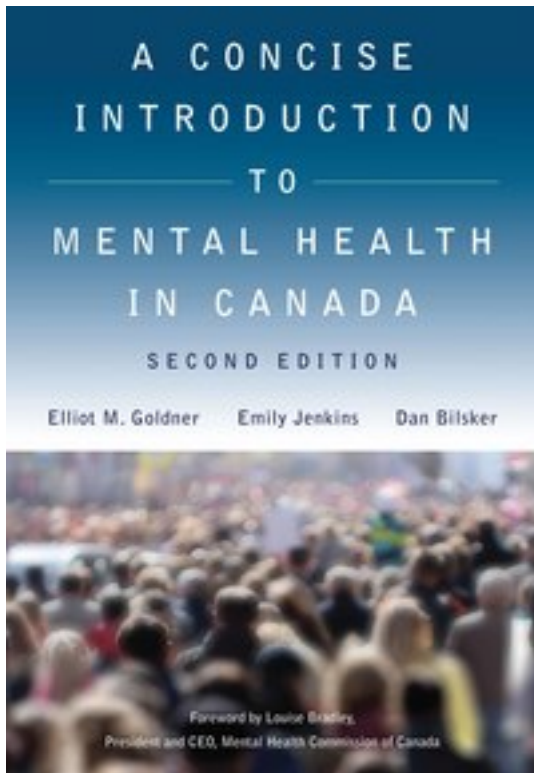


# A Concise Introduction to Mental Health in Canada, Second Edition



## Subjects

Addictions, Health, and Mental Health  
Mental Health and Addictions  
Social Work  
Nursing  
Health Studies

384 pages

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\_A Concise Introduction to Mental Health in Canada\_ offers a unique contribution to the mental health literature. It covers the full spectrum of mental health issues in Canada, incorporating insights from both the physical and social sciences to expand the way readers think about mental health. Interdisciplinary and reader-friendly, this book introduces students to a wide range of topics, including substance use, children and youth, discrimination, workplace mental health, culture, gender and sexuality, diagnosis, treatment, and mental health professions.

This second edition has been updated to highlight recent scientific data, changes in terminology, new insights in the field, and timely and relevant examples of mental health issues and success stories. This engaging text provides a superb grounding for students of medicine, nursing, social work, psychology, and public health.

## \*\*Features:\*\*

- contains extensive pedagogical tools such as chapter glossaries, critical thinking questions, further resources, and a test bank
- brings frequently invisible or little understood mental health issues to the forefront of awareness and motivates readers to become agents of change
- includes a self-help tool kit which offers readers evidence-based strategies and skills to promote and maintain their own mental health and wellbeing

## Author Information

Elliot Goldner

The late **\*\*Elliot M. Goldner\*\*** was a Professor in the Faculty of Health Sciences at Simon Fraser University, Chair of the Science Advisory Committee at the Mental Health Commission of Canada, and Affiliate Professor in the Faculty of Medicine at the University of British Columbia. Author of one of Canadian Scholar's best-selling health titles, \_A Concise Introduction to Mental Health in Canada\_, Goldner had also written numerous book chapters and dozens of articles in the fields of health services, mental health, and substance use. Founder and previous Director of the Centre for Applied Research in Mental Health and Addiction in the Faculty of Health Sciences at Simon Fraser University, he also founded and headed the Division of Mental Health Policy and Services in the Faculty of Medicine at the University of British Columbia. Goldner was the recipient of many awards for his scholarly work, including the Paul Patterson Innovation in Education Leadership Award for his work in post-graduate education, awarded by the Canadian Psychiatric Association.

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## Reviews

"The authors are to be commended for presenting a sensitive and balanced introduction to mental health in Canada at this point in history and for writing it in a reader-friendly manner."

— \_Elsabeth Jensen, School of Nursing, York University\_

"Easy to read, yet covering the topic with both breadth and depth, this book provides an excellent overview of mental health in Canada.... I particularly appreciate the interdisciplinary approach to understanding mental health, employing a variety of disciplinary lenses to give a fully rounded understanding of the topics. Appealing vignettes are scattered throughout the text, highlighting information. All in all, this book belongs on the bookshelves of everyone interested in mental health."

— \_Lynne M. Robinson, PhD, RPsych, School of Health and Human Performance, Dalhousie University\_

"The authors have skillfully succeeded in addressing various aspects of mental health—definitions, social consequences, services, and treatment—in a coherent and highly accessible manner. This second edition is quickly becoming a required text for students, professionals, and others who wish to be introduced to the field of mental health in Canada."

— \_Nicolas Moreau, PhD, School of Social Work, University of Ottawa\_

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