



# Mental Health Nursing: An Evidence Based Introduction

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# Mental Health Nursing: An Evidence Based Introduction

## Mental Health Nursing: An Evidence Based Introduction

Do you want to know how to help people with mental health problems?

**This book introduces you to the core skills and essential knowledge you need to deliver high-quality care.**

*Mental Health Nursing* is a practical, values- and evidence-based resource which will guide and support you through your pre-registration mental health nursing programme and into your own practice.

Dedicated chapters focus on the major mental health problems, and are clearly structured so that you can quickly and easily identify what you want learn about helping people with, for example, depression, anxiety, psychosis, or acute mental health problems.

The most up-to-date theories, as well as mental health policies and law from all four countries of the UK, are explained accessibly by experienced lecturers and nurse practitioners who show you through real-life case scenarios how you can use your newly-acquired knowledge and skills to deliver high-quality care yourself. You will also be encouraged - through regular reflection and discussion points - to see things with a critical eye and to engage in and drive on the debates that make mental health nursing such an exciting field to be studying and working in.

Set within a framework which emphasises and makes clear the core skills, values and knowledge-base you need to become capable mental health nurse, you will find this book a vital companion as you progress through your studies and onto helping people confidently in everyday life.

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