

Index

Compiled by Linda English. Page numbers for the main references in the book are shown in **bold type**.

A

- abortion** 145, 224
- acamprosate** 59
- active listening** 22
- activity schedule** 92
- addiction** *see* **dependence**
- adolescents** 6, 229–230, 233, 242–243
- depression 16, 242–243, 263
- distress **263–265**
- eating disorders 164
- school 289–294, 300
- suicide 139, 263, 264, 293
- aggressive behaviour** **126–129**
- causes 126
- children 255
- elderly people 149, 151
- how to deal with problem 126–129
- AIDS** *see* **HIV/AIDS**
- alcohol, medications interacting with** 316
- alcohol abuse or dependence** **9–10, 17, 19, 191–199**
- abstinence 196
- adolescents 293
- aggressive behaviour 126, 127, 128
- binge drinking 191
- CAGE questions 194
- controlled drinking 195, 196–198
- counselling 63, 86
- dependence 191–192
- drinking urges or ‘craving’ 198
- with drug abuse 201, 207
- effects on person and family 193, 199
- harmful drinking 191
- hazardous/risky drinking 191
- health workers 28
- homeless people 296
- how to deal with problem 194–198
- insomnia 176
- medications 59, 198
- physical health problem 34, 167
- in pregnancy 145, 193–194, 287
- prevention **299–300**
- referral for out-patient assessment 45
- relationship problems 304
- skills to stay sober or control drinking 196–198
- suicide 139, 140
- three stages to overcome problem 195–196
- tolerance 192
- what is problem drinking 191–192
- when to suspect a drinking problem 193
- why people drink too much 193
- withdrawal syndrome 10, 123, 191–192, 193, 196, 298
- women 193–194
- Alcoholics Anonymous (AA)** 196
- amitriptyline** 315
- anger control** 86–88
- anorexia nervosa (anorexia)** **163–165**
- anticholinergic medication** 52
- antidepressant medication** 52, 134, 135
- cost and efficacy 315
- medically unexplained symptoms 168, 169, 175
- primary health care 274
- SSRIs 141, 147, 148, 153, 156, 163, 165, 175
- traumatic events 216
- antiepileptic medication** 52, 160, 162–163, 274
- antihistamines, sedating** 52
- antipsychotic medication** 34, 45, 52, 131–132, 137
- cost and efficacy 315
- depot medication 62
- medication for side-effects of 52, 316
- postnatal psychosis 148
- primary health care 274
- anxiety disorders** **8–9, 168**
- breathing 167
- insomnia 176
- medication 174–175
- prisoners 298
- schools 292
- worrying 79–83, 168, 169, 170–175
- worrying about physical health 168, 169
- assessment** 25, **29–36**
- diagnosis 32–33, 35
- interview 31–32
- person refusing to talk 33

