

Depression Learn About Teen Depression Signs And Treatment Teen Depression Signs And Symptoms Christian Workbook Parents Self Harm Anxiety

Adolescence can be a tough time for both teenagers and their parents. Raging hormones often cause heavy emotions and mood swings, leaving teens feeling miserable and irritable. When this is experienced "every now and then," you can consider it to be absolutely normal. However, when your teen's negative emotions and downtrodden attitude exist perpetually for long periods of time, it could be an indicator for something far more sinister: teen depression. Coming to terms with the fact that your child may be suffering from depression can be one of the hardest things a parent has to go through, as it's difficult to sit back and watch your child suffer. Fortunately, there are certain things you can do to help lessen the pain of what your teen is experiencing and help restore his/her happiness. This book is geared toward helping you identify and understand exactly what your teenager is going through at present, and what course of action should be taken. You will first learn exactly what teen depression is really all about, and you'll learn what signs to look out for when trying to figure out if your teen is truly suffering from depression. We're also going to cover the effects of teen depression and what you, as a parent, can do to intervene and help your child. Should your child indeed be a victim of depression, I will show you how to support your child through this difficult time and how to support her as she goes through treatment. And last, since prevention is always preferable as compared to treatment, I will explain how you can reduce their chances of suffering from depression in the future.

This book contains proven steps and strategies on how to recognize the signs of depression in teens and what treatment will help them to combat their symptoms. Depression can cause a person to function at a low level, especially when the person is being affected by psychological depression which can lead to being sad, inactive, having difficulty in thinking and not being able to concentrate; they show a significant increase or decrease in appetite and spend a lot of time sleeping, feeling of hopelessness and sometimes suicidal tendencies are all associated with depression. We are going to focus on Teen Depression, the signs and treatment. Therefore, what is teen depression? When a teenager is growing up and when the younger person begins to encounter situations and circumstances that the individual has never experienced before, beginning from the basic unit of life i.e. the family and to the larger contemporary society. The teenager may not be experienced on how to handle the problem which often can lead to depression and the above mentioned symptoms of depression begins to develop and take its toll on them.

Describes the causes, symptoms, and treatment of depression, offering advice on living with a depressive person.

Author Peggy J. Parks tackles a crucial reality of being a teenager, depression. She offers young readers and researchers a means of understanding depression and its ramifications. Readers will be given essential insight into what causes depression, how people live with it, and the latest information about diagnosis, treatment, and prevention.

Depression and stress affect close to 30 percent of all teens; a staggering statistic. Stress and anxiety can exhibit in teens by feeling overwhelmed, sad or depressed and tired. This book provides teens with the tools and vocabulary they need to express how they are feeling and when to seek help. Personal interviews with teens coping with depression and stress are revealed as well as warning signs, treatment options, and most importantly, solutions. Sidebars, a relevant glossary of terms, current websites, and science content are included in this detailed look into the teen issue of stress and depression.

Parenting.

Overcoming Teen's Age Depression Often times, our parents don't know or have an idea of what we are going through. All they believe is that we don't have any reasons to be depressed, sad or unhappy. Moreover, they foot all our bills, pay our education fees, put food on our table, get us clothes that will make us look good. In that sense, are we supposed to be depressed? Rightly NO! But depression is more than that. A lot of teenagers are going through unexplainable mood swings that have resulted into Major depression. Depression is more than feeling sad or unhappy. Once in a while, you can feel unmotivated, low, angry, or upset. But melancholy is more than just being down. Can I get out of the state? They asked. The battle continues until they find themselves doing nasty things because of worries. One of the greatest things to deal with to live out of fears in your mind. Overcoming Teen's Age depression is a book that you should buy for your children or young ones. It explained all possible depressive disorders teenagers can find themselves and how they can deal with it. As parents, you may be too busy to know what your children are going through, but this book will help a great deal to make your children stay positive and happy.

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.

Anger, sadness, and helplessness are feelings that are often difficult for teenagers to identify, let alone cope with. Consequentially, they often struggle to find the help they need to deal with their emotions.

This book expertly describes this universal topic for an adolescent audience, continually engaging the reader with eye-catching call-outs and fun ways to gain a different perspective. It equips modern teenagers with an accessible understanding of the mechanics behind stress and depression and gives them practical yet compassionate advice for dealing with these issues. Clarity and direction will soon be within reach for readers who want solutions.

