

Mental Health First Aid Manual

Family Guide to Mental Illness and the Law
A Common Struggle
Responding in Mental Health-Substance Use
The Beauty Within
Mental Health First Aid Manual
Mental Health Concepts and Techniques for the Occupational Therapy Assistant
You Need Help!
Diagnosing and Treating Children and Adolescents
WHO Resource Book on Mental Health, Human Rights and Legislation
Ending Discrimination Against People with Mental and Substance Use Disorders
Mental Health First Aid Participant Manual, Revised First Edition
Mental Health Promotion: A Lifespan Approach
International Handbook of Health Literacy
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MENTAL HEALTH FIRST AID MANUAL Second Edition
Aboriginal and Torres Strait Islander Mental Health First Aid Manual
The Johns Hopkins Guide to Psychological First Aid
Emotional First Aid
Youth Mental Health First Aid
Mental Health Emergencies
Mental Health First Aid Manual
Dr. David Reuben's Mental First-aid Manual
Swimming and Water Safety
ACEP First Aid Manual 5th Edition
Story-Based Inquiry: A Manual for Investigative Journalists

Family Guide to Mental Illness and the Law

The second edition of *A Handbook for the Study of Mental Health* provides a comprehensive review of the sociology of mental health. Chapters by leading scholars and researchers present an overview of historical, social and institutional frameworks. Part I examines social factors that shape psychiatric diagnosis and the measurement of mental health and illness, theories that explain the definition and treatment of mental disorders and cultural variability. Part II investigates effects of social context, considering class, gender, race and age, and the critical role played by stress, marriage, work and social support. Part III focuses on the organization, delivery and evaluation of mental health services, including the criminalization of mental illness, the challenges posed by HIV, and the importance of stigma. This is a key research reference source that will be useful to both undergraduates and graduate students studying mental health and illness from any number of disciplines.

A Common Struggle

In this New York Times bestseller Patrick J. Kennedy, the former congressman and youngest child of Senator Ted Kennedy, details his personal and political battle with mental illness and addiction, exploring mental health care's history in the country alongside his and every family's private struggles. On May 5, 2006, the New York Times ran two stories, "Patrick Kennedy Crashes Car into Capitol Barrier" and then, several hours later, "Patrick Kennedy Says He'll Seek Help for Addiction."

It was the first time that the popular Rhode Island congressman had publicly disclosed his addiction to prescription painkillers, the true extent of his struggle with bipolar disorder and his plan to immediately seek treatment. That could have been the end of his career, but instead it was the beginning. Since then, Kennedy has become the nation's leading advocate for mental health and substance abuse care, research and policy both in and out of Congress. And ever since passing the landmark Mental Health Parity and Addiction Equity Act—and after the death of his father, leaving Congress—he has been changing the dialogue that surrounds all brain diseases. *A Common Struggle* weaves together Kennedy's private and professional narratives, echoing Kennedy's philosophy that for him, the personal is political and the political personal. Focusing on the years from his 'coming out' about suffering from bipolar disorder and addiction to the present day, the book examines Kennedy's journey toward recovery and reflects on Americans' propensity to treat mental illnesses as "family secrets." Beyond his own story, though, Kennedy creates a roadmap for equality in the mental health community, and outlines a bold plan for the future of mental health policy. Written with award-winning healthcare journalist and best-selling author Stephen Fried, *A Common Struggle* is both a cry for empathy and a call to action.

