

Support mental health at work

**Module name: Professional Career
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Introduction

Mental health is one the most important health problems that are not always acknowledged by people. Every individual will have some sort of mental health problem throughout their lives.

“Mental health is the way we think and feel and our ability to deal with ups and downs.”

A person can develop mental health issue due to many different reasons for example, they might be through difficult life events, relationship problems, could be work pressure, even if they are on regular medication and could be heredity.

In this assignment I will be discussing about how the mental health problems can affect the way the way one functions in their job and explaining it if affect the themselves, other employees and the organisation.

Why mental health problems affect one's job?

When a person is suffering from mental health problems, it can affects the way they function at work because they might not concentrate in their job, which will reduce their working capacity, they will take regular sick leaves because they are suffering from depression or anxiety problems, which will also cause the company to reduce productivity.

Their mental health problems will also affect other employees and their company because when a person who is suffering these problems will sometimes have a negative attitude towards their colleagues, they will not want to involve themselves into social gathering or team conversation related to their work.