

Task 1 open book assessment.

The major issues of mental health wellbeing is most defiantly unemployment, this is a serious concern for a individuals mental state and a very common reason for the up going numbers of the depression anxiety and suicidal rate. Their has been many links over the years connected to mental health and unemployment with proven worse effect for men and those that may have worked all their lives and has had to suddenly stop because of a new or worsening serious type of health condition, which then leads to other life problems like losing your house, going into deep debt or just not having the money to buy the essentials. Many individuals feel like a failure or they have let there family's down as they cannot provide like they should or could off before, that's when their mental health has a impact and negative thoughts start to process, they lose their self-esteem and feel like they are just not worthy. Sadly, this then in some cases can lead into suicide, self-harm, substance abuse or violent outburst.

Marguerite Ward(2020) rates of depression rise among those unemployed the longer they go without finding work, all over the world this problem is happening as the mental health rates just keep going up but with so many mental health teams out there to provide extra support for these individuals like the NHS, Time to change, lifeline or suicidal call back service which are open 24 hours a day and these are just a tiny fraction of the mental health services that's out there available to any individual. Therefore, the question is, why are so many people unemployed? It is stated that unemployment is caused by various reason that come from both the demand side the worker or even the employer, there is also different opinions on if theres is not enough jobs out in the world comparing to our economic growth. Ben King(2021) Most economist expect the unemployment rate - which counts to show many people are able to work and want a job, but can't find one can be to rise even more in 2021. With our now pandemic more people than ever before are unemployed and the mental health due to this has gone up to a shocking 8.1% with a number of 90,000 UK adults feeling some sort of impact on their mental health, and a total number of 2.2 million people now sadly unemployed.

My opinion on this is that individuals suffering with such mental health impact feel very un-worthy and have already got a negative mind frame. Even though there is so many support networks out there, more could be done to help people get back into work. Course related activities would be good for the mind to help a individual get the confidence back and will help to develop social contacts again and putting back into society. Giving them a feeling of worth or a reason to get up out the bed in the morning because they are happy to do something they enjoy before fully getting back into work.