

Acknowledgements

The primary-care guide to mental and neurological disorders would not have been possible without the advice, support and collaboration of primary-care workers, researchers, WHO Collaborating Centres and other agencies. The WHOCC wishes to express its particular thanks to the following for their valuable collaboration.

SECOND EDITION

UK version

Expert input on particular topics was generously provided by the following people.

Adult guidelines

Professor of Primary Medical Care, Director of Community Clinical Sciences Division, University of Southampton Medical School; Professor Mike Kerr, Professor of Learning Disability Psychiatry, Honorary Consultant in Neuropsychiatry, University of Wales College of Medicine, Cardiff; Ms Gundi Kiemle, Consultant Clinical Psychologist (Sexual Health), Bolton Hospitals NHS Trust; Professor Malcolm Lader, Emeritus Professor of Clinical Psychopharmacology, Institute of Psychiatry, King's College London; Professor Glyn Lewis, Professor of Psychiatric Epidemiology, University of Bristol; Dr Anne Lingford-Hughes, Senior Lecturer, Division of Psychiatry, University of Bristol; Dr Nicholas Losseff, Institute of Neurology, National Hospital for Neurology and Neurosurgery, London; Dr Heather Major, Senior Medical Advisor, DVLA, Swansea; Professor Isaac Marks, Emeritus Professor of Experimental Psychopathology, Institute of Psychiatry, King's College London; Dr Paul Moran, Senior Research Fellow, Health Services Research Department, Institute of Psychiatry, King's College London; Professor Greg O'Brien, Professor of Developmental Psychiatry, Northgate Hospital, Morpeth; Ruth Page, Business Analyst/Data Modeller, Data and Information Standards Programme, NHS Information Authority, Winchester; Ms Carol Paton, Chief Pharmacist, Oxleas NHS Trust; Professor Robert Peveler, Professor of Psychiatry, University of Southampton; Professor Tony Pinching, Associate Dean for Cornwall, Peninsula Medical School, Royal Cornwall Hospital; Dr Louise Robinson, Clinical Senior Lecturer in Mental Health for Older People, Centre for Health Services Research, University of Newcastle upon Tyne; Dr Suzanna Rose, Project Leader, Berkshire Traumatic Stress Service; Dr Ulrike Schmidt, Senior Lecturer in Psychiatry, Eating Disorders Research Unit, Institute of Psychiatry, King's College London; Dr Isobel Scriven, Assistant Psychologist, Berkshire Traumatic Stress Service; Professor Tom Sensky, Professor of Psychological Medicine, Imperial College London, Honorary Consultant Psychiatrist, West London Mental Health NHS Trust; Professor Pamela Shaw, Consultant in Neurology, Royal Hallamshire Hospital, Sheffield; Dr David Smart, General Practitioner, Leicester Terrace Health Centre, Northampton; Dr G Mustafa Soomro, Honorary Research Fellow, Community Psychiatry, St George's Hospital, London; Dr George Stein, Consultant Psychiatrist, Farnborough Hospital; Professor Gregory Stores, Professor of Developmental Neuropsychiatry, Department of Psychiatry, University of Oxford; Dr Malcolm Steiger, Consultant Neurologist, The Walton Centre for Neurology and Neurosurgery NHS Trust, Liverpool; Dr Tim Steiner, Reader in Clinical Physiology, Imperial College London, Director and Trustee of World Headache Society and European Headache Federation; Dr Geraldine Strathdee; Consultant Psychiatrist and Clinical Director, Bromley Directorate, Oxleas NHS Trust; Dr Graham Venables, Consultant Neurologist and Clinical Director, Neuroscience, Sheffield Teaching Hospital; Professor Charles Warlow, Professor of Medical Neurology, Clinical Neuroscience, Western General Hospital, Edinburgh; Professor Simon Wessely, Professor of Epidemiological and Liaison Psychiatry, Institute of Psychiatry; Dr Richard Woof, Clinical Lecturer, University of Birmingham, General Practitioner, Corbett Medical Practice, Associate

Specialist, St Richard's Hospice, Worcester; Professor AH Young, School of Neurology, Neurobiology and Psychiatry, The Royal Victoria Infirmary, Newcastle-upon-Tyne.