Responding in Mental Health-Substance Use

When a loved one with mental illness comes into contact with the law, trying to advocate for them can be an overwhelming and frustrating endeavor. Mental illness adds a layer of complexity to legal processes, and the justice system can be downright bewildering, even for the most well-intentioned. How can families find out if their loved one is being mistreated or ignored, and how can they make sense of their rights under various laws and regulations? *Family Guide to Mental Illness and the Law* offers the nuts-and-bolts legal information and problem-solving steps families need. This accessible resource explains how common legal issues uniquely impact people with various forms of mental illness and what family members can do to help. Readers will learn how to · help protect a loved one's job, housing, or medical care · participate in hearings about guardianship, involuntary commitment, bankruptcy, and more · assist in making financial arrangements · navigate federal laws surrounding the Family and Medical Leave Act, HIPAA, disability claims, and workers' compensation · steer criminal proceedings away from jail and toward treatment Beyond the legal system, this book also guides readers in interacting with officials and authorities, lobbying for better laws, and working with local governments towards improving policies that affect those with mental illness. Complete with real-world examples, *Family Guide to Mental Illness and the Law* provides practical advice and eases the feelings of isolation that often accompany loving someone with mental illness.

The Beauty Within

Heal small emotional injuries before they become big ones. We all sustain emotional wounds. Failure, guilt, rejection, and loss are as much a part of life as the occasional scraped elbow. But while we typically bandage a cut or ice a sprained ankle, our first aid kit for emotional injuries is not just understocked—it's nonexistent. Fortunately, there is such a thing as mental first aid for battered emotions. Drawing on the latest scientific research and using real-life examples,

practicing psychologist Guy Winch, Ph.D. offers specific step-by-step treatments that are fast, simple, and effective. Prescriptive and unique, Emotional First Aid is essential reading for anyone looking to become more resilient, build self-esteem, and let go of the hurts and hang-ups that are holding them back. From the Trade Paperback edition.

Mental Health First Aid Manual

This is the first practice-oriented book to provide professionals with a clear and practical guide in delivering strength-based recovery-oriented CBT intervention. Essentially, strength-based CBT moves away from a deficit and rehabilitation model and offers a person with mental illness a sense of renewed hope and meaning of life. With plenty of case illustrations, the book integrates the recovery model and cognitive-behaviour approaches and provides readers with a theoretical understanding of the recovery process and how various cognitive-behaviour strategies can be skilfully applied to different stages of the recovery process. It is written for professionals such as psychiatrists, psychologists, social workers, occupational therapists and nurses in the mental health fields. Step-by-step illustrations of the use of the various cognitive behavioural strategies and worksheets are provided throughout the book.

Mental Health Concepts and Techniques for the Occupational Therapy Assistant

Mental health-substance use is a complex interrelation, with equally complex implications for individuals and their families, health professionals and society. Although its international recognition as an issue of critical importance is growing, clear guidance for professionals on mental health-substance use and its treatment is hard to find. The Mental Health-Substance Use series addresses this need, concentrating on concerns, dilemmas and concepts that impact on the life and well-being of affected individuals and those close to them, and the future direction of practice, education, research, services, interventions, and treatment. Having outlined the field and service development in previous books, the third book in the series explores how professionals can best respond to the particular concerns and dilemmas arising from and in mental health-substance use for individuals and their families. It aims to inform, develop and educate these responses by sharing knowledge and enhancing expertise in this fast-developing field by exploring the interrelated psychological, physical, social, legal and spiritual experiences. The volumes in this series are designed to challenge concepts and stimulate debate, exploring all aspects of the development in treatment, intervention and care responses, and the adoption of research-led best practice. They are essential reading for mental health and substance use professionals, students and educators.

You Need Help!

This manual is designed to orient helpers to offer psychological first aid (PFA) to people following a serious crisis event. PFA involves humane, supportive and practical assistance for people who are distressed, in ways that respect their

dignity, culture and abilities. The instructions and materials in this manual are for a half-day orientation (4 hours excluding breaks) to prepare helpers to support people recently affected by very stressful events. If you have more time available for the orientation, extra activities and slides are included in text boxes to deliver a full day orientation (five and a half hours excluding breaks). Where possible, one should organize full day orientations to allow for deeper learning. It is important to adapt the orientation and materials to the local culture, language and context, and to the likely kinds of crisis situations in which your participants would be helping. This facilitator's manual is to be used together with "Psychological First Aid: Guide for Field Workers.

