



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

*Catherine J. Mackereth, Jean S. Brown, Alyson M. Learmonth*

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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).

The book is a vital resource for strategic planners (including commissioners) working to promote mental health and wellbeing at a population level, as well as operational services delivering to specific individuals and groups. It addresses the role of generic service providers as well as being essential reading for mental health and public health students.

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