Child and adolescent guidelines

Professor Anthony Bailey, Cheryl and Reece Scott Professor of Psychiatry, University Section of Child and Adolescent Psychiatry, Park Hospital, Oxford; Dr Michael Bannon, Consultant Paediatrician, Northwick Park Hospital, Associate Dean in Postgraduate Medicine, London Deanery; Dr Dora Black, Honorary Consultant Child and Adolescent Psychiatrist, Traumatic Stress Clinic, London; Professor Yvonne Carter, Head of Division of Community Sciences, Barts & The London; Dr Sam Cartwright-Hatton, NHS Executive Research Fellow, University of Manchester Department of Child and Adolescent Psychiatry, Professor Ilana Crome, Academic Director of Psychiatry and Professor of Addiction Psychiatry, Keele University Medical School; Dr Mina Fazel, Warneford Hospital, Oxford; Dr Gillian Forrest, Senior Research Fellow, Section of Child and Adolescent Psychiatry, Oxford University; Professor Elena Garralda, Professor in Child and Adolescent Psychiatry, Imperial College School of Medicine, London; Dr Danya Glaser, Consultant in Child and Adolescent Psychiatry, Great Ormond Street Hospital, London; Professor Ian Goodyer, Professor of Child and Adolescent Psychiatry, Section of Developmental Psychiatry, University of Cambridge; Professor Richard Harrington, Professor of Child and Adolescent Psychiatry, Royal Manchester Children's Hospital; Professor Peter Hill, Department of Psychological Medicine, Great Ormond Street Hospital; Professor Chris Hollis, Head of Division of Psychiatry, University of Nottingham; Dr Lionel Jacobson, Honorary Lecturer, Department of General Practice, University of Wales College of Medicine; Ms Claire Norton, Senior Pharmacist, Birmingham Children's Hospital; Dr Paul Ramchandani, MRC Training Fellow in Health Services Research, University of Oxford Department of Psychiatry; Dr Gill Salmon, Consultant Child and Adolescent Psychiatrist, Trehafod Child and Adolescent Clinic; Dr Stephen Scott, Reader in Child Health and Behaviour, King's College London, Consultant Child and Adolescent Psychiatrist, Maudsley Hospital; Dr Mima Simic, Child and Adolescent Eating Disorders Team, Institute of Psychiatry, King's College London; Dr TI Williams, Consultant Clinical Psychologist, Berkshire Healthcare NHS Trust, Visiting Research Fellow, School of Psychology, University of Reading

UK National Editorial Team

Professor Edzard Ernst, Professor of Complementary Medicine, Institute of Health and Social Care Research, Peninsula Medical School, Exeter; Professor Rachel Jenkins, Director, WHO Collaborating Centre for Research and Training for Mental Health, Institute of Psychiatry; Dr Barry Lewis, Associate Director Postgraduate GP Education, University of Manchester, General Practitioner, Castleton Health Centre, Rochdale; Dr Albert Persaud, Director of Black and Ethnic Minority R&D Group, Department of Health, London; Professor Debbie Sharp, Professor of Primary Health Care, University of Bristol; Professor Eric Taylor, Professor of Child and Adolescent Psychiatry, Department of Child and Adolescent Psychiatry, Institute of Psychiatry; Jim Thompson, Director, Depression Alliance; Professor André Tylee, Professor of Primary Care Mental Health, Institute of Psychiatry, Chair of the Primary Care Board, NIMHE, Editor, Primary Care Mental Health; Professor Charles Warlow, Professor of Medical Neurology, Clinical Neurosciences, Western General Hospital, Edinburgh.

