



# Changing Minds: The go-to Guide to Mental Health for You, Family and Friends

*Dr Mark Cross, Dr Catherine Hanrahan*

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**Changing Minds: The go-to Guide to Mental Health for You, Family and Friends** Dr Mark Cross, Dr Catherine Hanrahan

This compassionate and insightful guide will demystify mental health issues and help anyone concerned about themselves or loved ones.

Leading psychiatrist Dr Mark Cross, from the acclaimed ABC TV series 'Changing Minds', feels strongly that everyone should have easy access to information they can trust about common mental health problems, whether for themselves or to help family or friends. The result is this empowering guide which aims to cut through the myths and taboos about mental health and offer clear, practical help. It covers a wide range of common issues, from bipolar, anxiety, personality and eating disorders, to depression, post-traumatic stress and schizophrenia, and includes how to get help, what treatments are available and how to live successfully with a mental illness. Most importantly, it shows how carers and families can help a loved one through what can be a very challenging time. Since almost half of all Australians will experience a mental health issue at some point in their lifetime, this book is for everyone.

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