

The role of nurses in managing mental health crises: A Review article

Zanah IBRAHIM Mohammad Asiri¹, Norah Faleh Hadi Alshahrani²

1. General nursing, Assir Health Care Cluster, Primary Health Care Center, Email: Ziassiri1409@gmail.com
2. General nursing, Assir health care cluster, Primary Health Care Center in the Employees' Neighborhood, Email: norahfah55@gmail.com

Abstract

Introduction: The role that nurses take in crises with mental illness is multifaceted, education, assessment, and intervention are some of the tasks that patients of mental illness receive from nurses who act as the first point of contact in case of a crisis. They are involved in a wide variety of roles in that they are expected to intervene in crises, clinically assess and observe patients, engage them in verbal communication and organize their treatment and stabilization in order to help them regain their normal functioning.

Aim of work: To explore and critically analyze the multifaceted role of nurses in managing mental health crises.

Methods: The keywords "Role, nurses, managing, mental health, crises" were used to conduct a thorough literature search in the MEDLINE database to find relevant publications published between 2016 and 2024. Using the proper search terms, Google Scholar was utilized to find and access pertinent scientific publications. Various inclusion criteria were used to choose which articles to select.

Results: The research included in this study was published from 2016 to 2024. The research included a discussion segment that was broken into many specific elements. Topics covered include Crisis Intervention and Therapeutic Engagement, Comprehensive Assessment and Trauma-Informed Care, Coordination of Care and Interprofessional Collaboration, Educational Support and Mental Health Literacy, Resilience and Well-being of Mental Health Nurses

Conclusion: In conclusion, nurses play an important role with respect to people with mental health problems; they intervene, diagnose, give therapy, and arrange care as well. They evaluate hazards, resolve conflicts, and be sensitive to trauma and, in turn, impact patient care. Nurses build relationships with a patient or family that allows them to build a relationship of trust and involve patients and families in planning of care. Engagement of different health caregivers makes sure that patients get full attention as they embrace short-term and long-term health aspirations regarding the mental part. Organization for nurses Not only do nurses propose and lobby for changes at the system level - they seek to adjust policies to increase access to resources to enable early identification and intervention. But, the main obstacles they come across are high stress, emotional demands, burnout and so on. Creating culture to support work-place, investing in on-going education and promoting mental health values and knowledge is crucial. This is because skillful training enables the nurses to handle the new and shifting mental health demands that are produced by the world today.

Keywords: *Role, nurses, managing, mental health, crises* .

Introduction

Mental health crisis response is an emerging scope of practice where nurses first assess and intervene in an individual's psychological crisis. These tasks cover a wide range of actions and intent, which range from crisis intervention, initial and ongoing evaluation of the patient, use of communication to address problems, and organization of care to enhance stability of the patient and to help them to regain their health [1].

Crisis intervention remains an important role that nurses are required to accomplish in mental health facilities. It is not unusual for nurses to be the first caregivers that clients and their families

present to when they are experiencing a crisis, and this requires identification of solutions for providing [2]. This process includes the assessment of nature and causes of the crisis, the assessment of the patient's mental and physical health and a formulation of actual plan of interventions. Thus it was to the effect that the nurses' timely, well-aimed intervention may prevent the aggravation of symptoms and the subsequent resort to more strict treatments [3].

Also, in handling mental health crisis, the nurse employs different therapeutic communication skills first and foremost being building rapport with the patients [4]. Professional communication, which includes active listening, empathy and validation, is highly useful in helping a nurse to understand a patient's experience and frustrations, in order to help manage intense emotions and behavioral expression. They foster environment where people can and want to talk about their feelings and participate in the process of creating coping strategies that is beneficial for resolving a crisis and recovery [5].

