



Mental Health Promotion in Schools: Foundations

Raymond Waller

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Behavior problems are approaching epidemic levels in many schools and mental health issues in school-aged children is an international concern. Similarly, parents, caregivers, and other concerned adults report behavioral disturbances in homes and in other settings despite the ongoing effort to ease access to mental health services.

Student mental health has also been demonstrated to have a direct impact on student behavior and performance. This book discusses methods by which educators can promote student mental health, similar to the ways in which schools already promote physical health.

Promoting student mental health may mean doing things differently than are currently being done, but does not involve doing more than what is already being done. Professional educators, counselors and readers interested in public mental health matters will greatly benefit from this book.



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