

## CODE BSPH-305 MENTAL HEALTH

### Course Objectives:

- i. To Define Mental Health and cover the basic concepts of Community Mental Health
- ii. To enumerate common mental health problems in Pakistan
- iii. Learn to apply levels of prevention to mental health problems
- iv. Understand the biological, psychosocial and socioeconomic factors affecting mental health
- v. Describe the main reasons of substance abuse

### Course Content:

- i. Introduction to Mental Health
- ii. Prevention of Mental ill health and promote mental health
- iii. Risk and protective factors for mental disorders
- iv. Socioeconomic determinants of Mental health
- v. Mental Health and Quality of life
- vi. Strengthening Community Network
- vii. Reducing Harm from Addictive Substances
- viii. Prevention of Child abuse and neglect
- ix. Coping with parental mental illness
- x. Management of mental health in Rehabilitation Centers

### Recommended Books:

1. A Manifesto for Mental Health: Why We Need a Revolution in Mental Health Care by Peter Kinderman 2019.
2. Compton MT. (2015). Social Determinants of Mental Health. American Psychiatric Associations.
3. Larol S. (2012). Handbook of Sociology of Mental Health. 2<sup>nd</sup> Ed. Springer R Streevani A guide to Mental Health & Psychiatric Nursing 2<sup>nd</sup> JaypeeS.
4. Barlett, A. & McGauley, G. (2010). Forensic Mental Health: Concepts, Systems, and Practice edited.
5. Tengland, P. A. (2001). Mental Health: A Philosophical Analysis 2001.