



Working to support mental health

Supporting people with their mental health involves a broad range of knowledge and skills. Providing care and support to others, whilst maintaining our own mental health and wellbeing, requires a compassionate and sustainable approach.

This selection of learning resources can be used to support evidence-informed practice when working with adults to support their mental health.



Read

Longer read: [Person-centred approaches to adult mental health: Frontline Briefing \(2018\)](#)

Longer read: [Embedding trauma-informed approaches in adult social care: Frontline Briefing \(2019\)](#)

Short read: [Anxiety in social work: Views \(2024\)](#)

Short read: [Understanding the impact of suicide: Views \(2023\)](#)



Tools

[Section 117 aftercare services and the Mental Health Act 1983: Practice Guidance \(2020\)](#)

[Mental Health Act 1983 and Mental Capacity Act 2005 interface and best interests: Case Law & Legal Summaries \(2023\)](#)

[Supporting practitioner wellbeing: Practice Guide \(2022\)](#)



Listen

[Experts by Experience at The Bridge Collective: Audio learning resources \(2020\)](#)

23 minutes: [Person-centred approaches to adult mental health: Podcast \(2019\)](#)



Watch

[Mental health awareness: Video learning resources \(2024\)](#)

52 minutes: [An introduction to the Power Threat Meaning Framework: Recorded Webinar \(2022\)](#)

6 minutes: [Developing effective and person-centred mental health support for Deaf and hard of hearing people: BSL Video \(2022\)](#)

1 hour: [Exploring Complexity: Mental Capacity Assessment: Recorded Webinar \(2021\)](#)



Reflect

Reflect on and record your CPD using the button on each resource page. You can also bookmark and share resources with colleagues. Log and review your reflections in '[Your CPD](#).'

For more resources, explore [the mental health topic page](#).