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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.