

W08

The tight relationship between mental health and family violence: practice and training implications

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Background & Aim: EUROPREV is organised in several working groups to define effective preventions strategies for health behaviour change, cardiovascular risk factors as well as prevention of mental health problems. After presentation of new project for CV prevention the equally strong relationship between lifestyle (e.g. alcohol use and dietary behaviour), anxiety, depression, and family violence will be highlighted.

Method: Case presentations will be used to illustrate relationships. The audience will be presented with several conceptual models for improving detection, assessment and counselling in situations where mental health and family violence are intertwined.

Results: Mental health problems need more specific attention as causes of risk behaviour and consequences of family violence. Implications for practice and training will be discussed. Practitioners are invited to apply structured care strategies to deal with these relationships when caring for individuals and families affected by family violence. While the perspective of the victim and perpetrator should be considered an effective care strategy should be defined taking into account local needs and resources.

Conclusions: General practice should pay more attention to identification of violent relationships when clients present with risk behaviour or mental health problems. Consequences of violence on mental and social wellbeing and risk behaviour merit active follow up and support.

Such a holistic approach may help to decrease reoccurrence as well as the broader consequences of family violence. More research training at all levels is needed to further develop and apply specific care models dealing with these relationships.