UK National Consensus Groups

Adult guidelines

Ms Melanie Atkinson, Primary Care Mental Health Worker, West Sussex Health & Social Care Trust; Professor Terry Brugha, Professor of Psychiatry, Section of Social and Epidemiological Psychiatry, University of Leicester; Dr Eleanor Cole, Consultant Psychiatrist, South London & Maudsley NHS Trust; Dr Michael Farrell, Senior Lecturer and Consultant Psychiatrist, National

Addiction Centre, Institute of Psychiatry and South London & Maudsley NHS Trust; Dr Mark Gabbay, Senior Lecturer in General Practice, University of Liverpool; Professor Rachel Jenkins, Director, WHO Collaborating Centre for Research and Training for Mental Health, Institute of Psychiatry; Professor Tony Kendrick, Professor of Primary Care, Department of Primary Medical Care, University of Southampton; Dr Sue Lamerton, Specialist Registrar in Treatment of Addictions, Gloucester Partnership Trust; Dr Helen Lester, Senior Lecturer in Primary Care, Department of Primary Care, University of Birmingham; Dr Barry Lewis, Associate Director Postgraduate GP Education, University of Manchester, General Practitioner, Castleton Health Centre, Rochdale; Professor Glyn Lewis, Professor of Psychiatric Epidemiology, University of Bristol; Professor Isaac Marks, Emeritus Professor of Experimental Psychopathology, King's College London; Dr Dele Olajide, Consultant Psychiatrist, Maudsley Hospital and Honorary Senior Lecturer, Institute of Psychiatry; Dr Sue Plummer, MRC Fellow in Health Services Research, Institute of Psychiatry, King's College London; Professor Tom Sensky, Professor of Psychological Medicine, Imperial College London, Honorary Consultant Psychiatrist, West London Mental Health NHS Trust; Professor Debbie Sharp, Professor of Primary Health Care, University of Bristol; Dr David Shiers, Primary Care Lead, NIMHE, West Midlands, General Practitioner, North Staffordshire; Jim Thompson, Director, Depression Alliance; Professor Nigel Wellman, Professor of Health and Human Sciences, Thames Valley University & Consultant Nurse, Berkshire Healthcare NHS Trust; Professor Simon Wessely, Professor of Epidemiological and Liaison Psychiatry, Institute of Psychiatry; Dr Richard Woof, Clinical Lecturer, University of Birmingham, General Practitioner, Corbett Medical Practice, Associate Specialist, St Richard's Hospice, Worcester

Child and adolescent guidelines

Professor Elena Garralda, Professor in Child and Adolescent Psychiatry, Imperial College School of Medicine, London; Professor Richard Harrington, Department of Child Health and Adolescent Psychiatry, Royal Manchester Children's Hospital; Dr Danya Glaser, Consultant Child and Adolescent Psychiatrist, Great Ormond Street Hospital; Professor Robert Goodman, Professor of Brain and Behavioural Medicine, Institute of Psychiatry; Dr John James, Consultant to the Institute for Health Sector Development, London; Dr Barry Lewis, Associate Director Postgraduate GP Education, University of Manchester, General Practitioner, Castleton Health Centre, Rochdale; Dr Quentin Spender, Consultant and Senior Lecturer in Child and Adolescent Psychiatry, West Sussex Health and Social Care NHS Trust and St George's Hospital Medical School, London; Professor Eric Taylor, Professor of Child and Adolescent Psychiatry, Department of Child and Adolescent Psychiatry, Institute of Psychiatry; Mr Mervyn Townley, Consultant Nurse, CAMHS, Gwent NHS Trust