Describes teen depression, its causes, and how it can be treated and prevented.

A guide to understanding and getting help for adolescents with depression or bipolar disorder combines the most current scientific expertise available with no-nonsense, hands-on advice from parents who have faced these disorders in their own children. Original.

Provides an in-depth critical examination of mainstream approaches to understanding and treating depression from a feminist perspective.

This text addresses the very serious issue that too many of our adolescents must face, that of depression and suicide. The Surgeon General's Report indicates that ten percent of our youth are, at any one point in time in America, suffering from a mental illness. If not treated, they can go on to have a series of problems such as delinquency and truancy, and may end up in prison. This book presents an empirically based interventive approach to helping adolescents and families deal with adolescent depression and suicide. No other text focuses on this significant social issue facing adolescents and their

families. In a unique approach, the text combines theory, intervention, and empirically based techniques for practitioners working with the adolescent and his or her family. It will be of interest to those in social work, sociology, psychology and child and family development. Chapters include: The Epidemic of Child and Adolescent Depression and Suicide; Assessment of Depression, Substance Abuse, and Suicidal Behavior in Children and Adolescents; Interventions for Prevention and Treatment; Coping with Adolescent Depression and Suicide Curriculum; and Family Intervention.

Learn how to communicate with a troubled teenager. There will be no more shouting battles, tearful fights, or glum faces. Learn the right steps to take to assist them in being better again. Recognize the difference between sadness and major depression. Normal treatments versus those that are medicinal. Learn how to live with danger and agitation. Learn how to care for them and keep them safe. This book explains what to do and suggest. For any parent who wants their child to be safe as well, this is an all-in-one accessible resource. More specifically, you will learn: All the variables and facets of why teens are a highly susceptible group for depression. You can then start to piece together what is really going on with your teen so you can help them overcome the challenges they are dealing with. Simple tactics for improving your communication with your teen that will strengthen your relationship and will guide them towards discovering and taking positive actions If reading the last few paragraphs had you expel a small sigh of relief, you are in the right place. The lack of resources available for parents with depressed teens is shocking. And the ones that are available are clinical and marginally helpful.

TEENAGE DEPRESSION This book is written based on carefully identified CAUSATIVE FACTORS of depression in Teenagers and a proven HELPFUL guide administered to depressed teenagers that led to drastic improvement in overall mood and mental health Recently the rate at which teenagers get depressed and the number of depressed teenagers are on an alarming increase. This have led to the high rate of suicide amongst teenagers and young adults. Also, it is no news that the society and social media have contributed immensely to the subject matter. this book offers a better understanding of the subject matter; DEPRESSION, and how to identify the SYMPTOMS and proper workable SOLUTIONS the problem. In this book, you will learn Causes of Depression and Anxiety in Teenagers Signs and symptoms of a depressed teenager Different kinds of disorders experienced by teenagers How to handle depression and Anxiety in Teenagers and as a Teen GET A COPY OF THIS BOOK NOW

Presents an exploration of the causes, symptoms and treatments of depression and bipolar disorders.

Depression provides a valuable and accessible resource for students, practitioners, and researchers seeking an up-to-date overview and summary of research-based information about depression. With the help of clinical examples, the authors present chapters covering the hypothesized causes of depression, including genetic and biological factors, life stress, family, and interpersonal contributors to depression. The third edition extensively updates prior coverage to reflect advances in the field. The presumed causes of depression from both a biological perspective as well as from social and cognitive perspectives are explored in detail. Two chapters explore the most recent developments in pharmacological and biological interventions and in psychological treatments, as well as the prevention of depression. This new edition includes updated discussion about challenges in research, including heterogeneity and diagnosis of depression and proposed solutions, as well as the efficacy and availability of treatments. Authored by experts in the field who are active researchers and clinicians, Depression provides a state-of-the-art primer for final year undergraduate and postgraduate students, clinicians, professionals, and researchers seeking a broad reference task that critically evaluates research into depression.

Discusses the nature, possible causes, special problems, and both conventional and alternative treatments of depression.