Another important function that nurses perform during mental health emergencies is an evaluation of the patient. This involves assessing psychological condition, a propensity to act on suicidal thoughts, or cause harm to others and presence of any medical condition that may affect mental health [6]. They help to outline personal goals and type of care with the subsequent provision of the necessary advice on the further cooperation and treatment by other caregivers or organizations. By being able to assess, nurses guarantee that individual interventions are relevant to the patient's needs and safety, in order to realize the best nursing outcomes for the patient [7].

Nursing has an important role in the coordination of [8] care in mental health crisis. Members assist other professionals such as psychiatrists, social workers and counselors, in managing the patient's needs. The important roles of palliative care physicians are to interpret the patients' needs, concerns and expectations between the patients, their families and other care givers. This coordination is important in formulating treatment plans which address the patient's immediate crisis, as well as their overall mental health objectives [9].

In addition, nurses teach patients and their families on the nature of the mental health disorder, its management as well as ways of dealing with such disorders. In this way, they increase awareness and understanding and contribute to the avoidance of stigma and enable patients to play an active role in the various treatment processes. Supporting education also encompasses helping parenting families to identify potential precursors of crises and employ protective measures; through this educational model, mental health promotion is also promoted [10].

Nurses are also very instrumental in directly influencing outcomes of individual patients through supportive actions, but are equally very influential in lobbying for change at the systems level when it comes to issues of mental health. That close contact with patients in emergent situations helps them to define deficiencies in care and advance policies that explicate healthcare services, encourage the first approach, and encourage integrated treatments. Having described the roles of a nurse in modern healthcare system, the author concludes that they play an essential part in the process of mental health care system improvement [11].

AIM OF WORK

The purpose of this review is to review and synthesize the potential roles of nurses in handling diverse mental health emergencies. This includes their role in the identification of appropriate crises intervention, appropriate use of therapeutic communication, full clinical assessment, sequential care coordination, patient and families counseling and education and patient advocacy. Relatedly, it aims at raising awareness of the problems of nurses, the role of their personal and organizational resources and the urgent educational and organizational interventions to enhance their impact to mental health care.

METHODS

Scientific research in this review was obtained through scientific websites (Google Scholar and Pubmed) using various keywords (Role, nurses, managing, mental health, crises) to get all possible articles related to the current subject. The articles were chosen based on a set of criteria. First, each

article's main titles and abstracts were reviewed, and then we excluded duplicate articles, non-full text articles, irrelevant articles, and case reports. The publications examined in this review were published between 2016 and 2024.

RESULTS

The current study included research on the multifaceted role of nurses in managing mental health crises. The publications considered were published throughout the timeframe of 2016 to 2024. Hence, the review was organized in the discussion section according to several topics, such as Crisis Intervention and Therapeutic Engagement, Comprehensive Assessment and Trauma-Informed Care, Coordination of Care and Interprofessional Collaboration, Educational Support and Mental Health Literacy, Resilience and Well-being of Mental Health Nurses

DISCUSSION

Nurses are also inherently involved in the handling of Mental Health crisis, as they are key first point of contact empowered to attend to the persons in acute Psychological distress. They assume a wide range of tasks that of course involve service provision in crises, identification and evaluation of the patient's status, verbal communication with the patient, and coordination of client care with the purpose of stabilizing the patient and providing him/her with all the necessary support in order to achieve a favorable outcome [1].

Crisis Intervention and Therapeutic Engagement

Crisis intervention might be defined as the strategies used by nurses for helping persons experiencing episodes of severe psychopathology. The main treatment goal is to stabilise the individual and step in to stop the psychological decline which may be ongoing [12]. This entails early evaluation, determination of antecedents of the crisis, and initiation of procedures that would help overcome open dangers. Nurses employ many frameworks and patterns to facilitate their actions plan; thus, it is safe to employ the SAFER-R model which consists of Stabilize, Acknowledge, Facilitate understanding, Encourage adaptive coping and either Restore functioning or Refer [13].