Commentators

Adult guidelines

Professor Johan A. Aarli, Professor of Neurology, Chairman, Department of Clinical Neurosciences, University of Bergen, Liaison Officer to FRO and to WHO; Dr Shakeel Ahmad, Consultant General, Adult and Neuropsychiatry; Mary Baker, President of Parkinson's Disease Association, President of the European Federation of Neurological Associations, Vice President of the European Brain Council; Dr Anthony Bateman, Consultant Psychiatrist in Psychotherapy/Honorary Senior Lecturer, Royal Free and University College Medical School, London; Professor Dinesh Bhugra, Professor of Mental Health and Cultural Diversity, Institute of Psychiatry; Dr MF Boyle, General Practitioner, The Health Centre, Linlithgow; Professor Julian Bogousslavsky, Chairman, Department of Neurology, Lausanne, President-Elect, International Stroke Society; Professor Alistair Burns, Professor of Mental Health in the Elderly, Withington Hospital; Professor Chris Butler, Professor of Primary Care Medicine, Department of General Practice, University of Wales College of Medicine; Dr Richard Byng, Honorary Lecturer in General Practice and Primary Care, GKT, King's College, London; Professor David Clark, Professor of

Psychology and Head of Department, Department of Psychology, Institute of Psychiatry; Dr Alan Cohen, Director of Primary Care, Sainsbury Centre, Chair of the London Regional Development Centre; Professor Arthur Crisp, Emeritus Professor of Psychological Medicine, University of London at St George's Hospital Medical School; Professor Anke Ehlers, Wellcome Principal Research Fellow, Department of Psychology, Institute of Psychiatry; Professor Chris Fairburn, Wellcome Principal Research Fellow and Professor of Psychiatry, Department of Psychiatry, University of Oxford; Dr Andrew Farmer, Department of Primary Health Care, University of Oxford; Professor Anne Farmer, Professor of Psychiatric Nosology, Institute of Psychiatry; Professor Mark Freeston, Director of Research and Training, Newcastle Cognitive and Behaviour Centre; Dr Mark Gabbay, Senior Lecturer in General Practice, University of Liverpool; Dr Clare Gerada, Director of Primary Care NHS Clinical Governance Support Team, RCGP Director of Drugs Training Unit, General Practitioner; Professor Else Guthrie, Professor of Psychological Medicine and Medical Psychotherapy, Department of Psychiatry, Manchester Royal Infirmary; Dr Willie Hamilton, Research Fellow, University of Bristol; Dr Margaret Hannah, Consultant in Public Health, Fife NHS Board; Dr Madelyn Hicks, Consultant Psychiatrist, South London & Maudsley NHS Trust, Lecturer, Department of Social Medicine, Harvard Medical School, Honorary Research Worker, Department of Health Services Research, Institute of Psychiatry; Chris Holley, Consultant Nurse, Sexual Abuse and Women's Issues, South Staffordshire Healthcare NHS Trust; Professor Sheila Hollins, Professor of Psychiatry of Learning Disability, Department of Mental Health, St George's Hospital Medical School, London; Professor Amanda Howe, Professor of Primary Care, School of Medicine, Health Policy & Practice, University of East Anglia; Dr Steve Iliffe, Department of Primary Health Care, Royal Free and University College Medical School, London; Dr Navneet Kapur, Senior Lecturer in Psychiatry, Centre for Suicide Prevention, University of Manchester; Professor Tony Kendrick, Professor of Primary Care, University of Southampton; Dr David Kessler, Senior Clinical Research Fellow, Division of Primary Health Care, Bristol University; Professor Mike King, Professor of Psychiatry, Royal Free and University College Medical School, London; Professor Shon Lewis, Professor of Adult Psychiatry, School of Psychiatry and Behavioural Sciences, University of Manchester; Dr Anne Lingford-Hughes, Senior Lecturer, Division of Psychiatry, University of Bristol; Professor Alistair MacDonald, Professor of Psychiatry of Old Age, Lewisham and Guy's Mental Health Trust, London; Dr Viv Mak, Consultant in Psychiatry of the Elderly; Professor Anthony Mann, Professor of Epidemiological Psychiatry, King's College London; Professor Isaac Marks, Emeritus Professor of Experimental Psychopathology, King's College London; Dr Robert Mayer, GP Principal, Highgate Group Practice, London; Dr Colin Murray Parkes, Consultant Psychiatrist, St Christopher's Hospice, Sydenham and St Joseph's Hospice, Hackney, Life President of Cruse Bereavement Care, Editor Bereavement Care; Professor Sheila Payne; Dr Jack Piachaud, Consultant in Learning Disability, St Mary's Hospital, London; Dr Sue Plummer, MRC Fellow in Health Services Research, Institute of Psychiatry; Dr Nikki Rizvi, General Practitioner, London; Dr Suzanna Rose, Project Leader, Berkshire Traumatic Stress Service; Dr Chiara Samele, Non-Clinical Lecturer and Senior Researcher, Institute of Psychiatry, King's College Hospital; Professor Debbie Sharp, Professor of Primary Health Care, University of Bristol; Dr David Shiers, Primary Care Lead, NIMHE, West Midlands, General Practitioner, North Staffordshire; Dr Tim Steiner, Reader in Clinical Physiology, Imperial College London, Director and Trustee of World Headache Society and European Headache Federation; Dr Tim Stokes, Senior Lecturer in General Practice, Clinical Governance Research & Development Unit, University of Leicester; Professor Graham Thornicroft, Section of Community Psychiatry, Institute of Psychiatry; Professor André Tylee, Professor of Primary Care Mental Health, Institute of Psychiatry, Chair of the Primary Care Board, NIMHE, Editor, Primary Care Mental Health; Dr Graham Venables, Consultant Neurologist and Clinical Director, Neurosciences, Sheffield Teaching Hospital.

