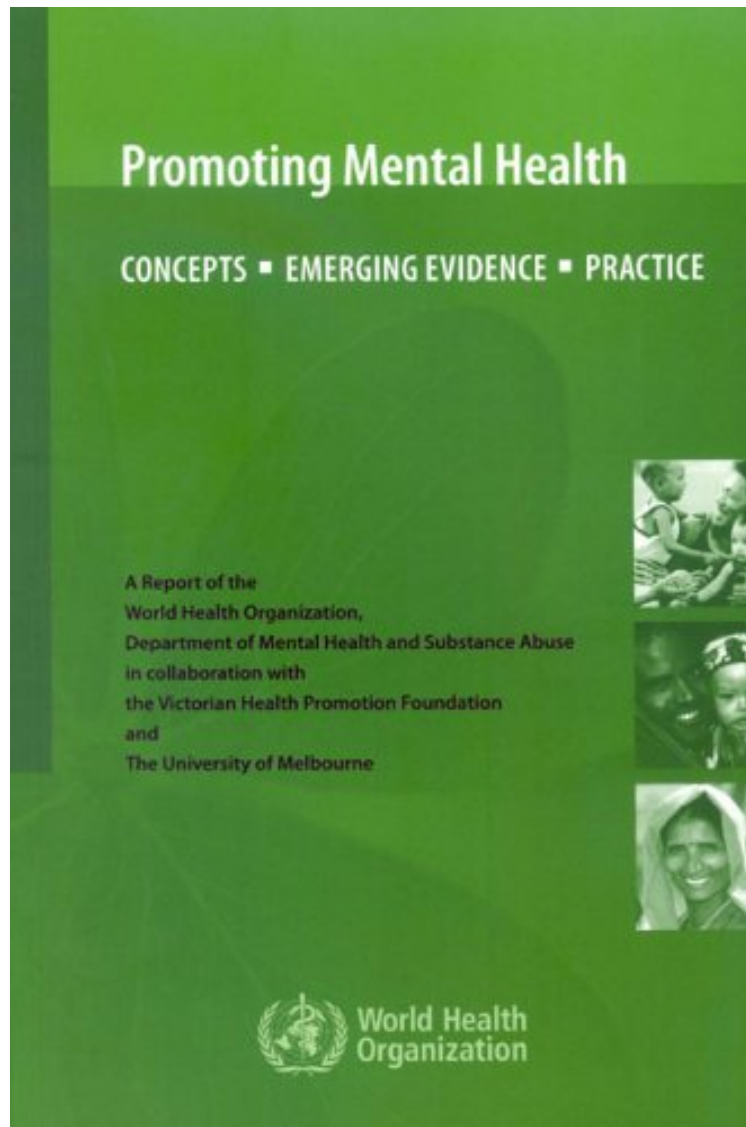


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Promoting Mental Health: Concepts, Emerging Evidence, Practice

H. Herrman, S. Saxena, R. Moodie

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H. Herrman, S. Saxena, R. Moodie : Promoting Mental Health: Concepts, Emerging Evidence, Practice before purchasing it in order to gage whether or not it would be worth my time, and all praised Promoting Mental Health: Concepts, Emerging Evidence, Practice:

This international book aims to bring to life the mental health dimension of health promotion. It describes the concepts

relating to promotion of mental health the emerging evidence for the effectiveness of interventions and the public health policy and practice implications. The book includes evidence on the relationship between social and cultural factors and the mental health of individuals and communities. It reviews the available evidence from a range of countries and cultures. It documents how actions such as advocacy policy and project development legislative and regulatory reform communications research and evaluation may be achieved and monitored in countries at all stages of economic development. It considers strategies for continued growth of the evidence base and approaches to determining cost-effectiveness of actions. The book concludes that international cooperation and alliances will play a critical role in generating and applying the evidence by encouraging the social action required and monitoring the impact on mental health of a range of policies and practices. The evidence provided for the health and non-health interventions for mental health benefits is likely to be useful to health policy planners and public health professionals. The emphasis however is on the urgent need for a more systematic generation of evidence in the coming years so that a stronger scientific base for further planning can be developed.