

Contents

List of contributors	ix
Preface	x
Foreword	xiii
Part 1: An overview of mental health problems	
1 An introduction to mental health problems	3
2 Core skills for mental health care	21
3 Assessing someone with a mental health problem	29
4 General approach to treatment of mental health problems	37
Part 2: Treatments	
5 Specific treatments for mental health problems	51
Part 3: Clinical problems	
6 Emergency management	111
7 Behaviours causing concern	123
8 Symptoms that are medically unexplained	167
9 The person with problems due to habits	191
10 Problems arising from loss and violence	214
11 Problems in childhood and adolescence	229
Part 4: Integrating mental health	
12 Integrating mental health into health care platforms	271
13 Integrating mental health into community platforms	283
Part 5: Localising this manual for your area	
14 Medications for mental health problems	315
15 Resources in your area	340
16 Psychiatric terms for mental health problems	344
17 Glossary	346
18 Resources used in the manual	351
Index	353

