

# **Badische Landesbibliothek Karlsruhe**

**Digitale Sammlung der Badischen Landesbibliothek Karlsruhe**

**In hoc opere haec cōtinentur || Noua translatio primi libri  
geographiae C#[I].Ptolomaei: ... || Ioanne Venero  
Nurenberge.~ interprete.|| In eundem primum librum ...  
argumēta ... || & annotationes ...**

**Ptolemaeus, Claudius**

**Nürnberg, 1514**

Rückdeckel

[urn:nbn:de:bsz:31-248672](https://nbn-resolving.org/urn:nbn:de:bsz:31-248672)



the 1990s, the number of people with a mental health problem has increased in the UK.

There are a number of reasons for this increase. One of the main reasons is that people are living longer. As a result, people are spending more of their lives with a mental health problem.

Another reason is that people are becoming more aware of their mental health. This means that more people are seeking help for their mental health problems.

There are also a number of other reasons for the increase in mental health problems. These include:

- Stress: Stress is a major cause of mental health problems. It can be caused by a number of factors, including work, family, and financial problems.

- Substance abuse: The use of drugs and alcohol can lead to mental health problems.

- Trauma: Experiencing a traumatic event can lead to mental health problems.

- Genetic factors: Some people are more likely to develop mental health problems due to genetic factors.

- Social factors: Living in a deprived area can increase the risk of mental health problems.

The increase in mental health problems has led to a need for more services to help people with mental health problems.

There are a number of different services available to help people with mental health problems. These include:

- Community mental health teams: These teams provide a range of services, including counselling, medication, and support groups.

- Crisis teams: These teams provide support to people who are experiencing a mental health crisis.

- Inpatient services: These services provide care for people who are unable to live in the community.

- Outpatient services: These services provide care for people who are able to live in the community.

The NHS is committed to providing the best possible care for people with mental health problems. This means that people should be able to access the services they need when they need them.

If you or someone you know has a mental health problem, it is important to seek help. There are a number of ways to do this, including:

- Talking to your GP: Your GP can refer you to a mental health professional.

- Contacting a mental health charity: There are a number of charities that provide support and information for people with mental health problems.

- Calling a helpline: There are a number of helplines that provide support and information for people with mental health problems.

- Seeking help from a friend or family member: Sometimes, talking to someone you trust can help you to feel better.

Remember, there is nothing wrong with you if you have a mental health problem. It is a medical condition, just like any other. And there is help available for you.

If you are in crisis, please call 999 or your local crisis team. If you are not in crisis, please contact your GP or a mental health charity.

For more information, please visit our website: [www.nhs.uk/mentalhealth](http://www.nhs.uk/mentalhealth)