

1. Record Nr.	UNINA9910784762203321
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Titolo	Mental health in schools [[electronic resource]] : a guide to pastoral and curriculum provision // Mark Prever
Pubbl/distr/stampa	London, : Paul Chapman, 2006
ISBN	1-4462-3281-6 1-4462-1388-9 1-281-24530-5 9786611245306 1-84787-878-4
Descrizione fisica	1 online resource (xiv, 153 p.)
Disciplina	371.713
Soggetti	Students - Mental health services Students - Mental health Mental health counseling
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	At foot of title: British Association for Counselling and Psychotherapy.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Contents; Acknowledgements; About the Author; Preface; Chapter 1 - Introduction; Chapter 2 - Mental health and young people; Chapter 3 - Risk and resilience; Chapter 4 - What are the causes of mental illness in young people?; Chapter 5 - Specific mental health problems and young people: how schools can help; Chapter 6 - A whole-school and multiagency approach; Chapter 7 - The mental health curriculum: resources for use with pupils; Chapter 8 - The listening school; Useful organisations and resources; References; Index
Sommario/riassunto	A practical guide for teachers, explaining the difference between counselling and counselling skills, as well as looking at how mental health issues affect children's behaviour self-esteem, motivation and achievement and so on, and what the school can do about this.