

Let's work!

Guiding Actions for Mental Well-Being.

Now that we have learned about mental well being, let us use think on how we can identify and take the next steps for accessing mental wellbeing in your Quality of Life journey:

1. Identify the supporting and limiting factors for mental well-being.

What are supporting factors?

Supporting factors are conditions, resources, or circumstances that positively contribute to an individual's quality of life. These factors provide support and opportunities, enhancing an individual's ability to lead a fulfilling and satisfying life.

What are limiting factors?

Limiting factors are conditions or barriers that negatively impact an individual's quality of life, creating challenges that hinder their well-being and life satisfaction.

Use the table below to list the supporting and limiting factors that impact young people's access to mental well being as per your knowledge and experience:

Supporting Factors	Limiting Factors

2. Identify stakeholders for mental and psycho-social well-being:

Identifying and understanding the individuals, groups, or organisations that have an interest or influence in a particular cause or issue affecting young people. It helps create a comprehensive picture of key players, their perspectives, and their potential impact on the advocacy efforts.

For example: In Kiran's story, one of the key stakeholders for Kiran is his boss, Mr Sharma, who can directly influence his mental and psycho-social well-being.

Other key stakeholders in influencing young person’s mental health can be friends, colleagues, family members, community members, teachers, supervisors, administration.

You can identify stakeholders based on the scale of the problem that needs to be addressed. They can be at local, regional, national and even international level.

Use the space below to list stakeholders who have an interest in and influence over a young person’s mental and psycho-social well-being in the space below:

3. Use the worksheet attached at the end of the Quality of Life resource kit under Joining the Dots to learn how to draft an advocacy plan for mental and psycho-social well-being.