- physical complaints 33–34
 questions 30–31, 32
 referral for assessment 43–45
 screening 30–31
 special situations 33–34
 on telephone 34
 time to talk 29–30, 32
 what to look for 32
- attention-deficit hyperactivity disorder (ADHD)** 45, 51, **247–250**
 how to deal with problem 247–249
 important problem 247
 methylphenidate 249
 school 292, 294
 why some children are hyperactive 247
- autism** **15**, 238–239, 242
- B**
- bed-wetting** **16**, **259–262**
 behaviour chart 261
 buzzer alarms 261
 causes 259
 daytime wetting 259, 261–262
 how to deal with problem 259–262
 medication 261
 traumatic events 215, 216
- befriending** 102–103, 135
- behavioural disorder in children** **255–259**
 how to deal with problem 256–259
 parental discipline 256, 258
 when misbehaviour is health problem 255–256
 why children behave badly 256
- behavioural problems** **123–144**
 aggressive behaviour 126–129
 confusion 123–125
 depression 133–135
 eating behaviour 163–165
 elderly person 149–155
 emergencies 111
 hearing voices 129–132
 mood swings 135–138
 obsessive-compulsive disorder 155–158
 odd beliefs 129–132
- pregnancy and childbirth problems 144–149
 seizures 159–163
 wants to harm themselves 139–143
- behavioural symptoms ('doing' symptoms)** **6**, 8–9
- benzodiazepines** 52, 153, 174–175, **177**, 216, 228, 274, 316
- bereavement** 130, 139, **226–228**, 277
 abnormal 226, 228
 carers 281
 counselling 84, 228
 how does person react 226
 how to deal with problem 226–228
 loss of baby 276
 refugees 284
- binge eating** 164–165
- bipolar disorder** **13**, 130, **135–138**
 after childbirth 145, 147, 148
 antidepressant treatment 134
 causes 136
 counselling 67
 how to deal with problem 136–138
 medication 45, 62, 316
 relapse prevention 62, 137
- 'blues' after childbirth** 145, 147–148
- body mass index (BMI)** 164
- brain disorder** 128, 129
 as cause 4, 16, 123
 or conversion disorder 187, 189
 elderly 277
- breastfeeding** 148, 287, 288
- breathing** 167
- breathing exercises** 75
- bulimia nervosa (bulimia)** **163–165**
- bullying** 290–291, 298
- buprenorphine** **58–59**
- C**
- CAGE questions** 194
- cannabis** 11, 201, 293
- carbamazepine** 162, 316
- carers** **280–282**
 helping 281–282
 mental health of 281
 promoting mental health of 281
- stress 280–281
- case notes** **25**, **273**
- causes of mental health problems** **16–17**
- child abuse** **251–255**
 difficulties at school 243, 294
 emotional abuse and neglect 234, 251, 256
 how children are affected 251
 how to deal with problem 252–255
 intellectual disability 234
 mental health problems as adult 16
 physical abuse 251, 253, 256
 sexual abuse 182, 251, 252, 253
 when to suspect abuse 251–252
 why abuse occurs 251
- childbirth** 136, **144–149**, **287–288**
 how to deal with problems 146–149
 importance of women's mental health 146
 intellectual disability 232
- children** **6**, **15–16**, 34, **229–266**
 'bad' behaviour **255–259**
 bed-wetting **259–262**
 caution with medications 316
 child soldiers **284**
 communication difficulties **238–242**
 difficult childhood 16, 133
 difficulties with studies **242–246**
 epidemic conversion symptoms 188
 general approach **229–230**
 intellectual disability **15**, 183, 187, 193–194, 218, **230–238**
 key milestones in development 230, 232
 school 289–294
 soiling clothes **262**
 stimulation 288–289
 street children **296–297**
 symptom checklists for diagnosis 266
 traumatic events 215, 216
 unable to sit still **247–250**
see also adolescents; child abuse
- cigarette smoking** 11, 182, **208–211**
- clomipramine** 156
- clonidine** 59
- clozapine** 45, **57–58**

