



## **Promoting Mental Health in Scarce-Resource Contexts: Emerging Evidence and Practice**

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Exploring the potential behind mental health promotion to help people adjust to and cope with life's challenges, this examination also highlights its importance in low to middle-income contexts where hardship is common, emphasizing how it can strengthen social and economic development. Providing a relevant conceptual and theoretical base for the application of mental health promotion in impoverished circumstances, this analysis offers examples of evidence-based programs across the lifespan applicable in these specific settings. With contributions from a range of experts in the field, this is a vital text for mental health and general public health students and practitioners as well as policymakers and planners.

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