:**

- Hospitals
- Schools
- Aged care
- Prisons
- Community organisations
- Disability and mental health services
- Private Practice





Question:

How do social workers support individuals?

Answer:

They:

- Listen and support in a safe, respectful space
- Acknowledge your experiences and help you manage challenges
- Provide emotional support and practical guidance



Question:

Can social workers help me access services?

Answer:

Yes. They help navigate complex systems like:

- Centrelink
- NDIS
- Housing
- Health services
- Legal and justice system



Question:

Do social workers stand up for people's rights?

Answer:

Absolutely. They:

- Advocate for your rights
- Challenge discrimination
- Promote fairness and inclusion



Question:

Can social workers help me understand my rights?

Answer:

Yes. They explain rights around:

- Privacy
- Consent
- Decision-making
- Access to services





Question:

Do social workers support families and communities?

Answer:

Yes. They:

- Help strengthen family relationships
- Empower communities through inclusive support
- Offer guidance through change and conflict
- They help carers



Question:

Can social workers help with mental health?

Answer:

Yes.

- Anxiety
- Depression
- Trauma
- Life stress
- *Accredited Mental Health Social Workers (AMHSWs) can also provide clinical assessment & therapy*



Question:

What if I'm going through grief or a big life change?

Answer:

Social workers can guide you through:

- Grief and loss
- Major life transitions (e.g. moving, separation, illness)
- They can give you education and remind you to nurture yourself when in emotional pain.



Question:

Can social workers help in emergencies?

Answer:

Yes, depending on their workplace. Social Workers are trained to respond to:

- Domestic & Family violence
- Accidents
- Natural disasters and crises





Question:

Do social workers work with other professionals?

Answer:

Yes. With your consent, they collaborate with:

- Doctors
- Teachers
- Carers
- Support workers
- Legal advocates



Question:

Are social workers trained regularly?

Answer:

Yes. They:

- Every year, Social Workers must have 20+ hours of continuing professional development (CPD). Accredited Social Workers & AMHSW must have 30+ hours.
- Attend training, research, and supervision
- Stay updated with laws, services, and best practice



Question:

Who do social workers support?

Answer:

Everyone, including:

- Aboriginal and Torres Strait Islander peoples
- LGBTQIA+ communities
- Refugees and migrants
- People with disabilities
- Women
- Anyone facing disadvantage or discrimination



Question:

I hear social workers address “**social stressors**”. What does that mean?

Answer:

Social workers don't just focus on symptoms - they understand how life's external pressures affect your mental health and wellbeing and they address the real-life causes of stress and help you build strength, connection, and clarity.





Question:



I hear Social Workers offer support with “**Comorbid**” Health Conditions. What does this mean?

Answer:

It means social workers are trained to support people who are experiencing mental health challenges alongside other health conditions. We understand how physical, emotional, and psychological health are connected. We have a whole-person approach.



Question:



What type of **comorbid** conditions do social workers help with?

Answer:

- Chronic illness or pain
- Sleep issues
- Gender and sexuality support
- Substance misuse
- PTSD and trauma
- Panic attacks
- Dementia or cognitive decline
- ADHD, autism, or learning disabilities
- Personality disorders



Question:



Are Social Workers and Support Workers the same thing?

Answer:

No. Social workers have university degrees, follow a professional code, and provide therapy, assessments, and advocacy. Support workers usually have certificates and offer practical, daily help but don’t do clinical or complex work.



Question:



Are Accredited Mental Health Social Workers the same as Psychologists?

Answer:

No. **AMHSW**s are social workers with extra mental health training, focusing on therapy and social factors like housing and relationships. **Psychologists** have specialized psychology degrees and focus more on diagnosis and psychological testing. **Both can offer Medicare-rebated services** but are regulated by different bodies.





Question:

What specialized skills and training do **Accredited Social Workers** have?

Answer:

Many have extra training in areas like mental health, family violence, child protection, trauma care, drug & alcohol support, grief, cultural inclusion, clinical supervision, psychological therapies, advocacy, and risk assessment.



Question:

What do social workers need to become **Accredited Mental Health Social Workers (AMHSW)**?

Answer:

Be a current AASW member.
Have 2 years full-time **mental health** work experience (within last 5 years).
Show knowledge of mental health social work approaches.
Complete 2 years of supervision in mental health.
Keep updating skills through learning.
Provide proof of work.



Question:

What does an **Accredited Mental Health Social Worker (AMHSW)** do?

Answer:

AMHSW's provide social work support and evidence-based **assessment & therapies** for mental health and social challenges. For example, we offer practical strategies for anxiety that clients can use beyond sessions.



Question:

Why choose an Accredited Mental Health Social Workers (AMHSW) for therapy?

Answer:

AMHSW's understand mental health and social challenges, help navigate services, provide practical support and advocacy, work with your GP and family, and respect your unique strengths.





Question:

What assessments do Accredited (and Mental Health) Social Workers use?

Answer:

Accredited Social Workers use tools like psychosocial assessments, mental health screens (K10, DASS21), Clinical Observations (mental state examinations), risk and safety planning, and develop personalized treatment plans to support your recovery safely and compassionately.



Question:

What type of Psychological Therapies are used by Accredited Mental Health Social Workers?

Answer:

Cognitive Behaviour Therapy (CBT), relaxation techniques, skills training (e.g problem solving), psychoeducation, and interpersonal therapy to help manage and body symptoms, thoughts, feelings, stress, relationships, and daily challenges.



Question:

What happens after sessions?

Answer:

You'll get practical take-home strategies to practice between sessions.
Payment is made after each session.
You can decide if we're the right fit —no pressure to continue if it doesn't feel right.



Question:

I can't think about what I would talk about in a social work session?

Answer:

Sessions are led by you. Talk about your progress, challenges, or anything on your mind.
Feel free to bring notes to guide the session.
For example, you might discuss major life events, thoughts, feelings, or changes you want to make.





Question:

What programs can be facilitated by Social Workers?

Answer:

Cool Kids Anxiety Program: CBT-based, exposure therapy for parents and children.

Circle of Security® Parenting™: Helps parents respond to children's emotional needs.

Mindful Self-Compassion Therapy
Trauma-Informed Yoga
Carer Support



Question:

Why do support staff use Social Workers for supervision, EAP or professional development?

Answer:

Social Workers consider all aspects of wellbeing. Help staff manage stress, ethics, and complex client needs safely. Builds skills, confidence, and knowledge for better care. Social workers bring expertise in rights, reflection, policies, systems and workforce support. Independent, confidential support.



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