- cocaine** 11, 200, 201, 202
cognitive symptoms ('thinking' symptoms) 6, 8–9
common mental disorders 6, 7–9, 17, 51, 274
see also **anxiety; depression**
communication difficulties in children 238–242
 causes 238–239
 how to deal with problem 239–242
communication skills
 in family 100
 health worker 21–25
 relationship problems 84, 305
community platforms, integration of mental health into 283–310
conduct disorder 16, 243, 292, 298
confidentiality 23
confusion (delirium) 6, 14–15, 123–125
 aggressive behaviour 126, 128
 causes 34, 123
 elderly people 149, 150, 152
 how to deal with problem 124–125
 odd beliefs and hearing voices 130, 132
 physical examination 124
conversion disorder (sudden loss of body function) 187–190
 causes 187–188
 epidemic occurs 188
 how to deal with problem 188–190
 when to suspect mental health problem 188
core skills for mental health care 21–28
 communication skills 21–25
 for health worker 25–27
 seek professional help 27–28
counselling 37, 38, 42, 62–90
 anger control 86–88
 approach and culture 18
 bereavement 228
 challenges 67, 70, 74, 79, 82–83, 85–86, 88, 90
 face-to-face 66
 general principles 63–69
 getting active 77–79
 giving hope 65
 giving reassurance 63
 group 66
 homeless people 296
 how much is needed 66–67
 identify and address problems 65
 individual 66
 internet-based 273
 mothers 275–276
 motivating for change 88–90, 165, 195
 prisoners 299
 problem-solving 70–74, 81, 83–84, 99
 providing an explanation 63–65
 psychological first aid 69–70
 refugees 285–286
 relationship problems 83–86
 relaxation exercises 74–76
 review, encourage and support 65
 schools 293
 self-help 66
 specific symptoms and problems 67–69
 thinking healthy 79–83
 traumatic events 216
cultural factors 17–18, 146
- D**
date rape drugs 201
deafness 238–239, 240, 243, 244–250
death 4
 of loved one *see* **bereavement**
see also **suicide**
decision support systems, tablet-based 273
delirium *see* **confusion**
delusions (odd beliefs) 129–132
dementia 14–15, 16, 19, 150–155
 abnormal memory problems 150
 affects family 150–151
 how to deal with problem 151–155
 importance of diagnosis 151
 odd beliefs and hearing voices 130
 referral for out-patient assessment 45
 when to suspect 150
dependence
 on alcohol *see* **alcohol abuse and dependence**
 on drugs *see* **drug abuse and dependence**
 on prescription medications *see* **prescription medications, dependence on**
depot medications 62
depression 8, 19, 133–135, 277
 adolescents 16, 242–243, 263
 bereavement 228
 bipolar disorder 13, 133, 134
 bulimia 164
 causes 133
 counselling 63, 77, 134, 135
 elderly people 149, 152, 153
 homeless people 296
 how to deal with problem 133–135
 insomnia 176
 postnatal depression 7, 63, 145, 146–147, 148
 prisoners 298
 refugees 284
 schools 292
 sexual problems 181, 182
 suicide risk 133, 134, 135, 139, 140
 tiredness 167
 words used to describe it 17
see also **antidepressant medication**
desmopressin 261
developmental disabilities 4, 15, 16, 45, 242, 294, 306
see also **intellectual disability**
developmental milestones 230, 232
dhat syndrome 181
diagnosis 5, 60
 assessment 32–33
 classification system 344
 dementia 151, 152
 symptom checklists 35, 266
disabilities 3, 4, 229
disasters 214, 215–216, 283
disorders 4
 children 15–16, 229
 definition 3
distress
 adolescents 263–265
 children 15, 34, 229
 conversion seizures 159
 definition 3
 emergencies 111
 who people turn to 18

words used to describe it **17**
disulfiram 59
documentation 25, 273
'doing' symptoms (behavioural symptoms) 6, 8–9
domestic violence 216–222
 how to deal with problem 218–221
 how to identify 218
 how women present to health workers 217
 reasons for 217–218
 working with violent men 222
Down syndrome 232, 234, 289
drinking problem *see* **alcohol abuse or dependence**
drug abuse or dependence 7, 10–11, 17, 32, 51, 199–205
 aggressive behaviour 127, 128
 casual use 199
 children and adolescents 243, 256, 293
 dependence 200
 drugs abused 200–201
 drugs which cause hallucinations 200–201
 drugs which depress brain 200
 drugs which stimulate brain 200
 effects on person 202
 emergencies 111
 harmful use 200
 health worker **28**
 homeless people 296
 how drugs are used 201–202
 how to deal with problem 203–205
 injecting drugs 202
 intoxication 204
 medications to manage opioid dependence **58–59**
 party drugs 201
 poverty 306
 in pregnancy 145
 prevention **299–300**
 prisoners 298
 relapse 204, 205
 schools 293
 suicide 139
 traditional use 199, 201
 when to suspect abuse 203
 why drugs are used 202–203
 why users seek help 203
 withdrawal syndrome 199, 200, 204, 298

see also **alcohol abuse or dependence; prescription medications; tobacco use**
drug treatment *see* **medications**
dyslexia 243–244, 245

