



# Spirituality, Values and Mental Health: Jewels for the Journey

*John Swinton*

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Spirituality, religious belief and inclusive faith communities are important for mental well being but mental health practitioners have few guidelines for acknowledging these issues when working with service users.

Spirituality, Values and Mental Health gathers together personal and professional contributions from mental health professionals, carers and mental health service users and survivors. It addresses the stigma that can surround both mental health and spirituality and explores the place of the spiritual in mental health care, teasing out its implications for research, education, training and good practice.

This book is a welcome source of ideas and common-sense that is essential reading for mental health practitioners, carers and service users, chaplains, faith leaders, faith communities, as well as students and professionals working in the field of spirituality and mental health.

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