

CHAPTER ONE

Introduction

Overview

Topics in this section

- **How to use this Workbook**
- **Introduction to the Whole Life Approach**
- **Seeing Differently, Thinking Differently: Study Tours**
- **Mental Health as a Community Issue: Monaghan Mental Health**

Aim

Firstly, this chapter provides a detailed overview on how to use this workbook.

Following this is a history on how the Whole Life Programme came to be developed. The underpinning philosophies of the Whole Life Approach are also explained. Examples of multiple creative ways of working within mental health are explored by discussing innovative practices that are being used in many different mental health sites across Europe. Obstacles to using these new ways of working in England are raised, as are discussions around possible solutions.

Learning outcomes

By reading this section and completing the activities included you will begin to understand the following points:

- The main principles of the Whole Life approach.
- How and why it is important to create new mental health practices that consider the individual in the context of their Whole Life.
- How to examine our perspective on mental health and people with mental health problems.
- The perspective behind the Whole Life Approach motto: 'Change the thinking, change the practice, change the system'.
- Innovative ways of working with people who are experiencing mental ill health.