E

eating disorders 163–165
ecstasy 200
elderly people 276–277
 confusion 149, 150, 152
 dementia *see* **dementia**
 depression 149, 152, 153
 disturbed behaviour 34, **149–155**
 loneliness 143, 277, 307
 sexual problems 182, 183
electroconvulsive therapy (ECT) 135
electronic medical records 273
emergencies 111–122
emotional abuse and neglect of children 234, 251, 256
emotional distress *see* **distress**
emotional symptoms ('feeling' symptoms) 5, 6, 8–9
epilepsy 6, 16, 159–163
 antiepileptic medication 52, 160, 162–163, 274
 how to deal with problem 159–163
 referral for out-patient assessment 45
 seen as mental health problem 159
 types of seizure 159
exercise 42

F

faith healers 286
family
 alcohol abuse or dependence 193, 199
 children and 229, 230, 235–236
 support for 97–102
 talk to in assessment 32
 treatment and 42–43, 60
fatigue *see* **tiredness**
fatigue, chronic 178
fear 170–175
'feeling' symptoms (emotional symptoms) 5, 6, 8–9

fits *see* **seizures**

5C model of integration 271–272, 278, 279–280

G

gambling habit 11, **211–212**, 213
Gap Action Programme (mhGAP) Intervention Guide 52
gender 307–309
genetic disorders 16–17, 136, 232, 233, 234, 289
'getting active' approach 77–79, 180
glossary 17, **346–350**
grief 84, 226–228, 281
see also **bereavement**
gynaecological health 275

H

habit problems 6, 9–11, 191–213
hallucinations 6, 12, 123, 126, 129–132
hallucinatory drugs 200–201
haloperidol 153, 163, 315
headaches 9, 167
health care platforms, integration of mental health into 271–282
 barriers to integration 272
 care of chronic diseases 276–278
 carers 280–282
 5C model of integration 271–272, 278, 279–280
 HIV/AIDS care 278–280
 primary health care 274
 reproductive and maternal health care 274–276
 using technology 273
health workers
 core skills for mental health care **21–28**
 mental health problems and 4–5
 safety issues **25**, 31, 126
hearing impairment 238–239, 240, 243, 244–245
hearing voices 6, 12, 126, **129–132**
heroin 200, 202, 204, 205
HIV/AIDS 14, 137, 153, 225, **278–280**
homeless people 296–297
homosexuality 186

humanitarian settings 283–286
human rights 302–303
hyperactivity in childhood 16, 45,
 242, 247–250

I

ICD-10 classification (World Health Organization) 6
‘imagining’ symptoms (perceptual symptoms) *see* **hallucinations**
imipramine 261
impotence 181, 184–185, 193
information for person and family 41, 99, 100
injecting drug abuse 202, 206, 207
injections 62
insomnia 176–178
 causes 176
 effects 176
 how to deal with problem 176–178
 when to use sleeping pills 177
intellectual disability 15, 218, 230–238, 262
 causes 193–194, 232
 communication difficulties 238–239
 definition 230
 developmental milestones 230, 232
 how is child affected 232
 how to deal with problem 233–238
 learning difficulties 242, 243, 246
 medication not indicated 235
 mild 230, 235, 239, 243, 246
 moderate 233, 235
 neglect and abuse 234
 severe 233, 235
 sexual problems 183, 187
 what parents can do 235–236
 when to suspect 232–233
internet 273
internet addiction 213

K

khat 200

L

learning disabilities, specific 15, 243
lithium 148, 316
lofexidine 59
loneliness 85, 135, 143, 277, 307
loss of loved one *see* **bereavement**
LSD (acid) 200–201

