



## Living with Depression (Teen's Guides)

*Allen R. Miller Ph.D.*

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Major depressive disorder is caused by a combination of brain chemistry, family history, distorted thinking, and a person's emotional environment, according to most experts. Conservative estimates suggest that major depression affects 1 percent of all preschoolers, 2 to 3 percent of elementary school-aged children, and 6 to 8 percent of teens. Yet as many as two-thirds of kids with depression don't get the help they need, according to the National Mental Health Association. With medication and therapy, depression can be treated and controlled. Written in clear and straightforward language, "Living with Depression" examines this disease and provides teens with the information they need to understand the nature of depression and treatments. Sidebars, appendixes, and further reading guide additional exploration of this timely topic. This accessible guide is ideal for readers living with depression or those who have family members or friends who are coping with it.

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