Unfortunately, disaster management skills entail one to be fully equipped with listening skills, interpersonal communication skills besides embracing radical solutions and embracing the company's culture. These skills allow the nurses to calm people, to offer them support and to work with them to find the best solution [13]. The crisis intervention experience is enhanced by the quality of the therapeutic relationship of the nurse with the individual in crisis, understood by the need to establish positive working relationship [14].

- **Therapeutic Engagement in Nursing Practice**

Therapeutic relationship means developing a rapport with the patient through which the patient finds it easy to work with the nurse. A strong positive interdependence between the therapist and the patient comprising of trust, empathy and mutual respect; which serves as the pre-requisites of therapy. Therapeutic engagement is important in mental health nursing as it enables assessment for mental health nursing client, development of care plan for the mental health nursing client, and its implementation for the mental health nursing client [15].

Therapeutic engagement entails listening and empathy by the therapist for the therapeutic recipient; response entails being supportive and gain understanding of the client or patient and other people in their lives. Nurses engage in this engagement use of communication procedures

including questioning, reflective listening and feedback. Therapeutic communication will allow nurses to understand specific needs of patient and match the needs with the intervention and enable participation of patient in the treatment process [16].

- **Integration of Crisis Intervention and Therapeutic Engagement**

There is always a combination of crisis intervention and professional communication in nursing practice specially in mental health nursing. In a crisis, building rapport allows the assessment of the situation and the patient's perception of it as well as finding out the effective solution that will also be good for the patient. Therapeutic rapport helps the therapeutic process which crisis intervention efforts are based while enshrine interventions that target not only addressing the crisis but also the client's sustainable nursing [17].

Comprehensive Assessment and Trauma-Informed Care

As a part of assessment during handling mental health crises, the nurses conduct elaborate assessments which are critical in arriving at treatment plans. These assessments encompass of both self-reported information acquired from patients' interviews and of factual data and information gathered through observation and the use of validated rating scales. Assessment involves the mental status examination, the patient's past psychological profile, risk factors and present manifestations. Such evaluation allows a nurse to determine the patient's immediate concerns, possible danger, and the right actions to be taken concerning the patient's situation [18].

When conducting such evaluations it is also crucial to implement measures of TIC as most of the patients presenting with a crisis may have a history of trauma, which may affect their current state [19]. The collaborative model of care is a therapeutic approach that embraces the trauma perspective when interpreting all the presented mental, emotional, physical, and behavioral manifestations occurring at healthcare facilities entry. When applied to the care of children, the trauma informed care approach can help to make the necessary improvements in the relationships, to build the patients' trust and to build a new, healthy, relationship as well [20].

A current practice deficit is the application of trauma informed principles specifically in regards to crisis intervention. Specifically, systematic literature review pointed out too few studies which addressed special nursing interventions associated with the realization of the principles of trauma-informed approach, which, in its turn, points to the need for further efforts to advance the application of these principles to the practice of using crisis intervention [21].

As a result, to guarantee that actual changes towards the use of trauma- informed care occurred, nurses should undergo training to improve their knowledge of trauma. Others are to make the nurses detect trauma signs so that they will know how to handle clients who exhibit such symptoms to enhance their results. The training involved increasing emergency department nurses' knowledge about the relationship of past trauma and the patient's current health condition [22].

Coordination of Care and Interprofessional Collaboration

Nursing management of mental health crisis is based on coordination of care and collaboration among various professions. These processes include coordination of the various aprs of the healthcare team and multidisciplinary approach to cie of pa. Interprofessional working means various health and social care professions like mental health nurses alongside social workers teaming up in reaching high standards of care within environments. This multifaceted structure

also guarantees that different experience is used to cater to the manifold needs of patients who present with psychiatric emergencies [23].

Healthcare professional integration and team work have been found to advance patient management, communication, as well as decrease health care workers burn out. An interprofessional approach encourages the development or, a team approach regarding healthcare delivery because it enhances the interaction between workers, it fastens the problem-solving process where severe or complex clinical conditions prevail and results in improved satisfaction levels of all health care workers [24].

