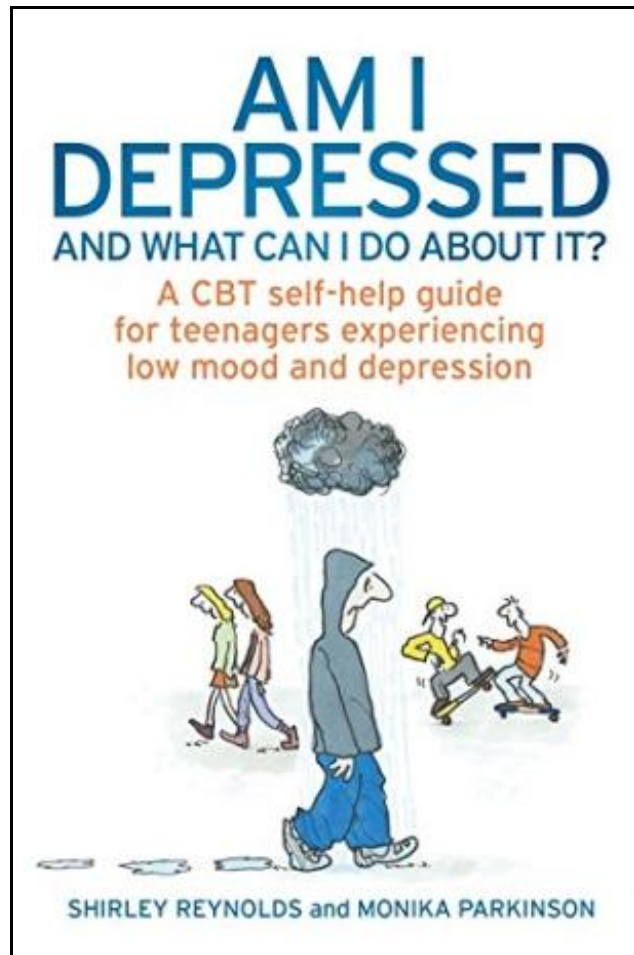


# Am I Depressed and What Can I Do About it?: A CBT Self-Help Guide for Teenagers Experiencing Low Mood and Depression



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*Very beneficial to all type of folks. I could comprehend every thing using this created e pdf. I found out this book from my i and dad suggested this book to find out.*

***(Ms. Madaline Nienow)***

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Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Am I Depressed and What Can I Do About it?: A CBT Self-Help Guide for Teenagers Experiencing Low Mood and Depression, 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, engaging and age-appropriate self-help guide based on current research and best practice (NICE, IAPT treatment pathways, Books on Prescription, all of which promote CBT) for young people aged 13 to 17 who experience low mood and depression, and their friends, family and health professionals. The book adopts a narrative approach with graphic elements, incorporating case studies and including some interactive exercises. It provides an essential bridge for young people who have not yet asked for professional help as well as support for those who are waiting for treatment.



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