Diagnosing and Treating Children and Adolescents

WHO Resource Book on Mental Health, Human Rights and Legislation

ABORIGINAL AND TORRES STRAIT ISLANDER Mental Health First Aid Manual

Ending Discrimination Against People with Mental and Substance Use Disorders

Mental Health First Aid Participant Manual, Revised First Edition

In the devastation that follows a major disaster, there is a need for multiple sectors to unite and devote new resources to support the rebuilding of infrastructure, the provision of health and social services, the restoration of care delivery systems, and other critical recovery needs. In some cases, billions of dollars from public, private and charitable sources are invested to help communities recover. National rhetoric often characterizes these efforts as a "return to normal." But for many American communities, pre-disaster conditions are far from optimal. Large segments of the U.S. population suffer from preventable health problems, experience inequitable access to services, and rely on overburdened health systems. A return to pre-event conditions in such cases may be short-sighted given the high costs - both economic and social - of poor health. Instead, it is important to understand that the disaster recovery process offers a series of unique and valuable opportunities to improve on the status quo. Capitalizing on these opportunities can advance the long-term health, resilience, and sustainability of communities - thereby better preparing them for future challenges. *Healthy, Resilient, and Sustainable Communities After Disasters* identifies and recommends recovery practices and novel programs most likely to impact overall community public health and contribute to resiliency for future incidents. This book makes the case that disaster recovery should be guided by a healthy community vision, where health considerations are integrated into all aspects of recovery planning before and after a disaster, and funding streams are leveraged in a coordinated manner and applied to health improvement priorities in order to meet human recovery needs and create healthy built and natural environments. The conceptual

framework presented in *Healthy, Resilient, and Sustainable Communities After Disasters* lays the groundwork to achieve this goal and provides operational guidance for multiple sectors involved in community planning and disaster recovery. *Healthy, Resilient, and Sustainable Communities After Disasters* calls for actions at multiple levels to facilitate recovery strategies that optimize community health. With a shared healthy community vision, strategic planning that prioritizes health, and coordinated implementation, disaster recovery can result in a communities that are healthier, more livable places for current and future generations to grow and thrive - communities that are better prepared for future adversities.

Mental Health Promotion: A Lifespan Approach

Participant manual for people who take the Youth Mental Health First Aid course

International Handbook of Health Literacy

Available Open Access under CC-BY-NC license. Health literacy addresses a range of social dimensions of health including knowledge, navigation, communication as well as individual and organizational skills for accessing, understanding, evaluating and using of information. Especially over the past decade, health literacy has become a major public health concern globally as an asset for promoting health, wellbeing and sustainable development. This comprehensive handbook provides an invaluable overview of current international thinking about health literacy, highlighting cutting edge research, policy and practice in the field. With a diverse team of contributors, the book addresses health literacy across the life-span and offers insights from different populations and settings. Providing a wide range of major findings, the book outlines current discourse in the field and examines necessary future dialogues and new perspectives.

Psychological First Aid

This timely book provides current research and skill-building information on Disaster Mental Health Counseling for counselors, educators, students, and mental health responders in agencies, schools, universities, and private practice. Recognized experts in the field detail effective clinical interventions with survivors in the immediate, intermediate, and long-term aftermath of traumatic events. This extensively revised edition, which meets 2016 CACREP Standards for disaster and trauma competencies, is divided into three sections: Disaster Mental Health Counseling Foundations, Disaster and Trauma Response in the Community, and Disasters and Mass Violence at Schools and Universities. Real-world responses to violence and tragedies among diverse populations in a variety of settings are presented, and responders share their personal stories and vital lessons learned through an "In Our Own Words" feature. Each chapter contains discussion questions and case studies are interwoven throughout the text. *Requests for digital versions from the ACA can be found on wiley.com. *To request print copies, please visit the ACA website here. *Reproduction requests for material from books published by ACA should be directed to permissions@counseling.org

A Strength-Based CBT Approach to Recovery

The 3rd edition Youth MHFA Manual (2013) was written to accompany the 14-hr Youth MHFA Course.

