2020 Undergraduate Presentations   Research Day 2020

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How Does a Mentor Have an Effect on an Individual Experiencing Mental Health Problems

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How does a mentor have effect on an individual experiencing mental health problems.

Introduction

PROBLEM

- What are the myths around mental health and the stigma around it and how society needs to change to support people with mental health. (Collins, R., Wong, E., Cerully, J., Schultz, D., & Eberhart, N 2012)

- Teachers perception and how they perceive, mental health and what there role is can have a huge effect as they are mentors. (Reinke, W. M., Stormont, M., Herman, K. C., Puri, R., & Goel, N, 2011)

PURPOSE

. Raise awareness around what mental health is and identify characteristics that could enhance the ability to support people experiencing mental health problems.

What is Mental Health?

- Looking into what overall mental health is and finding out what the negative effects are, through occupational stress which can lead to mental health attributes like anxiety and stress. (Therialt L, 2016).

- What myths are and how to debunk the person centered mental health myths from reality. (Ruddick, F. 2010)
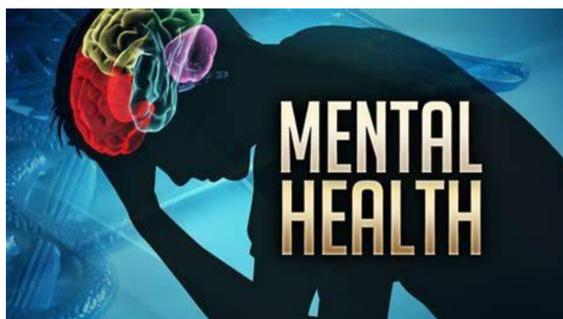
What is Mentorship?

- Mentorship is process of continuous dynamic feedback between two individuals" this is an ideology of someone where two people share there knowledge and expertise to try and grow (Olivero, Ofelia A 2014)

- Investigate the effective mentorship, some of the characteristics of an effective mentor. Which was around the adaptive mentorship model. (Ralph, Edwin G. McGill 2010)

How can monitors identify Mental Health Problems

- Understanding perception on mental health an especially teacher perception and the role they play at an early age through mentorship. (Reinke, W. M., Stormont, M., Herman, K. C., Puri, R., & Goel, N, 2011)

- I think the information is vital in understanding what they can do to help people, who are suffering with mental health problems and being able to spot these triggers can be vital for early prevention of mental health problems within students.

What about societal stigma for Mental Health?

- Mental health stigma is a huge problem with people wanting to outright seek advice and help and this in a modern day society needs to change (Collins, R., Wong, E., Cerully, J., Schultz, D., & Eberhart, N 2012).

- If we can stop the stigma we can reduce will this reduce the societal stigma which is placed on mental health.
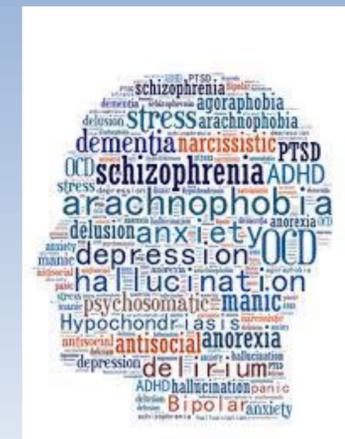
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