



Rescuing Your Teenager from Depression

Norman T. Berlinger M.D.

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One in eight high school students is depressed. But depression in teenagers can be deceptive, and authorities estimate that a huge number of depressed teens are undiagnosed. Adults may mistake symptoms as "typical" teen angst, anger, or anxiety. Or the teen may mask the symptoms with high-energy activity.

For parents who suspect their teen is depressed, the system often fails the family. Insurance coverage for treatment ends too soon, there's a months-long wait to see an adolescent therapist, or long-term follow-up is insufficient.

This means parents must take charge of their child's health to reinforce, extend, and monitor treatment and its aftermath. The good news is they can do it—because parents know their child best.

Although a medical doctor, Dr. Berlinger initially missed the signs of his own son's depression. By combining his parental love with his scientific skills, he developed a set of techniques to lead his son out of depression. Now he shares his 10 Parental Partnering Strategies to help parents rescue their teen from depression—based on his own experiences, nearly 100 interviews with parents of depressed teens, and interviews with mental health professionals.

Increasingly, doctors are asking parents to partner with them to help children get healthy and stay healthy. Partnering has been proven effective in the treatment of other serious emotional illnesses such as anorexia nervosa.

Parents can use Dr. Berlinger's strategies to help distinguish depression from moodiness; be alert to suicide risk; monitor medication effectiveness; help the teen combat negative thinking; organize activities to offset depression; and spot signs of relapse during tense times in their child's life, including exams, relationship breakups, or starting college or a job.

Both a family survival story and a practical guide, this book affirms parents' unique power to help teens overcome depression.

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From reader reviews:

Brian Freeman:

What do you think about book? It is just for students because they are still students or the item for all people in the world, the actual best subject for that? Simply you can be answered for that question above. Every person has different personality and hobby for each other. Don't to be pushed someone or something that they don't desire do that. You must know how great and important the book Rescuing Your Teenager from Depression. All type of book could you see on many solutions. You can look for the internet options or other social media.

Sarah Davis:

Playing with family in the park, coming to see the coastal world or hanging out with close friends is thing that usually you will have done when you have spare time, in that case why you don't try thing that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Rescuing Your Teenager from Depression, you could enjoy both. It is fine combination right, you still wish to miss it? What kind of hang-out type is it? Oh can occur its mind hangout people. What? Still don't understand it, oh come on its referred to as reading friends.

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Don't be worry if you are afraid that this book may filled the space in your house, you can have it in e-book approach, more simple and reachable. This kind of Rescuing Your Teenager from Depression can give you a lot of close friends because by you investigating this one book you have point that they don't and make an individual more like an interesting person. That book can be one of a step for you to get success. This book offer you information that perhaps your friend doesn't understand, by knowing more than various other make you to be great folks. So , why hesitate? We should have Rescuing Your Teenager from Depression.

Kimberly Martin:

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