Recent work on emotional regulation gives a powerful new lens through which to view the evolution across childhood and adolescence of the lived experience and clinical presentation of depression. We have a richer picture of the depressed child, and the child at risk for depression, in interaction with family and wider world. We know more about the development and the developmental psychopathology of coping strategies. These advances give provocative clues to the actual processes whereby well-established risk and protective factors might interact to produce, sustain or curtail a depressive syndrome. This in turn opens the door to treatment and prevention approaches that are truly developmentally informed. This is the philosophy behind this completely updated and comprehensive analysis of childhood depression.

Adults are increasingly concerned about the rising rate of depression in teenage girls and the frequency of alarming behaviors including wild conduct, explosive outbursts, back talking, sexual escapades, drug experimentation, and even cutting, eating disorders, and suicide attempts. The Disappearing Girl, the first book on depression in teenage girls, helps parents understand: • Why silence reflects a girl's desperate wish for inclusion, not isolation • Subtle differences between teen angst and problem behavior • Vulnerabilities in dating, friendships, school, and families • How, if untreated, girls will carry feelings of helplessness, anger, and depression into adulthood Dr. Machoian also offers conversation topics to help girls navigate mixed messages, develop their identity, make healthy decisions, and build resilience that will empower them throughout life, as well as helping parents manage their own frustration.

"The Real Guide to Teenage Depression" is a thorough research book that expands practical parenting facts. As well as current resources. This book offers step by step practical solutions for teens who struggle with bullying. Special sections focus on Cyber harassment and depression in LGBTQIA teens. Further educate you about the teen depression as a whole.

'Woorden kunnen mensen raken op een manier die niet te voorzien is... Ik zou alle tieners aan willen raden dit boek te lezen.' – The Guardian 'Een dapper en boeiend debuut dat een belangrijk onderwerp aankaart door middel van humor, emotie en levensechte tienerstemmen.' – Daily Mail De zestienjarige nerd Aysel is geobsedeerd door het plannen van haar eigen dood. Met klasgenoten die continu over haar roddelen, een moeder die haar nauwelijks kan aankijken, en een vader die met een gewelddadig misdrijf hun dorp opschrikt, ziet Aysel redenen genoeg om haar leven te beëindigen. Maar ze weet niet zeker of ze het alleen durft. Als ze op een website het forum Zelfmoordpartners ontdekt, denkt ze de oplossing te hebben gevonden. Ze vindt er Roman, een jongen die achtervolgd wordt door een familietragedie. Hoewel Aysel en Roman niets met elkaar gemeen hebben, beginnen ze deel uit te maken van elkaars leven. Naarmate hun plan voor zelfmoord vorm krijgt, begint Aysel zich af te vragen of ze er wel mee door wil gaan. Ze zal uiteindelijk moeten kiezen: een einde aan haar leven maken of Roman ervan proberen te overtuigen om samen door te leven. 'Eerlijk en hartgrondig... iedere tiener die zich ooit een buitenstaander heeft gevoeld zal zich kunnen vereenzelvigen met de personages Aysel en Roman.' – Kirkus Reviews 'Dit boek bespreekt serieuze onderwerpen op een intelligente en grappige manier. Erg zorgvuldig gepresenteerd.' – School Library Journal

Teen depression is on the rise in North America. According to the statistics, one teen in every high school classroom is probably suffering from a major depression. These teens come from all social, economic and cultural backgrounds - from anyone's family or community. Parents often agonize over this problem, but do nothing, hoping for the best and allowing the teenager time and space to work out his or her own problems. They try to give extra love, support and attention, but they can't help worrying. Dr. Miriam Kaufman gives the concerned parent a thorough overview of the most up-to-date medical knowledge. Drawing on her own experience and that of other doctors and psychologists who work with teenagers, and offering many illustrative case histories, the author explains what teen depression is and how it can be overcome. Medical and psychiatric conditions, gender and sexuality differences, substance abuse, anxiety, poverty and suicide, as well as the social and practical aspects of life with a depressed teen are discussed. Medical approaches, including therapy and drug treatment, are covered in detail. An entire chapter is dedicated to alternative treatments. And in a broad-ranging question-and-answer section, Dr. Kaufman addresses many of the specific concerns of parents, and of teenagers themselves. This comprehensive look at teen depression is sure to be helpful not only to teens and parents, but to teachers, guidance counselors and all those who work with adolescents.

