



Mental Health Information for Teens : Health Tips about Mental Health (Teen Health Series)

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Depression-it's not just for adults. Some studies suggest that as many as one in eight teens suffer from major depression. And teens aren't immune to other types of mental health disorders, including anxiety disorders, eating disorders, and psychotic illnesses. Tragically, an estimated two-third of all young people with mental health problems are not getting the help they need.

This title in the Teen Health Series provides teenagers with needed information about the causes of mental health problems, warning signs, and treatment options. It also provides tips on such topics as developing a positive self-image, making and keeping friends, understanding emotional development, handling anger and stress, and overcoming trauma. Directories of resources, including toll-free telephone numbers and Internet addresses, are also provided.

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