Teen Mental Health First Aid

The 2nd edition Standard MHFA Manual (2010) was written to accompany the 12hr Standard MHFA Course.

Community-Based Psychological First Aid

This MHFA Manual has been modified and translated for Chinese Australians (in Traditional Chinese).

Helping Skills Training for Nonprofessional Counselors

Produced in cooperation with the National Association of School Nurses, this text includes comprehensive coverage of the multiple facets of school nursing—from the foundations of practice and the roles and functions of a school nurse through episodic and chronic illness and behavioral issues, to legal issues and leading and managing within school settings. Written and edited by school nurses and pediatric experts, it features real-world-tested, best practices based on evidence and experience. There's content here that you won't find in other books, such as health assessments, individualized health plan development, mental health conditions including adolescent depression, contemporary legal issues, and current policy statements essential to school nursing.

Psychological First Aid

In the half-decade since publication of the first edition, there have been significant changes in society brought about by the exploding rise of technology in everyday lives that also have an impact on our mental health. The most important of these has been the shift in the way human interaction itself is conducted, especially with electronic text-based exchanges. This expanded second edition is an extensive body of work. It contains 39 chapters on different aspects of technological innovation in mental health care from 54 expert contributors from all over the globe, appropriate for a subject that holds such promise for a worldwide clientele and that applies to professionals in every country. The book is now presented in two clear sections, the first addressing the technologies as they apply to being used within counseling and psychotherapy itself, and the second section applying to training and supervision. Each chapter offers an introduction to the technology and discussion of its application to the therapeutic intervention being discussed, in each case brought to life through vivid case material that shows its use in practice. Chapters also contain an examination of the ethical implications and cautions of the possibilities these technologies offer, now and in the future. While the question once was, should technology be used in the delivery of mental health services, the question now is how to best use technology, with whom, and when. Whether one has been a therapist for a long time, is a student, or is simply new to the field, this

text will serve as an important and integral tool for better understanding the psychological struggles of one's clients and the impact that technology will have on one's practice. Psychotherapists, psychiatrists, counselors, social workers, nurses, and, in fact, every professional in the field of mental health care can make use of the exciting opportunities technology presents.

TECHNOLOGY IN MENTAL HEALTH

This manual "has been written to accompany the 12-hour Mental Health First Aid course. The course is designed for members of the public to learn how to assist someone who is developing a mental illness or is in a mental health crisis." - page iii.

A Handbook for the Study of Mental Health

Helping Skills Training for Nonprofessional Counselors provides comprehensive training in mental health first aid. Through a trusted approach, grounded in evidence-based psychological research and counseling theory, this training manual provides step-by-step instruction in helping skills written exclusively for nonprofessionals. Focusing on the basics of nonprofessional counseling, the author has written an easy-to-read text that pinpoints strategies, action steps, and investigation procedures to be used by nonprofessionals to effectively aid those in distress. The LifeRAFT model integrates multi-theoretical bases, microskills training, evidence-based techniques, and instruction on ethical appropriateness. It also includes case studies, session transcripts, and practice exercises. With undergraduate students in applied psychology and nonprofessional counselors being the primary beneficiaries of this text, it is also ideal for anyone seeking training to effectively respond to mental health crises encountered in their everyday lives.

