



Diverse Perspectives on Mental Health

What causes mental distress and what can be done about it? What factors in the external environment affect mental health? This album examines the ways in which social, environmental, economic and political factors shape and constrain our understandings and experiences of mental health and distress. It explores the wide range of diverse and frequently competing perspectives that characterise the world of mental health and looks at the impact of these perspectives on mental health practice and service provision. In a set of academic perspectives, Jonathan Leach of the Open University's School of Health and Social Welfare explains why the case studies were selected, and how they fit in with the aims of the course. He also describes how he became involved in the field of mental health education. This material forms part of K225, Diverse perspectives on mental health.