

KESEHATAN MENTAL

PASCA BENCANA:

Pendekatan Kesehatan Masyarakat



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Buku ini membahas dampak psikologis yang muncul setelah terjadinya bencana serta upaya menjaga dan memulihkan kondisi mental masyarakat dalam situasi tersebut. Uraian disusun dengan bahasa yang sederhana agar mudah dipahami oleh berbagai kalangan, sehingga tidak hanya terbatas pada lingkungan tertentu, tetapi juga dapat dinikmati oleh masyarakat umum yang ingin memahami pentingnya ketahanan mental di tengah situasi sulit.

Buku ini dijual untuk masyarakat luas dan dapat dimiliki oleh siapa saja yang ingin menambah wawasan tentang kesehatan mental dalam konteks kebencanaan. Semoga buku ini memberikan manfaat serta membantu memperkuat kepedulian terhadap pemulihan psikologis di tengah masyarakat.

Jakarta, Juli 2026

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Buku ajar berjudul: Kesehatan Mental Pasca Bencana: Pendekatan Kesehatan Masyarakat ini mengulas kondisi psikologis yang sering muncul setelah terjadinya bencana, seperti gempa, banjir, atau peristiwa darurat lainnya. Pembahasan difokuskan pada cara memahami reaksi emosional, perubahan perilaku, serta dampak jangka panjang yang dapat dialami individu maupun kelompok masyarakat.

Selain itu, buku ini memberikan gambaran berbagai upaya pemulihan yang dapat dilakukan melalui dukungan lingkungan, keluarga, dan layanan kesehatan, sehingga proses pemulihan mental dapat berjalan lebih baik. Disajikan dengan bahasa yang sederhana, buku ini membantu pembaca memahami pentingnya menjaga kesehatan mental dalam situasi sulit.

