



## **Literacy, Self-Care and Mental Health: Assessment and Intervention**

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Deadline for manuscript  
submissions:

**closed (31 December 2022)**

### **Message from the Guest Editors**

Self-care means taking the time to do things that help one to live well and improve both physical and mental health. When it comes to mental health, self-care can help manage stress, lower the risk of illness, and increase energy. Even small acts of self-care in daily life can have a big impact. Mental health literacy can be defined as the knowledge and beliefs about mental disorders which aid their recognition, management, or prevention. Mental health literacy consists of several components, including: (a) the ability to recognise specific disorders or different types of psychological distress, (b) knowledge and beliefs about risk factors and causes, (c) knowledge and beliefs about self-help interventions, (d) knowledge and beliefs about professional help available, (e) attitudes which facilitate recognition and appropriate help-seeking, and (f) knowledge of how to seek mental-health information.

Considering the relevance in those domains (mental health literacy and mental-health self-care), papers addressing these topics are welcome, especially those combining a high academic standard coupled with a practical focus on providing evidence-based assessment and intervention.





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## Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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