



# Adolescent Depression: A Guide for Parents (A Johns Hopkins Press Health Book)

*Francis Mark Mondimore, Patrick Kelly*

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In *Adolescent Depression*, psychiatrists Francis Mark Mondimore, MD, and Patrick Kelly, MD, explain that serious depression in adolescents goes beyond "moodiness." Depression is in fact an illness—one that can be effectively treated. The authors describe the many forms of depression and the many symptoms of depression in young people—from sadness to irritability, self-harm, drug and alcohol abuse, and violent rages.

Incorporating the latest research from the field of adolescent psychiatry, this comprehensive and compassionate guide answers questions that many parents have, including

- What are the symptoms of depression in teenagers?
- How is depression diagnosed?
- What is the difference between depression and bipolar disorder, and which does my child have?
- How can I find the best mental health professional team for my child?
- What kinds of counseling and psychotherapy are available?
- Are medications safe, and how does a doctor choose a medication for my child?
- What can I do if my adolescent is using alcohol, crystal meth, marijuana, or other substances?
- How do autism and Asperger's syndrome, eating disorders, premenstrual dysphoric disorder, ADHD, and disruptive mood dysregulation disorder interact with depression?
- What should I do if I sense that my child is in danger?
- With all of this going on, how can I take care of myself?

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