



Mental Health Promotion: Paradigms and Practice

Keith Tudor

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Mental health promotion is an emerging field of interest to many health professionals. This book traces its history, defines it and distinguishes it from mental illness prevention. Mental health is viewed as a positive concept and seperate from mental illness and psychopathology. Based on original research, the conceptual analysis developed in the book offers policy makers and practitioners a coherent and comprehensive framework within which to design and implement practice. Mental Health Promotion:

- * offers a new conceptual paradigm for mental health promotion
- * applies it to policy, assessment, consultation, education and training
- * provides a comprehensive, international literature review

Suitable for a wide variety of courses at student and professional level in psychiatry, nursing, social work and community work, Mental Health Promotion is a significant addition to the study of health promotion.



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