

MENTAL HEALTH for EVERY ONE

Many of you are probably already aware, of issues and concerns in people's, especially women's, health. You may have felt a need for looking into 'mental health'. You may not have known how to respond to it as an organisation, even though personally, you may have given help and support to someone. The objective of this booklet is to encourage you to think with us on mental health and emotional well being, which is as important as physical health. The book is taking a holistic approach to mental health.

The book may be used by a number of groups and individuals- persons with mental health problems and disabilities; families; community groups; organizations working in the communities; development practitioners; government service providers; etc. It can be used to build a perspective about mental health and wellbeing; how to help oneself and others.

The book uses stories and examples to make the concepts come alive. It can be used in training programs, for orientation classes, for educating the public.

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