A concise and user-friendly guide that helps you learn the essential skills required for practice

Taking a life course approach to mental health care, this practical handbook is informed by an interdisciplinary understanding of mental health problems and the recovery from mental health difficulties.

*Written in an accessible way, the books can be used in conjunction or as stand alone texts.
*A practical, hands-on guide with learning outcomes linked to the competencies required for practice.
*Highlights case studies and draws on narratives of patient experience to help you make informed, value-based decisions in partnership with service users.
*Includes practical exercises designed to develop skills in person centered care, assessment, classification, models of therapeutic practice, specific mental health problems and needs and understanding the organisation of care.