



# UMH1 – Understanding mental health

LO3 Know how to support people with mental health conditions

# Assessment criteria

3.1. Outline the benefits of good mental health and wellbeing

3.2. Outline the types of support relating to mental health





# Activity

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Good mental health is more than just the absence of a mental illness. It means you are in a state of wellbeing where you feel good and function well in the world.

Make a list of some of the benefits of having good mental health for the following:

- The individual
- The workplace
- Society as a whole

# The benefits of good mental health

**Below are some examples of how good mental health can benefit the individual, society and the workplace. Can you think of any others?**

- Better physical health (mental ill-health is associated with other health conditions)
- Reductions in health-damaging behaviour, for example, smoking, substance misuse, inactivity, unhealthy eating
- Greater educational achievement
- Improved productivity
- Improved financial opportunities
- Reduced absenteeism from work or studies
- Reduced crime (linked to substance misuse/personality disorders)
- Improved communication and relationships with others
- More participation in community life





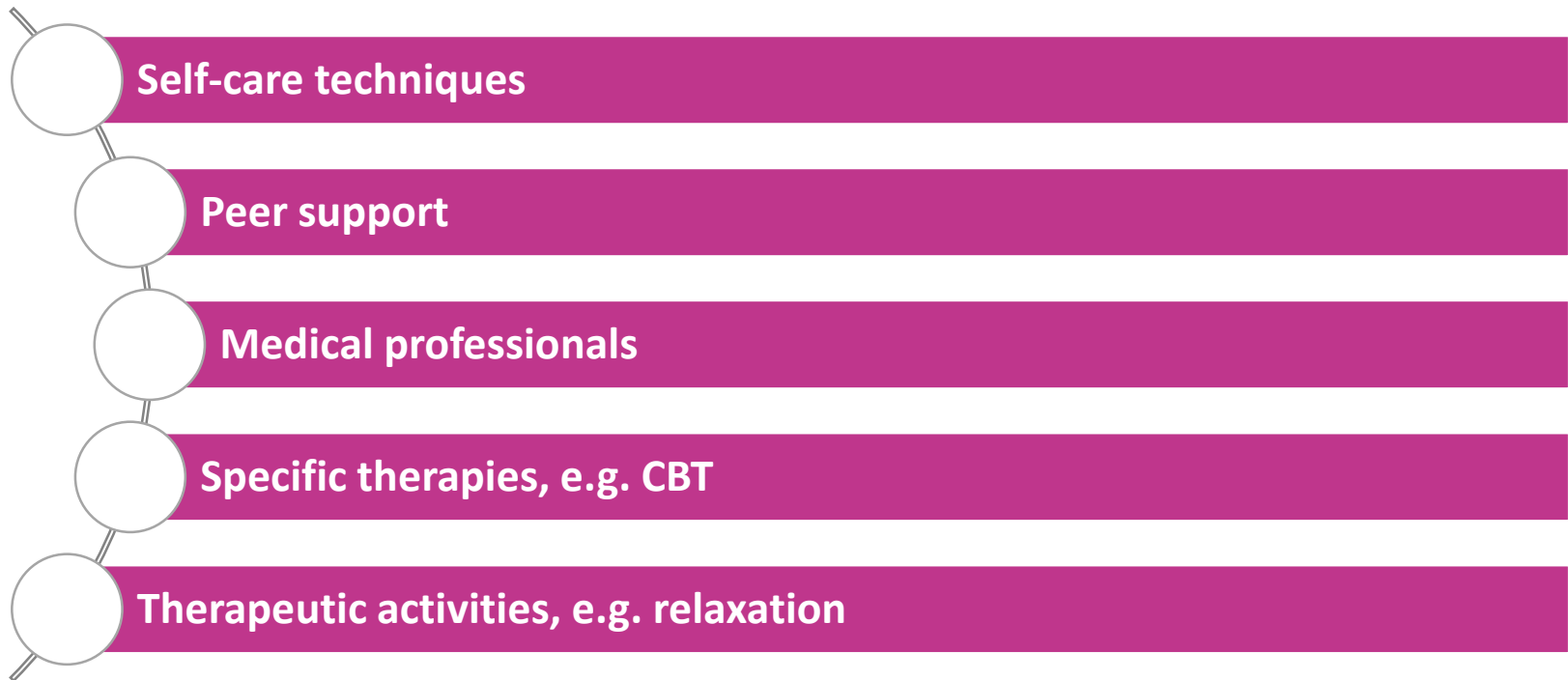
## Activity

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For each of the above benefits discuss the importance of them to society and in the workplace.

# Supporting people with mental health conditions

Below is a list of possible support options (not exhaustive) for individuals with mental health conditions. **Outline** how each of these could be used to support people with mental health conditions.



# Supporting people with mental health conditions

Below is a list of possible support options (not exhaustive) for individuals with mental health conditions. **Discuss** the advantages and disadvantages of each.



# Supporting people with mental health conditions

The department of health suggest 5 ways to personal wellbeing. These are?.





# Supporting people with mental health conditions

**Below are some examples of common sources of information that can be used to help support people. Investigate each one and summarise what their main aims are.**

- Rise Above – <https://riseabove.org.uk/>
- One You – <https://www.nhs.uk/oneyou/>
- Every Mind Matters – <https://www.nhs.uk/oneyou/every-mind-matters/>
- MindEd – <https://www.minded.org.uk/>





# Activity

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**Personal development can be seen as a concept related to an individual consciously evolving as a person, mentally, spiritually and physically.**

- From the above list of support options outline how two of them can be used to support personal development
- Outline how improving personal development can be useful in the workplace



# Learning check

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- Outline the benefits of peer support for mental health
- List three benefits to the individual of good mental health
- Explain why good mental health is important for personal development
- Outline when it would be important to refer an individual to a medical professional
- Outline the role of the following mental health websites:
  - Rise above
  - Every mind matters

