

Mental Health

Promotion and Prevention

What is mental health

Positive mental health

Public mental health

Mental Health Promotion and Prevention

Mental health promotion

**Individual
Communities
Government**

Mental Health Promotion & Prevention

Strategies in Promotion

Resource development
Research and evaluation
Monitoring
Education & training

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Strategies in Promotion

Public Policy

Develop capacity

Supportive environments

Collaborative partnership

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Determinants of positive mental health

Coping
Stress management
Self-concept
Self-esteem
Self-development

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Determinants of positive mental health

Early life experience
Employment
Social support
Physical exercise

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Determinants of poor mental health

Stress
Social exclusion
Unemployment
Addictions
Social disadvantage

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Determinants of poor mental health

Experience of violence
Physical and sexual abuse
Poverty
Human rights abuse
Deprivation

Conclusions

The Strategy from the Green Paper

MUST

Adopt a holistic approach
Invest in promotion and prevention
Develop a positive attitude
Ensure inter sectoral collaboration
Restore the importance of social psychiatry

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