Contents

List of contributors Preface Foreword		ix xi xv			
			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			
Inde	x	353			