M

mania (‘high’ mood) 13, 19, 135–138
 after childbirth 145, 147
 aggression 126
 rate of talking 32
 risk of antidepressants 134
 sexual problems 187
 sleep 176
masturbation 183, 184
maternal health care 274–276
medical illness *see* **physical illness**
medications 38, 51–62, 315–339
 alcohol dependence 59, 198
 anxiety disorders 174–175
 as cause 17, 123, 133, 176, 182
 cautions 316
 children 316
 cost 62, 315–316
 efficacy 315–316
 if person does not improve 60
 injections 62
 non-availability 272
 quick reference guide 316
 refugees 286
 refusal of 59–60
 sedative 25, 52, 249, 316
 side-effects 40, 60–62, 123, 168, 315, 316
 when to use them 51
 which ones to use 52
see also specific medications and types of medication
memory problems
 conversion disorder 188
see also **dementia**
men
 domestic violence 216–222
 gender and mental health 309
 male rape 223, 224
 parenting 276

rape and sexual assault 222–225
 sexual problems 181–182, 184–185

menstrual complaints 275

mental health

actions for 41
 definition 3–4
 of health worker 26–28
 integration of 271–310

mental health problems

causes 16–17
 chronic diseases and 271, 276–278
 cultural factors 17–18
 experiences of people with 18–19
 features 5–6
 human rights 302–303
 introduction to 3–20
 prevention 299–300
 promoting rights of people with 300–303
 psychiatric terms for 344–345
 in schools 292–293
 severity 4
 types of 6–16
 why health workers need to be concerned 4–5

mental health promotion

advocating social change 305–307
 schools 289–290
 for women 308–309
 workplace 295