Youth Mental Health First Aid for Adults Assisting Young People

Psychological first aid, or PFA, is designed to mitigate the effects of acute stress and trauma and assist those in crisis to cope effectively with adversity. PFA is designed to be applied in emergencies, including disasters and terrorist attacks. In this essential guide, George S. Everly, Jr., developer of the Johns Hopkins RAPID PFA method, and Jeffrey M. Lating, his collaborator in its implementation, describe the principles and practices underpinning this psychological model in an easy-to-follow, prescriptive, and practical manner. They explain the history of PFA and persuasively demonstrate its powerful versatility. Mental health practitioners can apply PFA in all settings. It can also be used as a public-health tool to address mental health needs following critical incidents and as a means for building community resilience. Aimed at mental health practitioners, all first responders, and global health disaster teams such as Médecins Sans Frontières and the World Health Organization, The Johns Hopkins Guide to Psychological First Aid is the first book to thoroughly explain RAPID PFA. RAPID, a unique theoretically grounded and evidence-based PFA method, follows a set of easily understood principles. In each chapter, Everly and Lating provide a step-by-step approach and include a key point

summary to emphasize essential elements. A unifying case exemplifies each phase of the RAPID PFA model in an ongoing dialogue that presents ideal PFA responses, examples of common mistakes, and various outcomes. In addition to their counseling experience in Kuwait after the Gulf War and in New York City after the September 11 attacks, the authors have traveled nationally and internationally to teach the RAPID PFA method in numerous public health, fire, police, military, and faith-based settings. Beneficial to those with little or no previous mental health training, this book is an essential tool for people who want to learn, to practice, or to retain their ability to use psychological first aid effectively.

Mental Health First Aid Manual

Community-Based Psychological First Aid: A Practical Guide to Helping Individuals and Communities during Difficult Times presents a practical method for helping those in need in difficult times. No advanced training in psychology is needed to use it. Injuries from disasters, terrorist events, and civil unrest are not just physical. These events also cause psychological trauma that can do lasting damage. Psychological First Aid (PFA) draws on human resilience and aims to reduce stress systems and help those affected recover. It is not professional psychotherapy, and those providing this kind of aid do not need a degree to help. Gerard Jacobs has developed this community-based method of delivering PFA over 20 years and has taught it in over 30 countries. Along with the easy-to-follow method, Jacobs includes examples of how this works in action in different situations, and presents scenarios to practice. Unique in its approach of community engagement to train community members to help each other, this guide is an excellent resource for local emergency managers to engage in whole community emergency management. Presents a proven method for helping to alleviate the mental health effects of disasters, terrorist attacks, civil unrest, and other community stressors Offers a community-based model developed and taught by an international expert for over 20 years, requiring no advanced training or education in psychology to use Provides techniques that are adaptable to individual communities or cultures Outlines practices for self-care while helping others to prevent burnout Includes case studies, scenarios, and key terms to help facilitate community training

Mental Health First Aid Manual for Chinese People Living in Australia (心理健康第一援助手册(中文版))

If you feel that a friend or loved one has a problem and needs professional help, this step-by-step guide will give you the tools to approach, engage, and support him or her. Just about everyone knows a relative, friend, or coworker who is exhibiting signs of emotional or behavioral turmoil. Yet figuring out how to reach out to that person can feel insurmountable. We know it is the right thing to do, yet many of us hesitate to take action out of fear of conflict, hurt feelings, or damaging the relationship. Through a rich combination of user-friendly tools and real-life stories, Mark S. Komrad, MD, offers step-by-step guidance and support as you take the courageous step of helping a friend who might not even recognize that he or she is in need. He guides you in developing a strong course of action, starting by determining when professional help is needed, then moves you through the steps

of picking the right time, making the first approach, gathering allies, selecting the right professional, and supporting friends or relatives as they go through the necessary therapeutic process to resolve their problems. Included are scripts based on Komrad's work with his own patients, designed to help you anticipate next steps and arm you with the tools to respond constructively and compassionately. You will also find the guidance and information needed to understand mental illness and get past the stigma still associated with it, so you can engage and support your loved one with insight and compassion in his or her journey toward emotional stability and health.

