

## BOOK REVIEW

### **Mental Health Issues In Primary Care - a Practical Guide**

Elizabeth Armstrong

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*Reviewed by Tom Sandford (Adviser on Mental health nursing, RCN)*

This is a delightful and important book that informs and empowers the reader. It avoids the pitfalls of oversimplification and assumption that sometimes blight other 'practical guides'. Instead it uses some of the most contemporary studies and UK health and social policy initiatives to concisely brief readers on what are sometimes quite complex issues.

The text is consistently patient centred and is so keenly applied to the everyday environment of primary health practitioners that it will not fail to develop both the practice and confidence of this group. My personal favourite is chapter 6, dealing with the neglected but increasingly important subject of schizophrenia in primary care. It is a masterpiece in terms of reviewing state of the art understanding of the illness and translating this material into practical strategies for maximising health gain for patients.

It is widely recognised that we have a long way to go in the UK in terms of realising good access to primary health care for people with mental health problems - this book takes us many steps closer to that ideal.