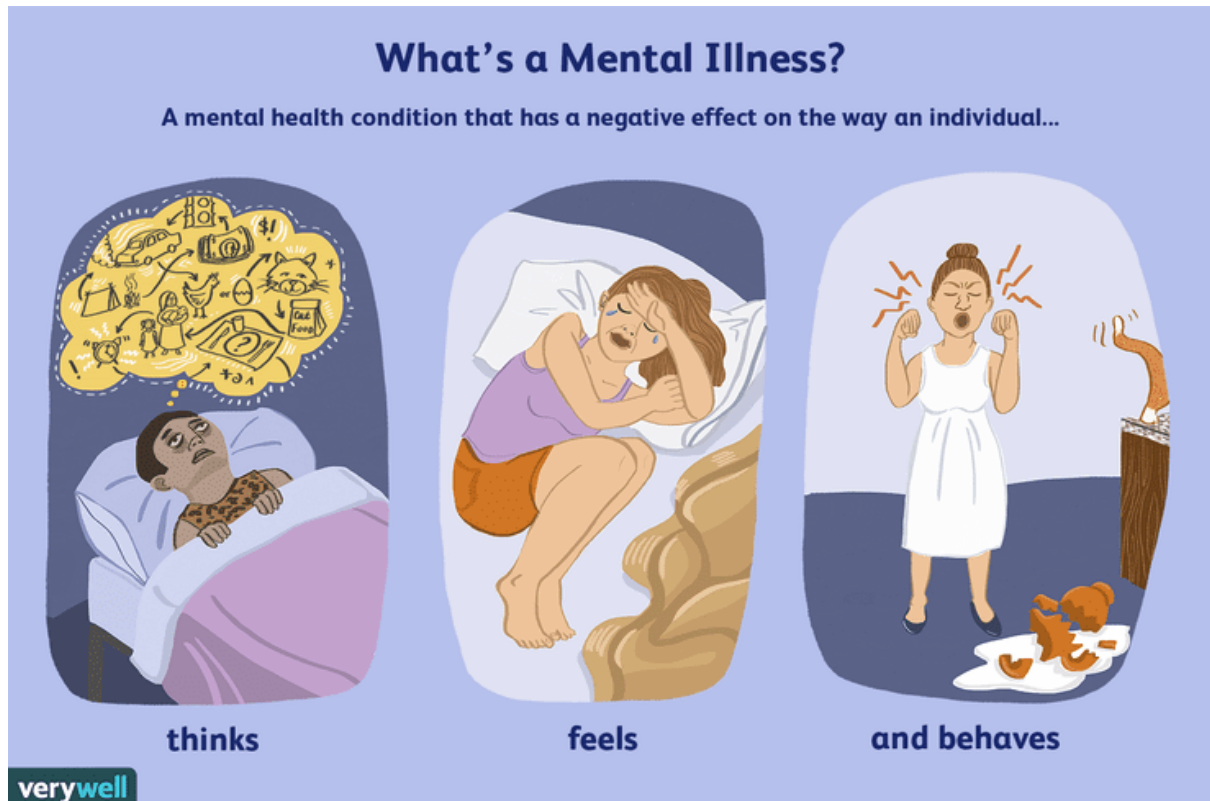


University of Wales Trinity Saint David in Birmingham
Professional and Career Development



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Based on the case study, does mental illness has social impact(s) on people? If yes, how?

Answer: yes, of course, because now a day a lot of people have an issue with mental health, if we pay attention in this case study the value to the economy by people have or have had mental health problems is high as £225 billion per years. In addition, maintaining mental health isn't easy these days, and it's not as straightforward as it may appear. This is because certain factors or difficulties, for example, touch us daily: stress, Disabilities, Limitations, Lack of family and Little Money.

Besides, if we are looking around this case study, it shows us that over 6000 people a year die by suicide in the UK, it means that we need to focus and understanding the importance of mental health care is imperative.

Let me say that here in UK many people live with this problem and are not being accompanied by reasons of shame and fear of exposing their situation. For example, many people work hard and have high numbers of working hours to cover their family because they are afraid of losing their job and do not get unpaid bills.

For this reason, this has impacted the lives of many families and many times people isolate themselves from each other and end up dying without others knowing the reason that led people to make this decision.

We all have problem with mental health it not something new for the society, I believe that one of the biggest problems daily to solve in hospitals and health problem. and every day the number of patients is growing. We must fight to stop or diminish this; our society is aging too early and leaves us worrying.

Also, it is always wonderful we enjoy a good mental health, and we can think more better, then have a good energy to do everything that we can do, happiness is the way we can chose to live better life.

If we look well for a good mental health we can have a positive result in our workplace, a good experience with our family and friends.



Another problem that causes mental health and high unemployment in the country, if we see well when we enter the pandemic phase COVID-19 many people became unemployed, and many began to accept any kind of work to do, and this harmed the mental health of these people.

I also want to talk about prejudice among people and this makes people isolate themselves and stay in their corners that and harmful to our health when someone suffers from some bullying.

While they good thing that everybody can know it is if they have any problem with mental health do not keep their issue and be avoid, go to the GP, talk to the doctor, Nurse about their situations. Also, if the environment at work is not well, please explain the situations with who is responsible for their jobs, then if it's not solved do not be afraid, leave the place and trying to find new jobs or new opportunities in life and make your mental health good.

Finally, my recommendation and that we must have seen that the health is one, so it should not be disconnected with our body.