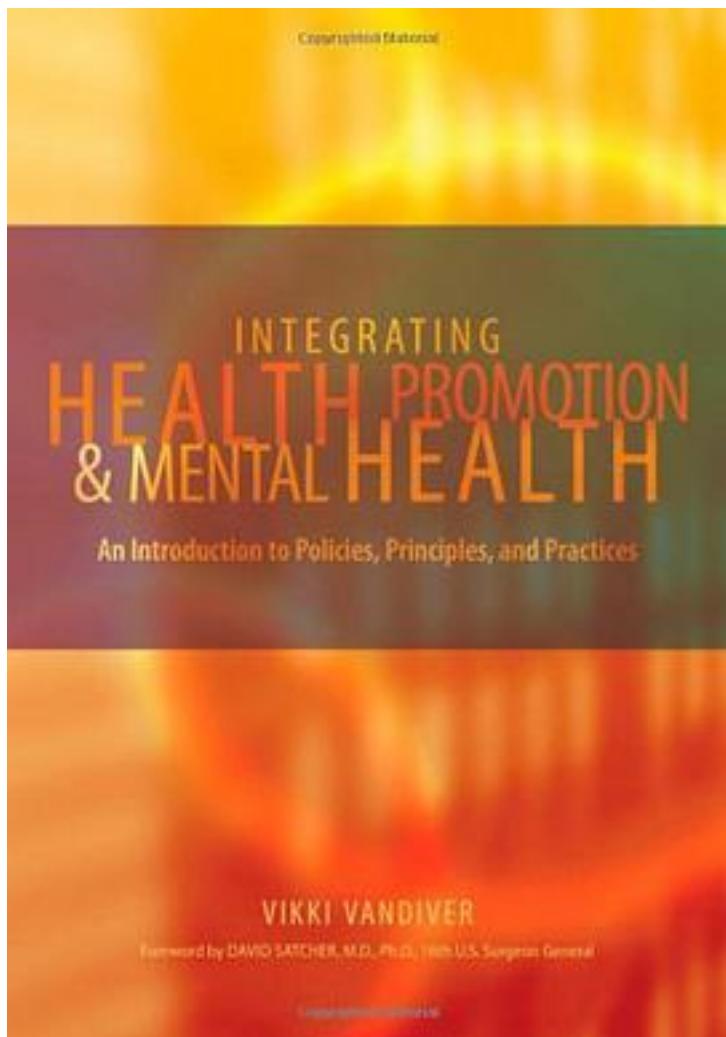


# Integrating Health Promotion and Mental Health



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Mental health systems are in a crucial transition period, thanks to the increasing

prominence of health promotion therapy and a corresponding shift toward emphasizing wellness and empowerment, holistic and family-friendly design, and empirically supported treatment. Such changes demand adjustments to mental health education, and re-education, to maintain a common ground. The first book of its kind, Integrating Health Promotion and Mental Health presents a seamless framework for approaching contemporary mental health problems.

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