Child and adolescent guidelines

Professor Yvonne Carter, Head of Division of Community Sciences, Barts & The London; Dr Tim Chambers, Consultant Physician and Nephrologist, Bristol Royal Hospital for Sick Children; Dr Myra Cooper, Isis Education Centre, Warneford Hospital, Oxford; Dr Judith Dawkins, Consultant

Child and Adolescent Psychiatrist, Surrey; Dr Sharon Davies, Institute of Psychiatry, London; Dr Mary Eminson, Consultant Child and Adolescent Psychiatrist, CAMHS, Royal Bolton Hospital; Dr Isobel Heyman, Consultant Child Psychiatrist, Department of Child Psychiatry, Institute of Psychiatry, London; Dr Gillian Forrest, Senior Research Fellow, Section of Child and Adolescent Psychiatry, Oxford University; Dr Willie Hamilton, Research Fellow, University of Bristol; Dr Bob Jezzard, Department of Health, London; Professor Joe Kai, Professor of Primary Care, University of Nottingham; Dr Daphne Keen, Consultant Developmental Paediatrician, Community Child Health, St George's Hospital, London; Dr Barry Lewis, Associate Director Postgraduate GP Education, University of Manchester, General Practitioner, Castleton Health Centre, Rochdale; Dr Aidan Macfarlane, Independent International Consultant in the Strategic Planning of Child and Adolescent Services; Dr Robert Mayer, GP Principal, Highgate Group Practice, London; Dr Julian Morrell, Consultant Child and Adolescent Psychiatrist, Winnicott Research Unit, Department of Psychology, Reading University; Dr George Smerdon, General Practitioner, St Ives, Huntingdon; Dr Quentin Spender, Consultant and Senior Lecturer in Child and Adolescent Psychiatry, West Sussex Health and Social Care NHS Trust and St George's Hospital Medical School, London; Dr Jennifer Tyrrell, Consultant Paediatrician, Royal United Hospital, Bath; Dr Avril Washington, Consultant Paediatrician, Homerton University Hospital, London; Professor Bill Yule, Professor of Applied Child Psychology, Institute of Psychiatry, London.

References: Rachel Churchill and Hugh McGuire of The Cochrane Collaboration Depression, Anxiety & Neurosis group (CCDAN), Institute of Psychiatry, graded and provided comment on the references and provided the Cochrane reviews.

