

# Kendall Relocates to Inverell



I applied for a position within Mental Health Services as a new graduate who had never lived outside of the city of Newcastle. My interview in Tamworth was my first time in that area, and I remember thinking how 'rural' it was - oh what I still had to look forward to!

At this interview I met the service manager who did a great sales job on the benefits and rewards of making the rural change, and I felt excited at the prospects of what lay ahead.

When I found out I was successful for the position, I realised the big changes ahead of me. Not only was I a new graduate taking on their first 'real' job, but I was moving away from my family

to a smaller town I knew very little about. Some people warned me that I had bitten off more than I could chew, but I was up for the challenge!

It is hard to say much that could prepare someone for the personal changes and challenges you go through with the relocation, because it is different for everyone. But I can say, be prepared that it will be hard, and you may have an occasional cry about how hard it is, and how far away you now are from your support network.

However, one of the best things I can say about my experience so far is that the team I came into really understand the huge changes I have made, and have been extremely supportive through

this process. They do what they can to stop me getting too homesick!

If you are someone who wants to push themselves, try new things and broaden their experience, then a lifestyle change is for you. There is great support around you and amazing clinicians who are passionate and enthusiastic about their work. I feel that I have learnt more about the job, as well as myself, in my first six months than some people will ever learn.

So be brave, push yourself and come to the country!