

Set 3 – Mnemonics

Mnemonic for Levels of Prevention in Psychiatry: “PST”

- **P** – Primary prevention (health promotion, early education)
- **S** – Secondary prevention (early diagnosis, prompt treatment)
- **T** – Tertiary prevention (rehabilitation, relapse prevention)

Mnemonic for Key Community Services: “NICE”

- **N** – National Mental Health Program
 - **I** – Institutionalization vs deinstitutionalization
 - **C** – Community-based rehabilitation
 - **E** – Evaluation of services (Government & NGO support)
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