

DWD





Dealing With Depression

Antidepressant Skills for Teens

Mheccu



Ministry of Children
and Family Development



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Dealing with Depression is based on the experience of the authors and on scientific research about which strategies work best in overcoming depression. Also, because strategies useful for adults may not be useful for adolescents, depressed and non-depressed teens helped in the development of this guide.

Dealing with Depression is intended for:

- 🌀 teens with depressed mood
- 🌀 concerned adults who want to help a depressed teen
- 🌀 other teens who want to help a friend or family member

This book is meant to provide teens with accurate information about depression. It is not a psychological or medical treatment, and is not a replacement for treatment where this is needed. If expert assistance or treatment is needed, the services of a competent professional should be sought.

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