

**Empyrean Press Book Publication House**  
**Comprehensive Guide to Mental Health: Stress, Therapies & Trends**  
**ISBN Number: 978-81-979332-3-3**

**Call for Book Chapter**

Scope- The book “Comprehensive Guide to Mental Health: Stress, Therapies, and Trends” explores the complexities of mental health, concentrating on the causes and consequences of stress for individuals and society. It covers a wide range of therapeutic treatments, including established methods like cognitive-behavioral therapy (CBT) and psychotherapy, as well as current trends in mental health care including mindfulness, teletherapy, and digital interventions. The book also discusses current issues, such as the stigma surrounding mental health, occupational stress, and the impact of social media on mental well-being, providing a comprehensive overview of mental health in today's changing world.

Submissions are accepted in the following areas, but not limited to:

- i. Mental Health and Wellness
- ii. The Mind-Body Connection
- iii. Social and Cultural Influences on Mental Health
- iv. Acute vs. Chronic Stress: Causes and Consequences
- v. Stress and Physical Health: Cardiovascular, Immune, and Neurological Effects

- vi. Traditional Therapies-Cognitive-Behavioral Therapy (CBT), Psychotherapy: Psychodynamic, Humanistic, and Other Approaches
- vii. Pharmacotherapy: Role of Medication in Mental Health
- viii. Emerging Trends in Mental Health Treatment-Mindfulness-Based Therapies: Meditation and Mindfulness in Treatment
- ix. Neurostimulation and Brain-Based Therapies
- x. Mental Health in Specific Populations- Children and Adolescents: Stress and Mental Health Challenges
- xi. Stigma and Mental Health: Breaking Barriers to Care
- xii. Mental Health and Social Media: The Digital Influence
- xiii. Future Directions in Mental Health Care
- xiv. Mental Health Research: Trends, Gaps, and Opportunities

**Submission - Please send the one-page write-up, which includes the chapter title, an abstract (maximum 250 words), five key words, and the author's affiliation, to the mentioned email address. Further instructions regarding the full chapter submission will be provided upon acceptance.**

**Submission Information**

**Submission email –**  
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**Important Dates-**

Abstract Submission Deadline- 5/11/2024

Chapters Submission-20/11/2024

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