**DESCRIPTION**

Depressive disorders can produce dramatic and frightening changes in young peoples’ behaviour, but while parents may suspect something is wrong, they are often at a loss to know what. This book shows parents how to tell the difference between the ordinary ups and downs and true depression, helping them better understand clinical warning signs and the various approaches to treatment. Dealing sensitively with how depression sometimes manifests itself—self-harm, alcohol and drug abuse, and suicide attempts—the book offers parents practical guidance on how they can reach out to their children and find professional assistance.

**ABOUT THE AUTHOR**

**Carol Fitzpatrick** and **John Sharry**, both experts in this field, deal with issues most parents find particularly worrying, such as drug and alcohol use, suicide and self-harm, and other mental health problems. Parents reading this book will find guidance on what help and treatments are available for their child, as well as what they can do themselves to help the whole family cope.

**SERIES**

Family Matters
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