



## Mental Health Community

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**KEY WORDS** Mental Health. Systems. Structures. Treatment Processes

**ABSTRACT** Mental illness affects many people, especially given the many economic, social and other strains and stresses so evident these days. Supportive programs may emerge and experts, specialists, and volunteers may try to treat and maintain people in the community, and prevent illness from occurring. The author looked at a major and complex program that serves mental health needs in the community and beyond. Those who work in this program form a sub-community of their own, with guiding values, rich structures, practical activities, leadership and co-ordinating structures. Through their work, the larger community of Palmerston North benefits, as do those who receive direct or indirect help.

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