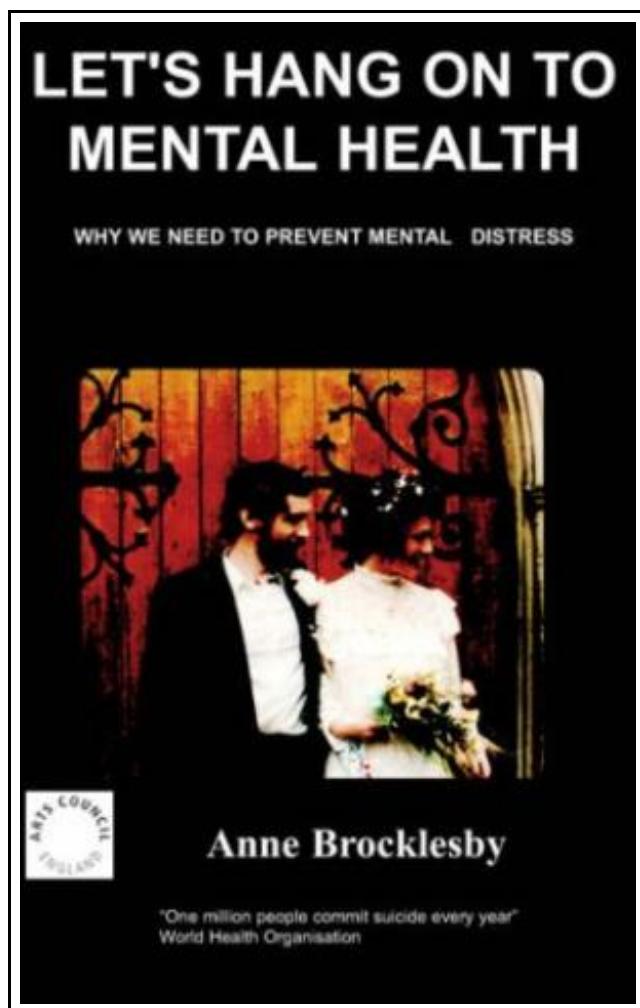


## Let s Hang on to Mental Health



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Chipmunkapublishing, United Kingdom, 2006. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Let s Hang on to Mental Health by Anne Brocklesby ISBN 13: 978 1 84747 015 7 Published: 2006 Pages: 80 Description This book is an attempt to help us all prevent the onset of mental distress. I have written it with the benefit of hindsight, because I have been through a nervous breakdown and been diagnosed with having Bipolar II Disorder, a form of manic depression. About the Author Anne Brocklesby was born in 1951 in Epsom, Surrey. She was educated in Wimbledon and Scotland before studying social sciences at Edinburgh University. She has now returned to live in Wimbledon where she has worked for many years in the voluntary sector. She is involved in the Make Poverty History campaign and takes an active interest in mental health issues, trying to promote a more positive image and challenging discrimination and stigma. Book Extract I m sure that low-grade mental health problems affect most of us at some point in our lives. They say now don t they that 1:4 people will experience mental health difficulty at some point in their life. I read a fairly old study by one of the government health departments that talked about the iceberg of depression , referring to the hidden mental health problems out there. Either the individual does not know they have problems or they are too worried to consult a GP and a psychiatrist about them, or sometimes the medical profession completely misses the mental distress someone is in. Whatever the reason, there is a great deal of undiagnosed mental ill health, and we need to address this issue. How can we learn to recognise the warning signs? How...

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