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Mima Cattan is Reader in Health Promotion, Healthy Ageing and Co-Director of the Centre for Health Promotion Research, Leeds Metropolitan University, UK. Her PhD

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and Dr Mima Cattan report on the findings of common mental illness experienced by older people in the UK and inactivity in later life,

Five steps to mental wellbeing - stress, anxiety

There is more to life satisfaction than avoiding mental health but a useful description is feeling good and functioning well For your own well being you do

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This title looks broadly at the mental health and well being issues that affect adults in later life. Taking a holistic approach to mental health and mental health

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Mental Health and Well Being in Later Life is key reading for those working or intending to work in public health, health promotion and health and social care

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Mima Cattan is Professor in Public Health of health, mental health and well-being in to alleviate social isolation and loneliness in later life,

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