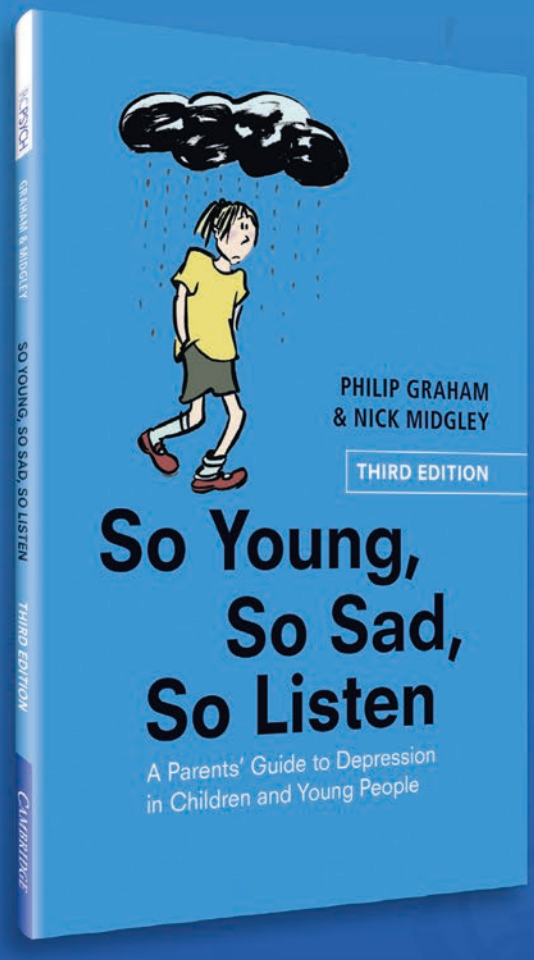
So Young, So Sad, So Listen

A Parents' Guide to Depression in Children and Young People

PHILIP GRAHAM & NICK MIDGLEY

THIRD EDITION

Has your daughter lost her sparkle? Has everyday life become a trial for your son? This book, written by two experts in child and adolescent mental health, describes how to recognise depression and what causes it; and provides guidance on how parents can support their child, including up-to-date advice on seeking professional help.



'It is simply the best book there is for and about young people with the experience of depression.'

Peter Fonagy, Professor of Contemporary Psychoanalysis and Developmental Science, University College London, UK

'I am grateful to the authors for updating and revising this beautiful little book. I have recommended book to parents and professionals alike forever 20 years now and will continue to do so!'

Raphael Kelvin, Consultant Child and Adolescent Psychiatrist, MindEd Consortium Lead, UK

'Easily the best parent guide on childhood depression I have seen.'

Ian Goodyer, Professor Emeritus of Child and Adolescent Psychiatry, University of Cambridge, UK

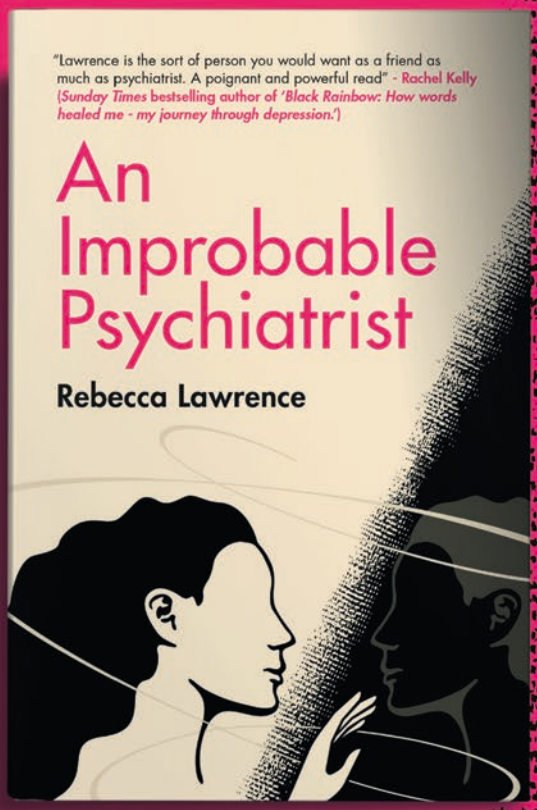
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An Improbable Psychiatrist

Rebecca Lawrence,
a consultant psychiatrist and writer with bipolar disorder.

"strikes at the heart of our understanding of mental illness"

- Rachel Kelly

"provides lucid insight into the curious process of becoming a psychiatrist"

- Linda Gask



A leading psychiatrist narrates her personal journey from patient to psychiatrist and how she has coped with severe mental illness. Covering her experience on a psychiatric ward, ECT, and psychiatry training, this book aims to reduce stigma surrounding mental illness and will appeal to mental health professionals, and general readers.

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