



Preventing Mental Illness in Practice

Dr Jennifer Newton, Jennifer Newton

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In this follow up to *Preventing Mental Illness*, Jennifer Newton describes real life examples of good practice in preventive mental health. Five areas covering the life span have been identified and promising strategies are described in detail: what is provided, how the target group is engaged, the resources required, management problems and evidence of effectiveness. Interviews with both clients and providers help to bring to life the descriptions as we learn how the support came to be needed and what benefits they themselves feel have been reaped.

These descriptive studies, together with criteria for judging the efficacy of interventions, provide an excellent resource for planners and policy makers. The book will also be invaluable to those who seek to implement preventive policies in their day to day work - lives - such as social workers, clinical psychologists, health visitors, community psychiatric nurses and general practitioners.

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