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Introduction

### **PART ONE- MENTAL ILLNESS AND THE RANGE OF ILLNESSES**

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## **Introduction to this book**

Mental Health is once again at the forefront of discussion and debate in the United Kingdom. One of the main focal points has been children (and young people generally) and mental health.

According to The Mental Health Foundation, mental health problems affect 1 in 10 children and young people. However, 70% of those affected have not had early intervention to prevent the onset of mental illness. This can and does lead to distressing situations, both in a young life and also later in life for the child or young person and their families.

In addition to children and young people, mental illness affects many adults and doesn't seem to be getting any better, with strains of everyday life such as housing shortages, escalating rents and house prices, rising homelessness and levels of personal debt and everything that flows from these factors having an adverse affect on peoples lives and their mental health. Correspondingly, to make things worse, in the face of the governments austerity drive, mental health services have been squeezed.

Therefore, it is more important than ever that individuals and their families can receive accurate and timely advice to prevent their personal situation deteriorating. That is why this book has been written.

The book is divided into three parts-the first part highlights the range of different types of mental illnesses that can affect people, from the most severe through to a wide range of other disorders. The second part deals with accessing treatment through the National Health Service and what type of treatment is available, and the third and final part deals with the law and mental health. Because of the fact that the book deals with the United Kingdom as a whole, the law in Scotland and Northern Ireland, as well as the law in England and Wales is covered.

The useful resources section at the back of the book also details the numerous organisations that exist to help people cope with mental illness.

David Wade

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