As a result, in the situations that require psychosocial intervention, the nurses assume the roles of patient advocates by supporting the patients, families, and other professionals. They build bridges and enable coordination hence all the members of the team are always aware of the patient's condition and care plan. This role is clinical in formulation of individual treatment plans that entail immediate crisis intervention and enduring treatment objectives [25].

Interprofessional collaboration in mental health services has been analyzed in terms of the following questions: enhancing communication abilities, constructing patterns of cooperation and accountability, and enhancing the professional perspective on the values and circumstances of decision-making. All of these factors play a role in how processes of interprofessional collaboration occur at the organisational level through structures and at the interactional level through the use of specific communication styles [26].

Moreover, integrated care systems, where different professions are working in synergistic collaboration are found to enhance the health equity because such care models address holistically patients' physical, psychological and sociocultural needs. Interprofessional nurse-led teams have shown the potential of improving the outcomes, due to recognition of team members, roles, teamwork and education, and integrated models of care delivery [27].

Educational Support and Mental Health Literacy

Promoting education and improving the understanding of mental health are major aims of nursing, especially in the management of mental health emergencies. Nurses also act as teachers and empower the patients and families with the information and tools they need to deal with mental health issues effectively. As various sources have pointed out, this educational role consists of several aspects, including the support to people's health literacy, mental health literacy, and positive promotion of mental health [28].

- **Health Literacy Support**

The ability of a person to obtain, comprehend, appraise, and apply health information is known as health literacy. Nurses work as intermediaries, enablers and teachers to ensure that patients with low literacy levels acquire better health. Such detailed and basic renderings of specific medical situations and keeping the language used in treatment plans at the patient's language proficiency level relieves him/her of the responsibility of having to make complex decisions regarding their health on their own and allows them to be actively involved in the process of their treatment. This support is important in mental health and most of the time patients go through surveys to understand the treatment and self-care practices so that it can improve on the results of the treatment process [29].

- **Mental Health Education**

Hospitals and nursing schools are a common place where the nurses involve themselves in teaching students about mental health. They participate in programs such as mental health promotion for the whole school, teach other classes regarding mental health, and function in school-based mental health intervention teams. Also, through the use of social emotional learning approaches and providing support for early detection of possible mental health concerns, nurses assist in fostering pro-mental health climate within schools [9].

- **Positive Mental Health Literacy**

Mental health literacy (MHL) is defined as knowledge about the acquisition and promotion of positive mental health. According to research there is a positive relationship between PMeHL and the adolescents' mental health. School nurses, in particular, can play an important role in the education that enriches the content of PMeHL and thus have a positive impact on adolescents' mental health. Some educational interventions concerning PMeHL might involve the following; teaching clients how to manage stress, ways of relaxation and the use of positive self-esteem [30].

- **Bridging Gaps in Nurse Education**

Even though nurses are critical in the delivery of mental health education, gaps have been identified in the training of nurses as well as in nursing curricula. The current programs could be mainly oriented on psychiatric diagnosis and pharmacological treatment with little, if any emphasis on critical components of therapeutic process like communication and psychosocial interventions. Closing these gaps through improved education and training can equip nurses to be more capable and responsive to patient's mental health needs [31].

Resilience and Well-being of Mental Health Nurses

Promoting the protective factors of MHNs who are working in the stressful environment is a major factor to strengthen patient care and productive healthcare manpower. Resilience defines the capacity to recover from stress and adversity so that clinical nurses may deal with the emotional and psychological pressure they experience in the workplace. Subjective health includes things such as mental, physical or even emotional health, and is crucial for performance and job satisfaction [32].

These studies reveal that MHNs have moderate to high resilience and may influence positively their psychological well-being and job satisfaction. Higher levels of resilience correlates positively with compassion satisfaction and post-traumatic growth and are negatively correlated with burnout and mental distress. This means that resilience acts as a buffer to the various challenges associated with the job nature of mental health nursing [33].

