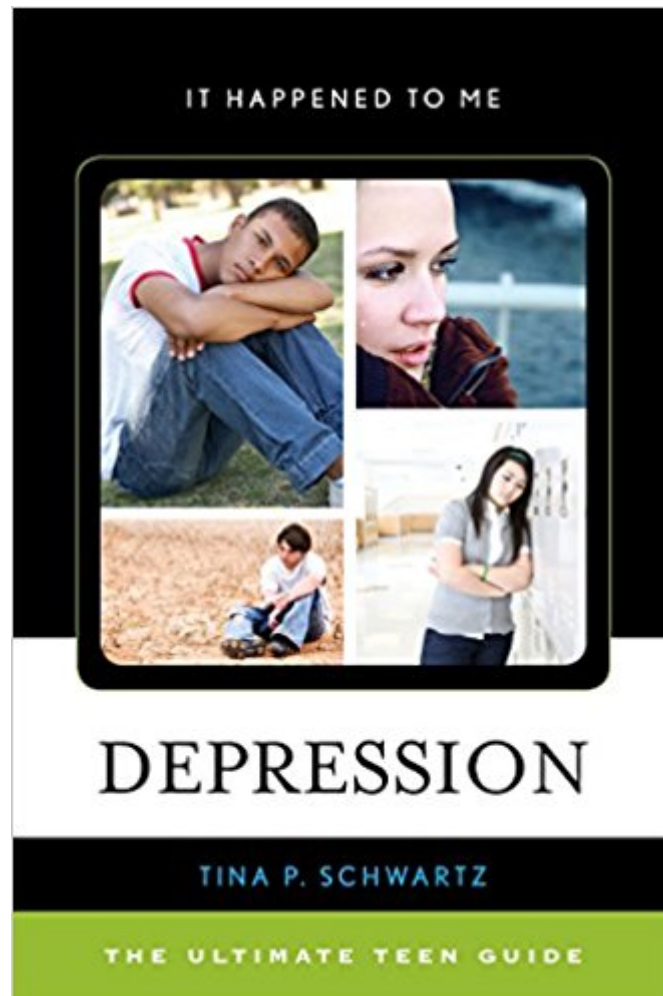




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# Depression: The Ultimate Teen Guide (It Happened To Me)



## Synopsis

Nearly one in six people will develop major depression, and teens are just as susceptible as adultsâif not more so. Serious depression afflicts more than two million teenagers each year in the United States alone, but it can often be difficult for teens to recognize their ailment and get help. Clearly, teens with depression are not alone, and it is important that they realize the condition does not have to be âforeverâ but is something they can work toward overcoming. In *Depression: The Ultimate Teen Guide*, Tina P. Schwartz helps teens and young adults learn how to deal with this often debilitating affliction. Throughout the book, teens tell their personal stories of living with depression and other mood disorders, describe what treatments were successful and what were not, and share how they are coping today. Topics covered in this book include warning signs and symptoms, internal and external triggers, coping mechanisms, stigmas of mental health issues, preserving relationships, helping a sibling, parent, or friend who suffers from depression. Aimed to support teens and young adults who might otherwise feel helpless and hopeless about their situation, *Depression: The Ultimate Teen Guide* is a valuable resource. This book will benefit not only teens dealing with depression but also their family and friends.

## Book Information

Series: It Happened to Me (Book 42)

Hardcover: 196 pages

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Product Dimensions: 7.4 x 0.7 x 10.4 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #864,281 in Books (See Top 100 in Books) #75 in [Books > Teens > Personal Health > Depression & Mental Health](#) #742 in [Books > Teens > Education & Reference > Social Science](#) #965 in [Books > Health, Fitness & Dieting > Mental Health > Depression](#)

Age Range: 12 and up

Grade Level: 7 and up

## Customer Reviews

What is depression? What are the symptoms? Who gets it? Can it be cured? Schwartz,

herself a sufferer, begins by answering the first two questions. From this general definition and overview, she follows with a more detailed discussion of the types of depression and other mood disorders. She then discusses coping mechanisms (unhealthy and healthy), approaches to controlling depression, and places and organizations that offer help. Writing directly to teens and young adults in second person, she attempts to engage with their questions and concerns. . .

.Chapter notes are thorough and extensive. (Booklist)Serious depression afflicts over two million teenagers each year in the United States alone, and it can often be difficult for teens to recognize, cope with, and get help for their depression. This book helps teens and young adults learn how to deal with this often debilitating affliction. Throughout, teens share their personal stories of living with depression and other mood disorders, and describe what treatment was successful for them and what was not, and how they are coping today. Aimed to support teens and young adults who might otherwise feel helpless and hopeless about their situation, this book is a valuable resource that will benefit not only the teen dealing with depression, but their family and friends, as well.

Tina P. Schwartz is a freelance author who has written and taught numerous programs on writing and getting published for teens. She is the author of Organ Transplants: A Survival Guide for the Entire Family: The Ultimate Teen Guide (Scarecrow, 2005) and Writing and Publishing: The Ultimate Teen Guide (Scarecrow, 2010).

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Depression: The Ultimate Teen Guide (It Happened to Me)  
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