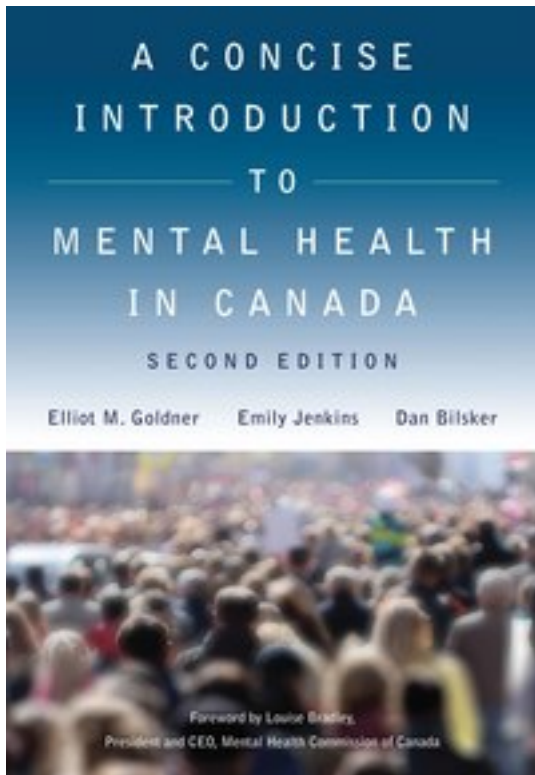


A Concise Introduction to Mental Health in Canada, Second Edition



Subjects

Addictions, Health, and Mental Health
Mental Health and Addictions
Social Work
Social Work
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A Concise Introduction to Mental Health in Canada offers a unique contribution to the mental health literature. It covers the full spectrum of mental health issues in Canada, incorporating insights from both the physical and social sciences to expand the way readers think about mental health. Interdisciplinary and reader-friendly, this book introduces students to a wide range of topics, including substance use, children and youth, discrimination, workplace mental health, culture, gender and sexuality, diagnosis, treatment, and mental health professions.

This second edition has been updated to highlight recent scientific data, changes in terminology, new insights in the field, and timely and relevant examples of mental health issues and success stories. This engaging text provides a superb grounding for students of medicine, nursing, social work, psychology, and public health.

Features:

- contains extensive pedagogical tools such as chapter glossaries, critical thinking questions, further resources, and a test bank
- brings frequently invisible or little understood mental health issues to the forefront of awareness and motivates readers to become agents of change
- includes a self-help tool kit which offers readers evidence-based strategies and skills to promote and maintain their own mental health and wellbeing

Author Information

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Reviews

"The authors are to be commended for presenting a sensitive and balanced introduction to mental health in Canada at this point in history and for writing it in a reader-friendly manner."
— _Elsabeth Jensen, School of Nursing, York University_

"Easy to read, yet covering the topic with both breadth and depth, this book provides an excellent overview of mental health in Canada. ... I particularly appreciate the interdisciplinary approach to understanding mental health, employing a variety of disciplinary lenses to give a fully rounded understanding of the topics. Appealing vignettes are scattered throughout the text, highlighting information. All in all, this book belongs on the bookshelves of everyone interested in mental health."
— _Lynne M. Robinson, PhD, RPsych, School of Health and Human Performance, Dalhousie University_

"The authors have skillfully succeeded in addressing various aspects of mental health—definitions, social consequences, services, and treatment—in a coherent and highly accessible manner. This second edition is quickly becoming a required text for students, professionals, and others who wish to be introduced to the field of mental health in Canada."
— _Nicolas Moreau, PhD, School of Social Work, University of Ottawa_

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