However, the challenging environment that characterized mental health nursing can compromise the health and welfare of the nurses. The research has revealed moderate to high prevalence of depression, anxiety and stress in MHNs who even mentioned having severe to extremely severe symptoms. These mental health disorders compromise work output, decrease quality of service, and increase employee attrition [34].

Organizational issues are central to understanding resilience and well-being. From the nursing literature, it is evident that the absence of backing from the healthcare organizations can potentially limit the nursing profession's roster from managing workplace stress. On the other hand, positive organizational environments, resources, and development, and mental health services can increase the level of resilience [33].

Previous efforts to enhance resilience have demonstrated the effectiveness of interventions in increasing MHNs' coping self-efficacy and cognitive-emotional regulation. Stress management and resilience enhancing strategies can improve the capacity of the nurses in handling pressure, flexibility, coping, and sustainability. These kinds of programs help to build up resilience features that are vital for the challenging tasks faced by mental health nursing [35].

Indeed, compassion satisfaction and burnout and other dimensions of the professional quality of life are related to the psychological resilience. The staff with higher resilience reported higher compassion satisfaction and lower burnout scores. This relationship calls for promotion of resilience in order to improve MHN employees' job satisfaction with a view of minimizing burnout [36].

Conclusion:

Mental health nurse pioneers a crucial function during a crisis providing the individual and families, immediate confronted care, initial appraisal, structured verbal interchange and abetment with coordination of care to enhance the likelihood of the wellness of the affected person. They can recruit, evaluate risk, mitigate, control, calm, prevent, intervene, and perform trauma-informed care for patients; they are clinical frontline heroes. Nurse practice and support of patients and families help build trust and foster patient and families' engagement thus enhancing mental health awareness and recovery.

One of many responsibilities is the complication of a partnership that is interdisciplinary guaranteeing complete and special approach. This interprofessional approach allows for construction of a multifaceted and holistically based approach to individual client treatment and planning that goes beyond the immediate concerns and dysfunctions of a particular client but also encompasses their mental health wellness plans and goals. Nurses also provide a leadership that insists on systematic changes by using the information and observation they get on the floor to changes policies that would give people equal chances to get mental health services and to tackle the issue earlier.

Yet they are one of the most integral persons in the process, and this comes with many challenges that include but not limited to high stress, emotional demands and even burnout. Factors that organizations can support are durable enhancements through such approaches as education, and mental health socialization programs to encourage sustainable organizational wellbeing. Furthermore, providing an accurate approach to closing the knowledge deficit enables continuing education assures that nurses adequately respond to escalating mental health challenges.

To summarize, nurses' involvement in crisis management for these afflicted individuals is a multifaceted and crucial one. With political leadership, requisite manpower and infrastructure, training and systemic development, nurses can rise up to the challenge and remain a positive force in delivering the best health care to clients with mental health issues so as to enhance the responsiveness of the health care systems.

REFERENCES

1. Al Anazi KL, Almutairi SM, Al-Dhafeeri DE, Al-dhafeeri LA, Aldhafiri AA, Aldhofeery WN, Almutari TS. The Role of Nursing Professionals in Crisis Management: Enhancing Patient Care and Support in Emergency and Mental Health Settings. *Journal of International Crisis and Risk Communication Research*. 2024 Nov 11;7(2):29-35.