mental health services 5, 45

mental hospitals 45, 302

methadone 58

methamphetamine (crystal meth) 200, 201

methylphenidate 57, 249

miscarriage 145

mobile phone, use of 273

mood stabilisers 52, 134, 137, 148

mood swings *see* **bipolar disorder**
motivating for change 88–90, 165, 195

muscle relaxation 75

mutism, selective 238–239, 241

N

naltrexone 59

negative thoughts 79–83

nicotine replacement therapy (NRT) 210

nortriptyline 315

O

observation 23

obsessive-compulsive disorder (OCD) 13, 155–158

compulsions 155, 156

how to deal with problem 156

obsessions 155, 156, 164

odd beliefs (delusions) 129–132

older people *see* **elderly people**

opioids 58–59, 205–208

opium 11, 58–59, 200, 204

P

pain 124, 167–168, 176, 277

during sexual intercourse 182, 185

painkillers 205–208

panic attacks 9, 18, 167, 170–175

parenting 235, 258, 276, 288–289

party drugs 201

perceptual symptoms *see*

hallucinations

phenobarbitone 162

phobias 9, 18, 170–175

physical abuse of children 251, 253, 256

physical activity 42

physical examination 124, 168, 179, 224, 225, 253

physical illness 5, 38, 165

assessment 33–34

care of chronic diseases 276–278

as cause 17

causing confusion 123

causing dementia 153

causing insomnia 176

causing tiredness 178–179

from alcohol 193

from drug abuse 202, 204

from tobacco use 209

with pain 168

poverty 306

suicide 139

physical illness, medically unexplained 9, 167–190

how relevant to mental health 167–168

how to deal with problem 168–170

when to suspect are related to mental health 168

physical symptoms 4, 5, 8–9, 167–190

poisoning 111, 124

postnatal ‘blues’ 145, 147–148

postnatal depression 7, 63, 145, 146–147, 148

post-traumatic stress disorder (PTSD) 7–8, 9, 215, 284

poverty 93–94, 139, 193, 305–306

pregnancy 144–149, 232, 286–287

domestic violence 218

drinking during 145, 193–194, 287

loss of baby 145

medication during 316

mood stabilisers 137

planned 276

rape 224

premature ejaculation 181, 185

prescription medications, dependence on 205–208

how to deal with problem

207–208

when to suspect dependence 206

why people become dependent

206

prevention 299–300

primary health care 274

prisoners 297–299

problem-solving in counselling 70–74, 81, 83–84, 99

professional relationships 24

psychiatric terms 344–345

psychoses (severe mental disorders) 5, 6, 11–13, 17, 19, 32, 51, 124, 139

adolescents 293

after childbirth 145, 147, 148–149

aggressive behaviour 126, 127

cannabis 11

care of chronic diseases 277

counselling 64, 67, 86

drug psychoses 130

elderly people 150

homeless people 296

odd beliefs and hearing voices

130, 131, 132

poverty 306

primary health care 274

prisoners 298

referral for out-patient

assessment 45

skills for independent living 93

suicide 139

see also **antipsychotic medication; bipolar disorder; mania; schizophrenia**

Q

questions

in assessment 30–31, 32

‘golden questions’ 30–31, 32

open-ended 22

R

rape and sexual assault 222–225

date rape 223

emergency contraception 224

how people react 223

how to deal with problem

224–225

male rape 223, 224

physical examination 224, 225

post-exposure prophylaxis for

sexually transmitted infections

225

why people rape 223–224

recovery 92–93, 99–100

referral to specialist 43–47

refugees 283–286

relationship problems 139, 303–305

counselling 83–86

helping rebuild 304–305

separation 305

sexual problems and 181, 184,

303–304

why relationships break down

303–304

relaxation exercises 74–76, 174

religious beliefs 18, 23, 39

remedial education 245

reproductive health care 274–276

resources

in local area 340–343

used in book 351–352

restlessness 32, 134, 247, 248

restraint 128–129

risperidone 315

S

- safety issues** 25, 31, 126
same-sex relationships 186, 217
schizophrenia 12, 104
schools 289–294
 ‘buddy’ system 290
 bullying 290–291
 circle time 291
 counselling 293
 drop-outs 293–294
 health-promoting school 289–290
 for homeless children 297
 improving school environment 290
 life skills programme 290, 292, 308
 mental health problems 292–293
 prevention 300
school studies, problems with 242–246
 causes 242–243
 how to deal with problem 243–246
seizures 159–163, 232
 childhood 159
 conversion 159, 160, 188
 emergencies 111
 or faint 160
 generalised 159, 160, 162
 how to deal with problem 159–163
 partial 159, 160
 types of 159
selective mutism 238–239, 241
self-care 32, 41–42
self-harming behaviours 16, 139–143, 293, 298
sertraline 147, 148
severe mental disorders *see* psychoses
sexual abuse of children 182, 251, 252, 253
sexual assault 222–225
sexual intercourse, pain during 182, 185
sexually transmitted infections 193, 217, 224, 225, 251
see also HIV/AIDS
sexual problems 181–187
 how to deal with problem 183–186
 intellectual disability 183, 186
 loss of interest 181, 182, 185
 in men 181–182, 184–185
 problem sexual behaviour 183, 233
 relationship break down 303–304
 in same-sex relationships 186
 in women 182, 184, 185
side-effects of medication 40, 60–62, 123, 168, 315, 316
sleeping pills 11, 52, 176, 177, 201, 205–208, 228
sleep problems 176–178, 193, 214, 216
smoking
 of other drugs 201
 of tobacco 11, 182, 201, 208–211
social factors 5, 17, 39, 60
social interventions 38, 91–105
 befriending 102–103, 135
 in bipolar disorder 137
 challenges 93, 96, 102, 105
 family support 97–102
 general principles 91
 improving functioning and skills 91–93
 improving skills for social situations 94–96
 poverty 93–94
 response to stigma and discrimination 96–97, 103
 support groups 103–105
social isolation 85, 135, 143
soiling clothes 262
solvents, inhalation of 201, 202
somatic symptoms *see* physical symptoms
specialists 272, 316, 344
 referral to 43–47
specific learning disabilities 15, 243
speech 32, 127
‘speed’ (amphetamine) 11, 200
spirits, belief in 17–18, 130
squeeze technique 185
SSRI antidepressants 141, 147, 148, 153, 156, 163, 165, 175
stammering or stuttering 238–239, 240–241
stigma and discrimination 5, 96–97, 279, 295–296, 300
stimulant drugs 200
street children 296–297
stress
 carers 280–281
 causes depression 133
 in health worker 27, 272
 life events 16
 strategies to deal with 41–42
 sudden loss of body function 187, 189
substance use *see* drug abuse or dependence
suicide 4, 16, 139–143
 adolescents 139, 263, 264, 293
 bereavement through 227
 depression 133, 134, 135, 139, 140
 feelings in health worker 27
 how to deal with problem 139–142
 loneliness 143
 men 309
 odd beliefs and hearing voices 131, 132
 prisoners 298
 questions about 22
 reasons for 144
 repeated attempts 140, 142–143
support groups 27, 103–105
 alcohol dependence 196, 199
 definition and when to use them 103
 how they work 103–104
 internet-based 273
 refugees 285
 setting one up 104–105
symptoms
 checklists for diagnosis 35, 266
 counselling 63, 67–69
 medically unexplained 9, 167–190
 physical 4, 5, 8–9, 167–190
 types 5–6