Depression can make it hard for teens to do well in school, make friends, and reach their goals. In "Mindfulness for Teen Depression," two teen experts offer powerful tools based in mindfulness and positive psychology to empower young readers who suffer from depression. The depathologizing approach in this book will help teens ease symptoms, work through troubling thoughts and feelings, and thrive in all aspects of life.

Interpersonal Psychotherapy-Adolescent Skills Training (IPT-AST) is a program that teaches communication and interpersonal problem-solving skills to improve relationships and prevent the development of depression in adolescents. IPT-AST was developed to be delivered in schools and other community settings where adolescents are most likely to receive services, with the hope that IPT-AST can help prevent depression and other problem behaviors before they become more severe. Preventing Adolescent Depression: Interpersonal Psychotherapy-Adolescent Skills Training provides a detailed description of the program to guide mental health practitioners to implement IPT-AST. Session-by-session descriptions specify the structure and content of each session. Examples of how group leaders can discuss specific topics are provided throughout the book, and the appendix includes session outlines, communication notecards, cue cards, and more. Chapters also outline key issues related to implementation of IPT-AST, including selecting adolescents to participate in group; conducting IPT-AST in schools, primary care offices, mental health clinics, and other diverse settings; working with adolescents at varying levels of risk for depression; and dealing with common clinical issues. Finally, the book outlines the research on this depression prevention program. Preventing Adolescent Depression is appropriate for a wide variety of mental health practitioners including psychologists, social workers, and school counselors.

While depression has been the subject of much research in the last decade, far too little attention has been paid to the influence of the social environment on depression and on mental health generally. This lack has become more conspicuous since the Canadian federal government began requiring that policy makers make social environment a primary consideration when designing new mental health programs. Based on the latest scientific findings, a comprehensive guide to the diagnosis and treatment of teenage depression. Each year thousands of American teenagers are diagnosed with clinical depression. If ignored, poorly treated, or left untreated, it can be a devastating illness for adolescents and their families. Drawing on her many years of experience as a psychiatrist working with teenagers, Dr. Maureen Empfield answers the questions parents and teens have about depression, providing detailed information on: *Identifying the different types of depression *How depression is diagnosed *Which teenagers are most at risk *Suicide *The effect of depression on other teenage problems *How depression is treated and by whom *The drugs used to treat teenage depression - what they are and how they work *When a teenager needs to be hospitalized for depression *and more Understanding Teenage Depression provides the latest scientific findings on this serious condition, and the most up to date information on its treatment. The book includes numerous vignettes drawn from Dr. Empfield's clinical practice as well as first person accounts from teenagers who have themselves suffered from depression. Understanding Teenage Depression is a book that anyone who's been touched by this disease - whether parents, teachers, family members or teens themselves - will find invaluable.

DEPRESSION: Learn About Teen Depression Signs and Treatment Today only, get this Amazon book for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. You're about to discover how to recognize the signs of depression in teens and what treatment will help them to combat their symptoms. Depression can cause a person to function at a low level, especially when the person is being affected by psychological depression which can lead to being sad, inactive, having difficulty in thinking and not being able to concentrate; they show a significant increase or decrease in appetite and spend a lot of time sleeping, feeling of hopelessness and sometimes suicidal tendencies are all associated with depression. We are going to focus on Teen Depression, the signs and treatment. Therefore, what is teen depression? When a teenager is growing up and when the younger person begins to encounter situations and circumstances that the individual has never experienced before, beginning from the basic unit of life i.e. the family and to the larger contemporary society. The teenager may not be experienced on how to handle the problem which often can lead to depression and the above mentioned symptoms of depression begins to develop and take its toll on the them. Here Is A Preview Of What You'll Learn... CHALLENGES FOR TEENS WHEN TEENS GET DEPRESSED SIGNS OF TEEN DEPRESSION THE REBELLIOUS TEENAGER HOW TO DEAL WITH TEEN DEPRESSION TREATMENT AND CARE Much, much more! Download your copy today! Take action today and download this book for a limited time discount of only \$2.99!

Text and first-person accounts present the experiences of teenagers who have coped with and tried to overcome depression.

"The authors have produced a very readable, extremely well informed and comprehensive book that will add greatly to the knowledge base of interested parents. This book is strongly recommended."

