



A Straight Talking Introduction to Children's Mental Health Problems (Straight Talking Introduction To...)

Sami Timimi

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A pocket sized, good value series of succinct, thought provoking introductions ideal for students in all mental health disciplines, psychiatric service users, carers and indeed everyone with an interest in mental health. The causes of mental health problems are often more complicated than we would like. This book presents straightforward summaries of the history, theories and research about the various possible causes. Because there is no single convenient answer to the questions explored in this book, competing viewpoints are presented. Readers are encouraged to focus on what fits best with their own experience and decide what might be most helpful. Rather than accept that solutions to mental health problems are owned by the medical professions, these books look at alternatives and provide information so that the users of psychiatric services, their families and carers can make more decisions about their own lives.

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