School Nursing

A guide to treating mental health issues in children and adolescents *Diagnosis and Treatment of Children and Adolescents: A Guide for Mental Health Professionals* is a resource tailored to the particular needs of current and future counselors, behavioral healthcare clinicians, and other helping professionals working with this vulnerable population. With in-depth content broken into two sections, this book first provides a foundation in the diagnostic process by covering the underlying principles of diagnosis and treatment planning, and then applies this framework to the DSM-5 categories related to children and adolescents. With research continually reshaping our understanding of mental health, it is critical mental health professionals make decisions based on evidence-based pathways that include the specialized research around children and adolescents. The leading experts who contributed to this book share contemporary perspectives on developmental considerations, assessment information, presenting symptoms, comorbidity, levels of severity, prevalence data, and other relevant factors. Structured content of chapters provides a crosswalk between the DSM-5 and this book Updated content based upon the changes, additions, and revisions to the DSM-5 that affect diagnosis, assessment, and treatment Pedagogical features, such as learning objectives, case studies, guided practice exercises, and additional resources, to support effective learning *Diagnosis and Treatment of Children and Adolescents: A Guide for Clinical and School Settings* is a critical resource for mental health practitioners and graduate students working toward a career in a mental health profession.

Healthy, Resilient, and Sustainable Communities After Disasters

This Manual is for senior adolescents in years 10 - 12 to assist friends who have mental health problem.

Disaster Mental Health Counseling

Discusses the history and techniques of swimming and diving, safety rescue techniques, and skills for a variety of aquatic activities.

Grown and Flown

Estimates indicate that as many as 1 in 4 Americans will experience a mental

health problem or will misuse alcohol or drugs in their lifetimes. These disorders are among the most highly stigmatized health conditions in the United States, and they remain barriers to full participation in society in areas as basic as education, housing, and employment. Improving the lives of people with mental health and substance abuse disorders has been a priority in the United States for more than 50 years. The Community Mental Health Act of 1963 is considered a major turning point in America's efforts to improve behavioral healthcare. It ushered in an era of optimism and hope and laid the groundwork for the consumer movement and new models of recovery. The consumer movement gave voice to people with mental and substance use disorders and brought their perspectives and experience into national discussions about mental health. However over the same 50-year period, positive change in American public attitudes and beliefs about mental and substance use disorders has lagged behind these advances. Stigma is a complex social phenomenon based on a relationship between an attribute and a stereotype that assigns undesirable labels, qualities, and behaviors to a person with that attribute. Labeled individuals are then socially devalued, which leads to inequality and discrimination. This report contributes to national efforts to understand and change attitudes, beliefs and behaviors that can lead to stigma and discrimination. Changing stigma in a lasting way will require coordinated efforts, which are based on the best possible evidence, supported at the national level with multiyear funding, and planned and implemented by an effective coalition of representative stakeholders. Ending Discrimination Against People with Mental and Substance Use Disorders: The Evidence for Stigma Change explores stigma and discrimination faced by individuals with mental or substance use disorders and recommends effective strategies for reducing stigma and encouraging people to seek treatment and other supportive services. It offers a set of conclusions and recommendations about successful stigma change strategies and the research needed to inform and evaluate these efforts in the United States.

Where There is No Psychiatrist

This publication highlights key issues and principles to be considered in the drafting, adoption and implementation of mental health legislation and best practice in mental health services. It contains examples of diverse experiences and practices, as well as extracts of laws and other legal documents from a range of different countries, and a checklist of key policy components. Three main elements of effective mental health legislation are identified, relating to context, content and process.

MENTAL HEALTH FIRST AID MANUAL Second Edition

The Beauty Within: A Love Story By: Gussie Bryan In her memoir, The Beauty Within: A Love Story, Gussie Bryan presents readers with an honest coming-of-age story starting in high school, through her first few years in New York City and into her late twenties. As she tells of her past experiences with mental health issues, eating disorders, and addiction, she ultimately works to present a story of hope, grace and redemption. Join her as she realizes her own happily ever after - the beginning of a true love story.