Codes: Dr Alan Cohen of the Sainsbury Centre for Mental Health, Cheryl Cowley, Health Information and Nurse Practitioner, The National Programme for IT (NPfIT) - Primary Care Team, Lynn Bracewell, National Clinical Classifications Service Manager NHS Information Authority, Winchester and Gareth Dear, Data Quality and Classification Advisor, National Clinical Classification Service, NHS Information Authority, Winchester supplied the equivalent clinical terms for the ICD-10 codes.

Resources: Ruth Jenkins, Mike Morgan and Lynette Timms checked the contact details for the resources section.

Project Management: Overall project management was initiated by Dr Sue Collinson and completed by Lucy Gardner, under the direction of Rachel Jenkins.

FIRST EDITION

Expert input on particular topics was generously provided by the following people.

Dr Sube Banerjee, Dr Tom Carnwath, Professor Anna Cooper, Dr Michael Crowe, Dr Katy Drummond, Dr Jim Dyer, Dr Mike Farrell, Dr Mark Gabbay, Dr Clare Garrada, Dr Linda Gask, Professor Sir David Goldberg, Professor Sheila Hollins, Dr Gundi Kiemle, Professor Tony Kendrick, Professor Malcolm Lader, Professor Alistair MacDonald, Professor Isaac Marks, Mr John Park, Mr Stephen Popplestone, Ms Sue Plummer, Professor Jan Scott, Dr Ulrike Schmidt, Dr James Strachan, Mr David Taylor, Dr André Tylee, Dr John Turvill, Professor Simon Wessely. Jo Paton researched the evidence base and compiled the references and notes section and adapted the patient leaflets. Lynette Timms checked all the contact details for the Community Resources.

UK National Editorial Team

David Goldberg, Linda Gask, Rachel Jenkins, Barry Lewis, Jo Paton, Debbie Sharp, André Tylee. Overall management and co-ordination of the project was carried out by Jo Paton, under the direction of Rachel Jenkins.

UK National Consensus Group

Ms Elizabeth Armstrong, Director, National Depression Care Training Centre; Dr Sube Banerjee, Lecturer, Institute of Psychiatry, Dr Mary Burd, Primary Care Psychology and Counselling Service; Dr Richard Byng, Lecturer, Department of General Practice and Primary Care, UMDS; Professor Anna Cooper, Professor of Psychiatry and Learning Disability, Glasgow University; Dr Katie Drummond, Psychiatrist of Disability; Ms Joan Foster, Chair, Counsellors in Primary Care; Dr Mark Gabbay, Senior Lecturer, Department of General Practice, Liverpool University; Dr Clare Garrada, RCGP Mental Health Task Force and Senior Policy Advisor, Department of Health; Dr Linda Gask, Reader in Psychiatry, University of Manchester; Professor Sir David Goldberg, Professor of Psychiatry, Institute of Psychiatry; Professor Glyn Harrison, Professor of Psychiatry, Bristol University; Professor Sheila Hollins, Department of Psychiatry of Disability, St George's Hospital; Professor Rachel Jenkins, Director, WHO Collaborating Centre for Research and Training for Mental Health; Professor Tony Kendrick, Professor of General Practice, University of Southampton; Dr David Kessler, GP, PriMHE; Professor Malcolm Lader, Professor of Clinical Psychopharmacology, Institute of Psychiatry; Dr Chris Manning, GP, co-Chair PriMHE; Dr Richard Maxwell, GP, PriMHE; Ms Sue Plummer, Research Nurse, Department of Psychiatric Nursing, Institute of Psychiatry; Professor Debbie Sharp, Professor of General Practice, University of Bristol; Professor Simon Wessely, Institute of Psychiatry; Dr Ellen Wilkinson, Lecturer, Department of Mental Health, Bristol University; Dr Alastair Wright, GP, formerly Editor, British Journal of General Practice; Ms Jo Paton, Researcher, Institute of Psychiatry.

