

# Understanding Mental Disorders

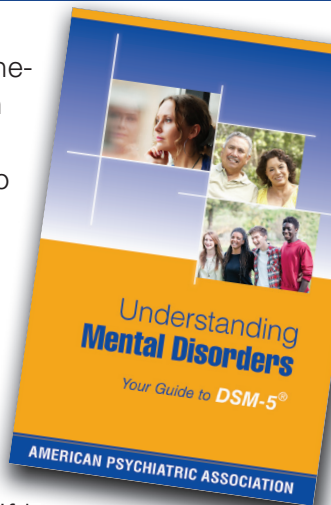
Your Guide to DSM-5®

American Psychiatric Association

A consumer guide for anyone who has  
been touched by mental illness!

With Foreword by Patrick J. Kennedy

Most of us know someone who suffers from a mental illness. This book helps those who may be struggling with mental health problems, as well as those who want to help others achieve mental health and well-being.



Based on the latest, fifth edition of the *Diagnostic and Statistical Manual of Mental Disorders*—known as DSM-5®—**Understanding Mental Disorders** provides valuable insight on what to expect from an illness and its treatment—and will help readers recognize symptoms, know when to seek help, and get the right care. Featured disorders include depression, schizophrenia, ADHD, autism spectrum disorder, posttraumatic stress disorder, and bipolar disorder, among others.

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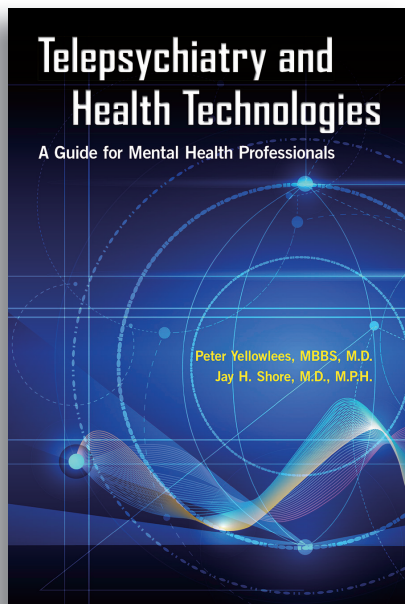
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## A Guide for Mental Health Professionals

*Peter Yellowlees, MBBS, M.D., and Jay H. Shore, M.D., M.P.H.*



*Telepsychiatry and Health Technologies: A Guide for Mental Health Professionals* is a practical guide for psychiatrists and other mental health professionals seeking to exploit the enormous potential of today's innovative digital technologies to improve the quality, accessibility, and cost-effectiveness of care for patients with psychiatric disorders. Taking the doctor-patient relationship as its consistent focus, the book explores currently available mental health care delivery technologies—from telephony, smartphones, and apps to e-mail, secure texting, and videoconferencing—and offers practical advice to clinicians on how best to make use of these tools to provide high-quality care to their patients. Beginning with an overview of current psychiatric practice, the authors cover the broader context of telepsychiatry, including its history and evidence base; give specific guidance on setting up

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