Aboriginal and Torres Strait Islander Mental Health First Aid Manual

The Third Edition of this classic text provides the basic foundation for the practice of occupational therapy for persons with mental health problems. This invaluable reference reflects new developments in basic neuroscience, psychopharmacology, occupational therapy theory and treatment methods. The text is written in an engaging, user-friendly style, offering ample tables, group protocols, case studies, and text boxes. In addition to providing information on newer medications such as SSRIs and atypical antipsychotics, this edition offers three additional treatment models: cognitive-behavioral, psychoeducation, and psychiatric rehabilitation. A new chapter on "Who Is the Consumer?" as well as increased information on the applications of DSM-IV diagnoses are covered.

The Johns Hopkins Guide to Psychological First Aid

Emotional First Aid

This book is a practical manual of mental health care for community health workers, primary care nurses, social workers and primary care doctors, particularly in developing countries.

Youth Mental Health First Aid

Gives practical advice on dealing with alcohol, anxiety, boredom, burnout, suicide, insomnia, gambling, depression, unemployment, loneliness, and other problems

Mental Health Emergencies

Mental Health First Aid Manual

PARENTING NEVER ENDS. From the founders of the #1 site for parents of teens and young adults comes an essential guide for building strong relationships with your teens and preparing them to successfully launch into adulthood The high school and college years: an extended roller coaster of academics, friends, first loves, first break-ups, driver's ed, jobs, and everything in between. Kids are constantly changing and how we parent them must change, too. But how do we stay close as a family as our lives move apart? Enter the co-founders of Grown and Flown, Lisa Heffernan and Mary Dell Harrington. In the midst of guiding their own kids through this transition, they launched what has become the largest website and online community for parents of fifteen to twenty-five year olds. Now they've compiled new takeaways and fresh insights from all that they've learned into this handy, must-have guide. Grown and Flown is a one-stop resource for parenting teenagers, leading up to—and through—high school and those first years of independence. It covers everything from the monumental (how to let your kids go) to the mundane (how to shop for a dorm room). Organized by topic—such as academics, anxiety and mental health, college life—it features a combination of

stories, advice from professionals, and practical sidebars. Consider this your parenting lifeline: an easy-to-use manual that offers support and perspective. *Grown and Flown* is required reading for anyone looking to raise an adult with whom you have an enduring, profound connection.

Dr. David Reuben's Mental First-aid Manual

Ready reference to mental and emotional health crises and concerns, providing overviews and expert guidance on more serious problems. Ideal for first-responders, teachers, counselors, and human resource professionals. Developed from best-practices of psychiatry, psychology and mental health counseling, *Mental Health Emergencies* is a guide to providing much-needed care and support to the people in distress who most need help including self-injury, eating disorders, substance abuse, psychosis, and suicidal thoughts. *Mental Health Emergencies* will help you provide exactly the right kind of support--where and when it's needed most.

Swimming and Water Safety

This guide covers psychological first aid which involves humane, supportive and practical help to fellow human beings suffering serious crisis events. It is written for people in a position to help others who have experienced an extremely distressing event.

ACEP First Aid Manual 5th Edition

Mental health and well-being are important across all ages. However, some of the issues and how these are addressed in practice differ between age groups. This book focuses on applied mental health promotion across age groups.

Story-Based Inquiry: A Manual for Investigative Journalists

Fifth edition DK's First Aid Manual covers every aspect of first aid, including what it means to be a first aider, how to use essential equipment, and treatments for more than 100 different conditions, from splinters and sprained ankles to strokes and unconsciousness. Clear step-by-step photography, all shot in-situ to reflect real-life situations, is featured throughout the book. Key Features: · Step-by-step photography throughout, to show the reader exactly what to do in any situation · Quick-reference emergency first aid section · Clear anatomy and physiology sections, to help the reader understand treatment priorities · Every condition clearly explained with causes, symptoms, and signs, as well as action plans

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