

About Hesperian Health Guides

For more than 50 years, Hesperian has provided information and educational tools to equip individuals and community organizations to take greater control over their health and lives and mobilize to eliminate the underlying causes of poor health. Our over 300 resources present easy-to-understand, accurate, culturally respectful, and highly-illustrated information on common health concerns including disease prevention and treatment, environmental health, worker health and safety, child disability, women's health, midwifery, health worker training, and community dentistry. Hesperian publications have been translated and adapted into 85 languages and are used in 221 countries and territories. According to the World Health Organization (WHO), our best-known publication, *Where There Is No Doctor*, is the most widely used health manual in the world.

How this book was developed

The creation of *Promoting Community Mental Health* and all our other resources is the result of a collaborative model that solicits as much input as possible from both grassroots partners and experts. A diverse network of partner organizations and volunteers provided feedback to help us develop, test, and improve this book. You can help us further improve this resource by sending your ideas, feedback, and suggestions to MentalHealth@hesperian.org

Support our work

Hesperian resources are published in English, Spanish, and many other languages; they are available in print and digital formats, including mobile apps, PDFs, and our free online HealthWiki.

As a not-for-profit organization, Hesperian's work is made possible through your book purchases and donations. To support further development and translations of *Promoting Community Mental Health* and other vital health information, please visit hesperian.org/donate for ways to give. See some of our resources on the following pages and visit our website: hesperian.org

