

Preface

This manual is a guide to the assessment and management of children and adolescents with developmental, behavioural and emotional problems. It has been written mainly for primary care professionals, especially primary care physicians and nurses, working in low- and middle-income countries. Most of these do not have specialist paediatricians or mental health specialists available for advice and further care. We believe it is important for these primary care health professionals to be better able to help children and adolescents with mental health problems than they can at the present time. We hope the manual will also be found useful by teachers, social workers and school counsellors, and other professionals working with children and adolescents in similar places.