

the 1990s, the number of people with a mental health problem has increased in the UK (Mental Health Act 1983, 1990).

There is a growing awareness of the need to improve the lives of people with mental health problems. This has led to a number of initiatives, including the development of self-help materials (e.g. *Living Well with a Mental Health Problem*, 1997).

The purpose of this paper is to describe the development of a self-help manual for people with a mental health problem. The manual is designed to help people to understand their condition, to manage their symptoms, and to improve their quality of life.

The manual is based on the principles of cognitive-behavioural therapy (CBT). CBT is a type of therapy that helps people to change their thoughts and feelings, and to learn new ways of coping with their problems.

The manual is written in a simple, easy-to-understand style. It is designed to be used by people who are new to CBT, and who may have a mental health problem.

The manual is divided into four main sections. The first section describes the symptoms of a mental health problem, and how they can be managed. The second section describes the principles of CBT, and how they can be used to manage symptoms.

The third section describes the different types of CBT, and how they can be used to manage symptoms. The fourth section describes the benefits of CBT, and how it can be used to improve quality of life.

The manual is available in both print and electronic formats. It is available free of charge to people who are registered with a mental health professional.

The manual is a valuable resource for people with a mental health problem. It provides a clear, concise, and easy-to-understand guide to CBT, and to the management of symptoms.

The manual is a valuable resource for mental health professionals. It provides a clear, concise, and easy-to-understand guide to CBT, and to the management of symptoms.

The manual is a valuable resource for carers. It provides a clear, concise, and easy-to-understand guide to CBT, and to the management of symptoms.

The manual is a valuable resource for the general public. It provides a clear, concise, and easy-to-understand guide to CBT, and to the management of symptoms.

The manual is a valuable resource for anyone who is interested in CBT, and in the management of symptoms.

The manual is a valuable resource for anyone who is looking for a self-help manual for people with a mental health problem.

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