



Mental Health Across the Lifespan: A Handbook (Paperback)

By -

Taylor Francis Ltd, United Kingdom, 2015. Paperback. Book Condition: New. 246 x 174 mm. Language: English . Brand New Book. Mental wellbeing is an integral part of being, and feeling, healthy, and it is estimated that one in four people will suffer from some form of mental illness during their lifetime. In spite of this, it is often overlooked in mainstream healthcare. The overall aim of this book is to provide knowledge and understanding of how mental health affects human beings from conception through to end-of-life, and the challenges that society as a whole has to address in the treatment of mental health. Beginning with an exploration of historical, social and cultural contexts, the book then goes on to discuss mental health care, and mental health promotion, during pregnancy and early parenthood, childhood, adolescence and young adulthood, adulthood for both men and women, and in older people. Containing reflective exercises, the chapters are designed to provide an easily-accessible and engagingly-written introduction to mental health. Containing chapters that can be read and reviewed in isolation, or used as an entire text, Mental Health Across the Lifespan: A Handbook provides a solid introduction to mental health for students. The book will also...



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