--Stewart Gable, MD Chairman, Department of Psychiatry The Children's Hospital, Denver, Colorado You supported and encouraged them as they grew from toddlers to teens. Now you are confronted with one of the toughest challenges you and they will ever face . teenage depression. Adolescence is a period of peaks and valleys. Most teens negotiate these years with relative ease; yet for some these times are treacherous with countless pitfalls. When depression ensues, it can interfere with much of your child's potential. Clinical depression is now epidemic among American teens, and teen suicide can be a deadly consequence. Helping Your Depressed Teenager is a practical guide offering family solutions to a family problem. This book will sensitize you to the hidden struggles of adolescents and assist you in understanding their multifaceted problems. The authors are experts in this field and have helped countless youngsters confront and overcome their depressed mood. In a highly readable and gentle manner, they help you see behind the "masks" of troubled teens who attempt to hide their true feelings. They help you distinguish the subtle and sometimes not so subtle signs that something is seriously wrong. And they help you provide the loving support and assistance teenagers need to make it through this difficult life passage. Some of the useful information provided: * What families can do to prevent teen depression * How to tell the difference between moodiness and depression * How to read the warning signs of a troubled teenager * How to know when professional help is needed and where to find it * How to choose the right treatment options for your teen

The Key Facts on Depression offers readers insight into the background and nature of the debilitating disease. Whether you are looking for resources to treat your own depression or information to help a loved one, this guide to depression provides key facts on the causes, symptoms, and treatment of depression in women, men, teens, and the elderly. Written in an easy-to-read, question and answer based format, anyone can find the answers to their questions regarding depression, and can learn how to cope with the disease.

Praise for Treatment of Depression in Adolescents and Adults "This outstanding book, written for clinicians, provides a fascinating examination of leading depression treatments supported by cutting-edge scientific evidence. The editors have assembled an impressive list of authors who expertly describe each intervention at a level of detail rarely seen in other books. Clinicians looking for guidance on how to implement evidence-based treatments for depression will find this book indispensable." —Aaron T. Beck, MD, Professor of Psychiatry, University of Pennsylvania President Emeritus, Beck Institute for Cognitive Therapy and Research "This is a much-needed book that can increase accessibility of empirically based treatments to practicing clinicians. The chapters are informative, readable, and peppered with clinical examples that bring the treatments to life. This book is an essential bridge to enhance dissemination of some of our most potent treatments for depression to those on the front lines of treatment delivery." —Adele M. Hayes, PhD, Associate Professor of Psychology, University of Delaware Evidence-based interventions for treating depression in adolescents and adults Part of the Clinician's Guide to Evidence-Based Practice Series, Treatment of Depression in Adolescents and Adults provides busy mental health practitioners with detailed, step-by-step guidance for implementing clinical interventions that

are supported by the latest scientific evidence. This thorough, yet practical volume draws on a roster of experts and researchers in the field who have assembled state-of-the-art knowledge into this well-rounded guide. Each chapter serves as a practitioner-focused how-to reference and covers interventions that have the best empirical support for the treatment of depression, including: Cognitive Behavior Therapy Behavioral Activation Cognitive Behavioral Analysis System of Psychotherapy for Chronic Depression Easy to use and accessible in tone, Treatment of Depression in Adolescents and Adults is indispensable for practitioners who would like to implement evidence-based, culturally competent, effective interventions in their care of clients struggling with depression.

Our Erika's Lighthouse Parent Handbook on Childhood and Teen Depression is a practical guide written by parents for parents who think their child may be suffering from depression. Our handbook offers tips on how to get help, things parents might want to know about childhood and teen depression and treatment, and ideas for good mental health. Book excerpts: Welcome to the Erika's Lighthouse Parent Handbook on Childhood and Teen Depression, Second Edition. You may be reading our handbook because you think your child is depressed and you want to know what to do. We are here to help you. You are not alone. Somewhere between 15 and 20 percent of our children and teens will suffer from at least one depressive episode before they reach adulthood. These episodes come in many forms - ranging from the child who doesn't want to go to school to the teen who is constantly in a rage to the withdrawn child who barely speaks. Often, these episodes are seen as just a phase, or typical behavior, but depression, clinical depression, is not part of typical behavior - it is a disorder that deserves attention and needs treatment. We hope this handbook will be a helpful guide to you as you deal with the many issues you will likely confront over the course of your child's depression. We know this is probably a frightening time. You may feel helpless and alone. We invite you to read our handbook with the hope that it will give you both some comfort and some answers. And we hope you will find some helpful tips on how to help your child maintain good mental health and find happiness, something we all want for our children. Our handbook is organized into three sections. Section One is the practical guide - it will give you suggestions on what to do and how to do it. Section Two is a primer - it includes the things you might want to know about depression, mental health care professionals and potential treatments. Section Three is about happiness and strategies you and your child can use to foster and maintain good mental health. Our goal is to help you navigate a difficult time in our life. We hope our handbook will be helpful along your journey. For more information about us, please visit us at www.erikaslighthouse.org.

