This course focuses on introducing students to the concept of integrative mental health (IMH). In it we will explore different definitions of IMH, the history and background of the concept and how it relates to psychiatric care and health care in general. We will explore and practice risk-benefit profile of different modalities in the context of evidence-based mental health care. An emphasis will be placed on the connection between physical and mental health and how that can be approached from an integrative perspective. Topics such as mindfulness and mental health, nutrition and mental health, herbs and supplements in psychiatric care and the role of functional medicine in IMH will be covered, as well as how psychotherapy and psychotropic medications fit in the IMH framework.