



## Teenage Depression - A CBT Guide for Parents: Help Your Child Beat Their Low Mood

By Shirley Reynolds, Monika Parkinson

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Teenage Depression - A CBT Guide for Parents: Help Your Child Beat Their Low Mood, Shirley Reynolds, Monika Parkinson, Depression is one of the most common mental health problems and is estimated to affect around 15% of people at some point during their life. For many people depression is a life-long disorder which starts during the teenage years -around 10% of teenagers are estimated to have an episode of depression and many more experience persistent low mood. This accessible companion book to Am I Depressed and What Can I do About it? follows essentially the same structure and makes use of the same case studies, but looks at the issues from the parents' point of view, and incorporates additional strategies for parents. From 'what to look out for', through what the evidence says about different forms of treatment, to family communication and relapse prevention. Each section includes troubleshooting boxes.



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