



**Course Title:** Out of the Darkness: A Critical Look at Mental Health from a Public Health Perspective

**Course Instructor:** Dr. Shir Ginzburg

**Course Description:**

This course reviews current theories, paradigms of inquiry, and approaches, along with a discussion of the practical approaches to mental health from a public health perspective. The role of public health professionals in the assessment and evaluation of mental health problems and interventions is considered. We will examine the social and infrastructural determinants of mental health. We will also identify the various barriers associated with early screening, diagnosis, prevention, and treatment, and analyze the roles of public health professionals in mitigating negative mental health outcomes. We will discuss the complexities associated with cultural differences in mental health diagnosis and treatment, as well as dual diagnoses/how mental illnesses interact with coexisting illnesses. Furthermore, we will investigate the multiple health disparities that contribute to the incidence and prevalence of mental illnesses.