2. Nizum N, Yoon R, Ferreira-Legere L, Poole N, Lulat Z. Nursing interventions for adults following a mental health crisis: A systematic review guided by trauma-informed principles. *International Journal of Mental Health Nursing*. 2020 Jun;29(3):348-63.
3. Davidson JE, Choflet A, Earley MM, Clark P, Dilks S, Morrow L, Tucker S, Mims T. Nurse suicide prevention starts with crisis intervention. *American Nurse Journal*. 2021;16(2):14-8.
4. Harris BA, Panozzo G. Therapeutic alliance, relationship building, and communication strategies for the schizophrenia population: An integrative review. *Archives of Psychiatric Nursing*. 2019 Feb 1;33(1):104-11.
5. Alruwaili HD, Al-Anzi RK, Sabr DA. The Role of Psychiatric Mental Health Nurse Practitioners in Improving Mental and Behavioral Health Care Delivery for Children and Adolescents. *Journal of International Crisis and Risk Communication Research*. 2024 Aug 22:1509-17.
6. Alhazmi FS, Alhazmi NN, Alhazmi SW, Alhazmi AD, Al Garni MA, Alruwaili BK. THE ROLE OF NURSES IN EARLY DETECTION OF MENTAL HEALTH ISSUES. *Neuropsychopharmacologia Hungarica*. 2024 Sep 30;22(3):36-44.
7. Vaismoradi M, Tella S, A. Logan P, Khakurel J, Vizcaya-Moreno F. Nurses' adherence to patient safety principles: a systematic review. *International journal of environmental research and public health*. 2020 Mar;17(6):2028.
8. Karam M, Chouinard MC, Poitras ME, Couturier Y, Vedel I, Grgurevic N, Hudon C. Nursing care coordination for patients with complex needs in primary healthcare: a scoping review. *International Journal of Integrated Care*. 2021 Jan;21(1).
9. Hurley J, Lakeman R, Linsley P, Ramsay M, Mckenna-Lawson S. Utilizing the mental health nursing workforce: A scoping review of mental health nursing clinical roles and identities. *International Journal of Mental Health Nursing*. 2022 Aug;31(4):796-822.
10. Kaskoun J, McCabe E. Perceptions of school nurses in addressing student mental health concerns: An integrative review. *The Journal of school nursing*. 2022 Feb;38(1):35-47.
11. Hannigan B, Nolan F, Chambers M, Turner J. Mental health nursing at a time of crisis. *Journal of Psychiatric and Mental Health Nursing*. 2020 Jun 1;28(2):123.
12. World Health Organization. Mental health crisis services: promoting person-centred and rights-based approaches. World Health Organization; 2021.
13. Qiu R, Zhang Y. Optimisation and Innovation of Collaborative Parenting Model of Mental Health Education and Student Management-Based on SAFER-R Model.
14. Benbenishty J, Hannink JR. Patient Perspectives on the Influence of Practice of Nurses Forming Therapeutic Relationships. *International Journal for Human Caring*. 2017 Oct 1;21(4).
15. Tolosa-Merlos D, Moreno-Poyato AR, González-Palau F, Pérez-Toribio A, Casanova-Garrigós G, Delgado-Hito P, MiRTCIME. CAT Working Group. The therapeutic relationship at the heart of nursing care: A participatory action research in acute mental health units. *Journal of Clinical Nursing*. 2023 Aug;32(15-16):5135-46.
16. Chambers M, McAndrew S, Nolan F, Thomas B, Watts P, Kantaris X. Measuring therapeutic engagement in acute mental health inpatient environments: the perspectives of service users and mental health nurses. *BMC psychiatry*. 2021 Dec;21:1-7.
17. Steimle L, von Peter S, Frank F. Professional relationships during crisis interventions: A scoping review. *Plos one*. 2024 Feb 23;19(2):e0298726.
18. Hirdes JP, Van Everdingen C, Ferris J, Franco-Martin M, Fries BE, Heikkilä J, Hirdes A, Hoffman R, James ML, Martin L, Perlman CM. The interRAI suite of mental health assessment instruments: an integrated system for the continuum of care. *Frontiers in psychiatry*. 2020 Jan 17;10:926.
19. Ashworth H, Lewis-O'Connor A, Grossman S, Brown T, Elisseou S, Stoklosa H. Trauma-informed care (TIC) best practices for improving patient care in the emergency department. *International Journal of Emergency Medicine*. 2023 May 19;16(1):38.
20. Qin Q, Cheng L, jing Wang J, Shariff NM. Integrating Trauma-Informed Care in Nursing Practice and Education: A Hybrid Systematic Narrative Review. *Nurse Education in Practice*. 2024 Dec 13:104233.
21. Nizum N, Yoon R, Ferreira-Legere L, Poole N, Lulat Z. Nursing interventions for adults following a mental health crisis: A systematic review guided by trauma-informed principles. *International Journal of Mental Health Nursing*. 2020 Jun;29(3):348-63.

