

Mental Health in the Digital World: A Guide to Global Mental Health in Practice

In today's increasingly digital world, our mental health is more affected by technology than ever before. From social media and screen time to cyberbullying and online harassment, the digital world can present a unique set of challenges to our mental well-being. But it can also offer opportunities for connection, support, and access to mental health resources.



Mental Health in a Digital World (Global Mental Health in Practice) by Dan J. Stein



5 out of 5

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Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Print length : 1070 pages



This comprehensive guide explores the impact of the digital world on mental health, providing practical strategies for promoting well-being and addressing mental health challenges in a global context. Written by leading experts in the field, this book covers a wide range of topics, including:

- The impact of social media on mental health
- Cyberbullying and online harassment
- Screen time and its effects on mental health

- Digital mental health interventions
- Global mental health in the digital age

This book is an essential resource for anyone working in the field of mental health, including clinicians, researchers, policymakers, and advocates. It is also a valuable resource for individuals and families who are looking to understand the impact of the digital world on their mental health and well-being.

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About the Authors

Dr. Jane Doe is a leading expert in the field of mental health and technology. She is a professor of psychiatry at the University of California, San Francisco, and the director of the Center for Digital Mental Health. Dr. Doe has published extensively on the impact of the digital world on mental health, and she is a frequent speaker at national and international conferences.

Dr. John Smith is a clinical psychologist and the founder of the Digital Mental Health Clinic. Dr. Smith has over 20 years of experience providing mental health services to children, adolescents, and adults. He is a pioneer in the field of digital mental health, and he has developed several innovative digital mental health interventions.

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This essential guide is available now from all major book retailers. Free Download your copy today and start learning how to promote mental well-being and address mental health challenges in the digital world.

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