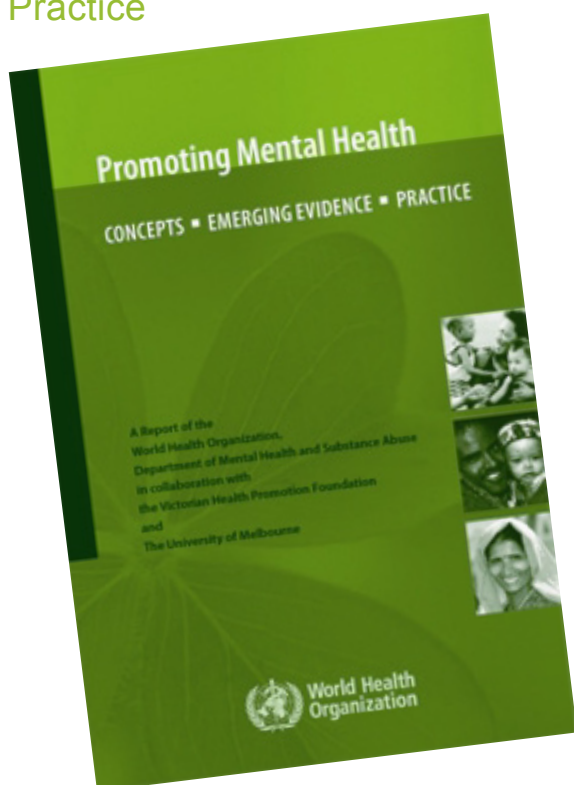

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World Health Organization

Promoting Mental Health

Concepts, Emerging Evidence, Practice



World Health Organization,
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This international book aims to bring to life the mental health dimension of health promotion. It describes the concepts relating to promotion of mental health, the emerging evidence for the effectiveness of interventions, and the public health policy and practice implications.

The book includes evidence on the relationship between social and cultural factors and the mental health of individuals and communities. It reviews the available evidence from a range of countries and cultures. It documents how actions such as advocacy, policy and project development, legislative and regulatory reform, communications, research and evaluation may be achieved and monitored in countries at all stages of economic development. It considers strategies for continued growth of the evidence base and approaches to determining cost-effectiveness of actions. The book concludes that international cooperation and alliances will play a critical role in generating and applying the evidence by encouraging the social action required and monitoring the impact on mental health of a range of policies and practices.

The evidence provided for the health and non-health interventions for mental health benefits is likely to be useful to health policy planners and public health professionals. The emphasis, however, is on the urgent need for a more systematic generation of evidence in the coming years, so that a stronger scientific base for further planning can be developed.

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PART 2: *EMERGING EVIDENCE*

Looks at objectives and actions of health promotion, evidence and its use in mental health promotion, social determinants, links between physical and mental health, developing indicators of mental health, evidence of effective interventions, effective mental health promotion in low-income countries, generating evidence on effectiveness and cost-effectiveness.

PART 3: *POLICY AND PRACTICE*

Discusses topics such as mental health promotion, sustainable interventions, intersectoral approach to mental health promotion, international collaboration and outlines key recommendations.

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