

1. Record Nr.	UNINA9910450346403321
Titolo	Good practice in adult mental health [[electronic resource] /] / edited by Tony Ryan and Jacki Pritchard
Pubbl/distr/stampa	London ; ; New York, : Jessica Kingsley Publishers, 2004
ISBN	1-280-26689-9 9786610266890 1-4237-1025-8 1-84642-053-9
Edizione	[1st American pbk. ed.]
Descrizione fisica	1 online resource (354 p.)
Collana	Good practice in social work ; ; 10
Altri autori (Persone)	PritchardJacki RyanTony <1958->
Disciplina	362.2
Soggetti	Mental health Mental illness - Prevention Mentally ill - Services for - Great Britain Psychiatric social work - Great Britain Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Good Practice in Adult Mental Health; CONTENTS; Preface; 1. What is Mental Health, Illness and Recovery?; 2. Human Rights and Mental Health Law; 3. The Care Programme Approach; 4. Interventions in Mental Health: Promoting Collaborative Working and Meaningful Support; 5. Medication Management; 6. The Role of Primary Care; 7. Medical Diagnosis of Mental Illness; 8. Multidisciplinary Teamworking and the Roles of Members; 9. Supporting Staff; 10. From Grassroots to Statute: The Mental Health Service User Movement in England; 11. mental Health Advocacy and Empowerment in Focus 12. Personal Experiences of Mental Health and Illness 13. Carer Perspectives; 14. Black and Minority Ethnic Mental Health; 15. Gender and Mental Health; 16. Substance Misuse and Mental health; 17. Towards No Secrets: The Use of Multi-Agency policies and Procedures to Protect Mental Health Service Users from Abuse; 18. managing Violence; Glossary; List of contributors; Subject index; Author index;

## Sommario/riassunto

This text is a guide to good practice within adult mental health care, providing a comprehensive introduction to mental health and illness. It is designed to aid mental health professionals and workers, agencies, and any individuals coming in to contact with mental illness, in recognising a mental health need or problem and offering appropriate support. This is an essential introduction written by practitioners, and also draws from the personal experiences of service users and carers, providing up-to-date and topical material covering major issues such as: the concepts of mental health, illness

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