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Effective Strategies for Promoting Mental Health: Global Perspectives and Innovations

Guest Editor:

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Message from the Guest Editor

Dear Colleagues,

Promoting mental health is one of the key challenges of our time.

This Special Issue is dedicated to exploring and discussing a wide range of strategies for improving mental health.

I am pleased to invite you to participate and encourage you to submit research covering a wide range of topics, including the following:

- Evaluating different therapeutic approaches.
- The development of new digital health tools and their integration into mental healthcare.
- Cross-cultural studies on mental health and intervention effectiveness.
- Policies and social frameworks that influence the implementation of health strategies.

This Special Issue aims to promote a deeper understanding of the complex dynamics that influence mental health and to present innovative solutions that are applicable on a global scale.

In this Special Issue, original research articles and reviews are welcome.

I look forward to receiving your contributions.

Prof. Dr. Madiha Rana
Guest Editor



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Special Issue



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Editor-in-Chief

Message from the Editor-in-Chief

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