

Mental Health Support Worker

Individual Research Assignment

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University: University of Wales Trinity Saint David

Assignment Type: Individual Research Assignment

Topic: Mental Health Support Worker

1. My Chosen Role and Why

- My chosen career role is Mental Health Support Worker.
- The role involves supporting people who are experiencing mental health difficulties.
- I chose this role because I am interested in helping people and supporting their wellbeing.
- I want to learn more about the responsibilities, skills and challenges of this career.

2. How I Started My Research

- I started my research by using Google to find basic information.
- My search terms included: Mental Health Support Worker, skills, responsibilities and NHS mental health
- I found useful information on the NHS Health Careers website.
- This source helped me understand the role, skills and entry requirements.

3. CRAAP Test – My Source

CURRENCY

- The source is an established healthcare careers resource.

RELEVANCE

- It is directly related to my chosen career.

AUTHORITY

- NHS Health Careers is an official NHS careers source.

ACCURACY & PURPOSE

- It gives specific career information and is designed to inform, not mainly to sell.

4. What I Have Learned So Far

- Communication and listening are important skills.
- Problem-solving and teamwork are also important.
- A support worker needs to remain calm and resilient in challenging situations.
- Good record-writing and professional communication are useful in the role.
- I still need to research the role in more depth.

5. Challenges I Am Facing

- It can be difficult to find information specifically about Mental Health Support Workers.
- Some websites provide general information about mental health careers.
- I need to check whether each source is reliable and suitable.
- I will compare information from different reliable sources.
- I will prioritise official healthcare and careers websites.

6. Why Is Planning Important?

- Planning keeps my research organised and focused.
- It helps me cover the important areas of my topic.
- It prevents me from collecting random or irrelevant information.
- It helps me manage my time and choose reliable sources.
- A clear plan will help me complete my research effectively.

7. My Action Plan – Next Steps

1. Research the daily responsibilities of a Mental Health Support Worker.
2. Find out about required skills, qualifications and training.
3. Look for real-life examples of the role.
4. Compare information from at least 2–3 reliable sources.
5. Use the CRAAP test to evaluate new sources.
6. Organise my findings and prepare for the next stage of my research.

8. Conclusion

- I now have a good starting point for my research.
- I have learned that communication, listening, resilience and problem-solving are important.
- My main challenge is finding role-specific and reliable information.
- My next step is to research qualifications, responsibilities and real-life examples.
- This will help me develop a stronger understanding of the career.

References

- 1. NHS Health Careers – Support, Time and Recovery Worker.**
www.healthcareers.nhs.uk
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www.england.nhs.uk
- 3. Skills England – Mental Health Support occupational information.**
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- 4. National Careers Service – Mental health and wellbeing careers.**
www.nationalcareers.service.gov.uk