The analysis presented in this book take as a starting point an evidence-based balanced care model in which services are provided in community settings close to the populations served, with hospital stays being reduced as far as possible, usually located in acute wards in general hospitals.

This practical book, bursting with the latest research findings, shows that such treatments are available, can be put into practice, and are able to deliver real help to people with mental disorders worldwide. As global mental health gains recognition from practitioners and research funders alike, this book, written by a group of experts from across the globe, gives rich examples of what works.