Depression Learn About Teen Depression Signs and Treatment

Dit werkboek vult "De zeven eigenschappen die jou succesvol maken" praktisch aan en helpt het leven beter en leuker te maken. Vind jij het weleens moeilijk om keuzes te maken? Je weet misschien niet precies wat je wilt en wat nu eigenlijk goed voor je is. Bijvoorbeeld op school, bij de keuze voor het vakkenpakket, of als sommige vrienden je onzeker maken. Maar je weet dat je het zelf wel kan en dat je ouders niet voor jou hoeven te beslissen! Vaak blijkt dat dan toch moeilijk te zijn. Je wilt graag zelfstandig beslissen, maar hoe doe je dat nou 't best? Sean Covey kent deze problemen; de oplossing beschreef hij in Zeven eigenschappen die jou succesvol maken! Dit boek werd een succes in Nederland en er ontstond grote vraag naar het praktische werkboek. Dit werkboek helpt je om de ideeën in Zeven eigenschappen toe te passen op je eigen leven; het staat vol tips en trucs, invuloefeningen, enquêtes en doelijstjes zodat je heel praktisch aan het werk kunt om je leven beter, leuker en spannender te maken. Je kunt het thuis gebruiken, of met klasgenoten. ALLEEN GESCHIKT VOOR TABLETS.

In Mindfulness for Teen Depression, two teen experts offer powerful tools based in mindfulness and positive psychology to help you ease symptoms, work through troubling thoughts and feelings, and thrive in all aspects of life. If you're a teen with depression, you may often feel sad, lonely, and unmotivated. And it can be especially difficult to do well in school, make friends, and take those important steps toward adulthood. But it's important for you to know that your depression is not your fault, and that it doesn't have to define you. Most importantly, there are steps you can take to feel better. With this powerful workbook, you'll learn effective skills based in mindfulness and positive psychology to help you manage difficult emotions, gain distance from negative thoughts, and enhance your awareness of the present moment. You'll also discover tons of activities and exercises—such as mindful meditations, walking, yoga, healthy eating and sleeping tips, and more—to help you care for your body as well as your mind. Depression can make it seem like you're viewing the world through dark or distorted glasses. When you're depressed, it's even hard to see yourself clearly. This book will empower you to feel better, more energized, and start reaching for your goals—one step at a time.

Adolescent Depression: Outside/In is an innovative book for adolescents, parents, and clinical professionals. Keena, a licensed addictions and mental health counselor, takes her readers inside the depressed adolescent's imagination, and insecurities. Using a combination of narrative, poetry, and prose, Ms. Keena has taken her personal experiences with depression and has woven a masterful work. Through her own experiences, Ms. Keena has shown a way to understand the sense of lost helplessness of depressed adolescents. She then shows us the path towards hope and recovery. This book will help adolescents, parents, and clinicians understand the difficulties and challenges that can arise as the treatable illness of depression begins to emerge in adolescence. Samuel M. Silverman, MD Fellow of the American Psychiatric Association

"I heartily recommend this book to parents and relatives of adolescents who have or may have mood disorders. It is written clearly and simply... and with a style that helps parents to understand the complexities of the problem that is optimistic of the likelihood of improvement with correct diagnosis and treatment." -- Journal of Clinical Psychiatry

[Copyright: Oda1a42e77a77aeebecc7198c3cbf367](https://www.pdfdrive.com/depression-learn-about-teen-depression-signs-and-treatment-teen-depression-signs-and-symptoms-christian-workbook-parents-self-harm-anxiety-p123456789.html)