22. Hall A, McKenna B, Dearie V, Maguire T, Charleston R, Furness T. Educating emergency department nurses about trauma informed care for people presenting with mental health crisis: A pilot study. *BMC nursing*. 2016 Dec;15:1-8.
23. Biringer E, Hove O, Johnsen Ø, Lier HØ. "People just don't understand their role in it." Collaboration and coordination of care for service users with complex and severe mental health problems. *Perspectives in Psychiatric Care*. 2020 Oct 8;57(2):900.
24. Cleary M, Foong A, Kornhaber R, McLean L, Visentin DC. Interprofessional collaborations for improved health care. *Issues in mental health nursing*. 2019 Dec 2;40(12):1045-8.
25. Hartley S, Redmond T, Berry K. Therapeutic relationships within child and adolescent mental health inpatient services: A qualitative exploration of the experiences of young people, family members and nursing staff. *PLoS One*. 2022 Jan 14;17(1):e0262070.
26. Pedersen LM. Interprofessional collaboration in the Norwegian welfare context: a scoping review. *Journal of interprofessional care*. 2020 Nov 1;34(6):737-46.
27. Millender E, Valentine K, Eggenberger T, Lucier C, Sandala H, Bruneau D. Implementing interprofessional collaboration to improve patient outcomes: A caring and social approach to integrated nurse-led community based-care. *International Journal for Human Caring*. 2020 Mar 17;24(1):39-49.
28. Rönngren Y, Björk A, Audulv Å, Enmarker I, Kristiansen L, Haage D. Educational nurse-led lifestyle intervention for persons with mental illness. *International Journal of Mental Health Nursing*. 2018 Jun;27(3):1022-31.
29. Wilandika A, Pandin MG, Yusuf A. The roles of nurses in supporting health literacy: a scoping review. *Frontiers in Public Health*. 2023 Aug 16;11:1022803.
30. Bjørnsen HN, Espnes GA, Eilertsen ME, Ringdal R, Moksnes UK. The relationship between positive mental health literacy and mental well-being among adolescents: implications for school health services. *The Journal of School Nursing*. 2019 Apr;35(2):107-16.
31. Shalev D, Docherty M, Spaeth-Rublee B, Khauli N, Cheung S, Levenson J, Pincus HA. Bridging the behavioral health gap in serious illness care: challenges and strategies for workforce development. *The American Journal of Geriatric Psychiatry*. 2020 Apr 1;28(4):448-62.
32. Hasan A, Alsulami A. Mediating Role of Resilience and its Impact on Psychological Well-Being, and Mental Distress among Mental health Nurses. *SAGE Open Nursing*. 2024 Jan;10:23779608231219140.
33. Foster K, Roche M, Delgado C, Cuzzillo C, Giandinoto JA, Furness T. Resilience and mental health nursing: An integrative review of international literature. *International journal of mental health nursing*. 2019 Feb;28(1):71-85.
34. Delgado C, Roche M, Fethney J, Foster K. Mental health nurses' psychological well-being, mental distress, and workplace resilience: A cross-sectional survey. *International Journal of Mental Health Nursing*. 2021 Oct;30(5):1234-47.
35. Bui MV, McInnes E, Ennis G, Foster K. Resilience and mental health nursing: An integrative review of updated evidence. *International Journal of Mental Health Nursing*. 2023 Aug;32(4):1055-71.
36. Alonazi O, Alshowkan A, Shdaifat E. The relationship between psychological resilience and professional quality of life among mental health nurses: a cross-sectional study. *BMC nursing*. 2023 May 29;22(1):184.