T

- tele-medicine** 273
telephone assessments 34
thinking healthy 79–83
‘thinking’ symptoms (cognitive symptoms) 6, 8–9
thinking too much 17, 79–83, 133–135
tiredness 9, 167, 178–181
 causes 178
 how to deal with problem 179–180
 not same as laziness 179
 sexual problems 181, 182
 tonics or vitamins 180

when to suspect a mental health problem 178–179
tobacco use 11, 182, 201, **208–211**
 how to deal with problem 210–211
 prevention **299–300**
 when to ask about 209
 why dangerous 208–209
traditional healers 18, 39, **286**
traumatic events 214–216
 disasters 214
 effects on health 214–215
 how to deal with problem 215–216
 humanitarian settings and integration of mental health **283–286**
 personal trauma 214
 victims of violence 215
 war or terrorism 214
treatment 4, 5, **37–106**
 follow up actively 43
 general approach **37–48**
 goal-setting and tracking progress 40–41
 longer-term care 39–40
 person at centre of care 39
 planning care 105
 refer to specialist 43–47
 self-care support 41–42
 set goals and track progress 40–41
 SMART goals 40–41
 social factors 39

team work 43
 treat whole person 38
 who do people turn to 18
 work with families 42–43
see also **counselling; medications; social interventions**
tricyclic antidepressants 141, 147, 156, 315

U

urinary tract infections 251, 259, 260

V

valproate 162, 316
violence
 aggressive behaviour **126–129**, 149, 151, 255
 alcohol related 193, 194
 domestic violence **216–222**
 physical abuse of children 251, 253, 256
 prisoners 297–298
 rape and sexual assault **222–225**
 refugees 284
 relationship break down 303
 why some victims have mental health problems **215**
vision assessment 244

W

war and terrorism 214, 215–216, 283
witchcraft, belief in 17–18
withdrawal syndromes
 alcohol 10, 123, 191–192, 193, 196, 298
 drugs 199, 200, 204, 298
 prescription medications 206, 207
 prisoners 298
 sleeping pills 176
women 34, 141
 alcohol problem 193–194
 domestic violence **216–222**
 eating disorders 164
 gender and mental health **308**
 promoting mental health for **308–309**
 reproductive and maternal health care **274–276**
 sexual problems 182, 184, 185
see also **childbirth; pregnancy**
workplace, mental health in 294–296
worrying 79–83, 168, 169, **170–175**

Z
Z medications 177