



the 1990s, the number of people with a mental health problem has increased in the UK, and the number of people with a mental health problem who are in contact with mental health services has also increased (Mental Health Act 1983, 1990).

There is a growing awareness of the need to improve the lives of people with a mental health problem, and to reduce the stigma and discrimination that they experience. This has led to a number of initiatives, including the development of self-help materials, the establishment of self-help groups, and the development of community mental health teams.

Self-help materials are designed to help people with a mental health problem to understand their condition, and to manage their symptoms. They can be used by people who are in contact with mental health services, or by people who are not in contact with mental health services.

Self-help groups are groups of people who have a mental health problem, and who meet regularly to discuss their experiences, and to provide mutual support. They can be used by people who are in contact with mental health services, or by people who are not in contact with mental health services.

Community mental health teams are teams of professionals who work together to provide a range of services to people with a mental health problem. They can be used by people who are in contact with mental health services, or by people who are not in contact with mental health services.

The aim of this paper is to describe the development of a self-help manual for people with a mental health problem, and to evaluate its effectiveness. The manual is designed to help people with a mental health problem to understand their condition, and to manage their symptoms. It is intended for use by people who are in contact with mental health services, or by people who are not in contact with mental health services.

The manual is based on the experience of the authors, and on the experience of other people with a mental health problem. It is designed to be easy to read, and to be useful to people with a mental health problem. It is intended to be used as a guide, and not as a substitute for professional advice.

The manual is divided into two parts. The first part is designed to help people with a mental health problem to understand their condition, and the second part is designed to help people with a mental health problem to manage their symptoms. The manual is intended to be used by people who are in contact with mental health services, or by people who are not in contact with mental health services.

The manual is based on the experience of the authors, and on the experience of other people with a mental health problem. It is designed to be easy to read, and to be useful to people with a mental health problem. It is intended to be used as a guide, and not as a substitute for professional advice.

The manual is divided into two parts. The first part is designed to help people with a mental health problem to understand their condition, and the second part is designed to help people with a mental health problem to manage their symptoms. The manual is intended to be used by people who are in contact with mental health services, or by people who are not in contact with mental health services.