

Public mental health promotion and networks

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KEY Questions

- **WHAT** is public mental health?
- **WHY** is public mental health important?
- Why is the public **VERY** ignorant on how to stay mentally healthy?
- **CAN** we educate the public on how to stay mentally healthy?
- **HOW** can we do that?



Research goals

- Overall goal:
 - Educate the public and policy makers.
 - Isolate major parameters affecting mental health.
- Precise goal: create a sound prevention program.
 - Clarify factors directly influencing day to day lives and affect.
 - Evaluating the long term value of treatment.
 - Identifying risk leading to the developement of common mental illness.
 - Identifying culturally specific factors influencing affect.

This is where we are NOW!!!!!!



This is where we want to BE!!!!





- Thank you for listening!