



Mutual Support and Mental Health: A Route to Recovery (Community, Culture and Change)

Maddy Loat

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Mutual Support and Mental Health focuses on the therapeutic value of meeting others with similar difficulties to share these experiences and support one another. This book explores the use of mutual support as a way to alleviate the distress associated with mental health problems and promote psychological wellbeing. The book begins with an overview of mutual support and its benefits, such as the provision of opportunities for the validation and normalisation of experiences. The author then goes on to examine the current provision of mutual support within mental health services. The book includes practical application of mutual support theory and offers clear advice on how to access or facilitate this type of support. This accessible book combines theory with practice to provide both mental health professionals and those experiencing mental health difficulties with valuable information on mutual support and how this can be implemented to make a positive difference to people's lives. "Community, Culture and Change" encompasses a wide range of ideas and theoretical models related to communities and cultures as a whole, embracing key Therapeutic Community concepts such as collective responsibility, citizenship and empowerment, as well as multidisciplinary ways of working and the social origins of distress. The ways in which our social and therapeutic worlds are changing are illustrated by the innovative and creative work described in these books.

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