Commentators

The following people also provided valuable comments: Marion Beeforth, Service User; Nigel Duerdoth, Mental Health Foundation; John Mellor Clark, Psychological Therapies Research Centre; Dr Peter Orton, GP Advisor, Royal Society of Medicine; Dr Salman Rawaf, Public Health Department, MSW Health Authority; Ms Jackie Carnell, General Secretary, Community Practitioners and Health Visitors Association; Ms Jo Hesketh, Director, The Queens Nursing Institute; Ms Karen Gupta, Chair, Practice Nurse Forum, Royal College of Nursing; Mr Ian Moore, Community Mental Health Team Association; Brian Rodgers, Community Psychiatric Nurse Association.

International version

J Banda (Zambia), D Berardi (Italy), A Bertelsen (Denmark), E Busnello (Brazil), A Carla (France), J E Cooper (UK), N Dedeoglu (Turkey), M P Deva (Malaysia), D Goldberg (UK), M Gomel (Australia), O Gureje (Nigeria), C Hunt (Australia), R Jenkins (UK), S Murthy (India), K Ogel (Turkey), C Pull (Luxembourg), D Roy (Canada), G E Simon (USA), P Verta (France), M Von Korff (USA) and N Wig (India).

D Goldberg and G E Simon were chief consultants for the project and compiled the information for each category of disorder.

Overall management and coordination of the project was carried out by Dr T B Ustun.

World Organization of National Colleges and Academies and Academic Associations of General Practitioners/Family Physicians (WONCA)

C Bridges-Webb and H Lamberts.

World Psychiatric Association

N Sartorius and JJ López-Ibor Jr.

National Institute of Mental Health, USA

K Magruder, D Reiger, J Gonzalez and G Norquist.

Bristol version

The editorial team were Catherine Crilly, Jonathan Evans, Glynn Harrison, Gemma McCann, Debbie Sharp, Cameron Smith, Ellen Wilkinson. Brendan Blair assisted with the guide to the Mental Health Act.

Permissions

We are grateful to the following organizations who kindly granted copyright permission for us to reproduce or adapt their work:

Radcliffe Medical Press: The School Refusal guideline was adapted from School refusal. In: Spender Q, Salt N, Dawkins J et al. (eds.) Child Mental Health in Primary Care. Oxford: Radcliffe Medical Press, 2001.

The World Health Organization Division of Mental Health and Substance Abuse: Material from Mental Disorders in Primary Care: a WHO Educational Package: Patient leaflets How to cut down on your drinking, the Anxiety disorder, Depression, Sleep, Unexplained physical complaints leaflets and all the interactive summary cards and the diagnostic checklists.

World Health Organization Collaborating Centres in Mental Health, Sydney and London: Extracts from Andrews G, Jenkins R (eds.) Management of Mental Disorders, UK Edition. Sydney: World Health Organization Collaborating Centre for Mental Health and Substance Abuse, 1999 - used in patient leaflets: Management strategies useful for a large number of disorders, Acute stress reaction, Alcohol misuse, Bipolar disorder, Drug use diary, Psychosis, Sleep problems, and Social and living skills checklist.

Mental Health Foundation: Extract from Managing Anxiety and Depression: a Self-Help Guide, used in patient leaflet Learning to relax.

Nottingham Alcohol and Drug Team: Extract from Problem Drug Use, used in patient leaflet Harm minimization: advice about safer drug use.

This Guide has been endorsed by the following groups:

WHO Collaborating Centre for Mental Health Research & Training, Institute of Psychiatry, King's College London

The Royal College of Psychiatrists

The Royal College of General Practitioners

The Royal College of Physicians Joint Specialty Committee for Neurology

The Royal College of Nursing NIMHE (National Institute for Mental Health in England)

Neurological Alliance

European Federation of Neurological Association

The Patients Association PriMHE (Primary Care Mental Health Education)

Mental Health Nurses Association

The Association of Counsellors and Psychotherapists in Primary Care

The Queen's Nursing Institute Community Practitioners' and Health Visitors' Association