

ISABEL CLARKE

MEETING MENTAL BREAKDOWN MINDFULLY

How to Help the Comprehend,
Cope and Connect Way

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Meeting Mental Breakdown Mindfully

How to Help the Comprehend, Cope and
Connect Way

Isabel Clarke, Isabel Clarke is a Consultant clinical psychologist, with 25 years experience in the NHS, both in outpatient and inpatient.

Meeting Mental Breakdown Mindfully introduces the *Comprehend, Cope and Connect* (CCC) approach, developed and evaluated within mental health services, to a wider audience who need to understand mental health issues, whether for themselves or to support others. Meeting Mental Breakdown Mindfully will help mental health professionals and those in related fields identify more accurately what people in their organization or under their care are going through.

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