



# Promoting Public Mental Health and Well-Being: Principles into Practice

*Jean S. Brown*

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## **Promoting Public Mental Health and Well-Being: Principles into Practice** Jean S. Brown

What causes a person to flourish or languish? Or to be well or ill? How can the mental health and well-being of society as a whole, and individuals, be promoted and enhanced? This book explores the social, economic, political, cultural and environmental factors that affect mental health and well-being on a societal and individual level, and how prevention and intervention can enhance mental health. Taking a holistic approach to mental health, the book sets out effective strategies, from creating a supportive environment to building personal skills. Three extended case studies demonstrate how principles can be applied in practice in different situations: a specific social problem (suicide); a population group (young Black and minority ethnic groups); and a medically defined problem (people with long term conditions). This is an essential book for all those involved in mental health services and promotion, from service commissioners to front-line practitioners, as well as mental health and public health students.

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