



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

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



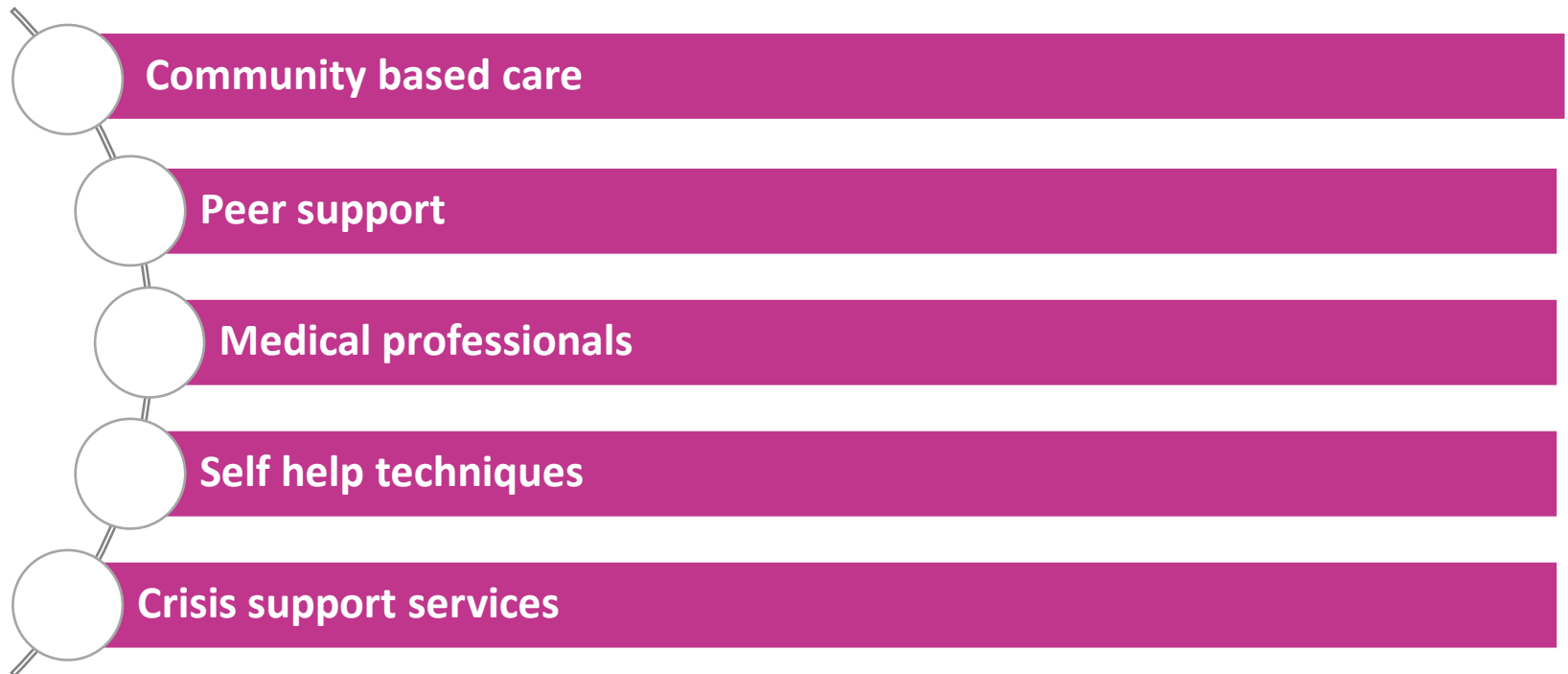


Activity

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?.



Factors stopping people from seeking help and support

Several factors stop people from seeking help for mental health conditions, including:

- Limited access to quality services – in some cases mental health services do not exist or inaccessible
- Low levels of mental health literacy – Some people are unaware of the help and support that is available for people with mental health conditions
- Stigmatisation of mental health – Some people will People will often choose suffer mental distress without relief rather than risk the discrimination associated with it



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.

- WHO mental health topics – https://www.who.int/health-topics/mental-health#tab=tab_1
- WHO Transforming mental health for all report – <https://www.who.int/publications/i/item/9789240049338>
- 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

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

- 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

