

Recovering From Depression for Teens

Contents

About the Authors	vii
Acknowledgments	ix
Introduction	xiii
I Getting Started	
1 Am I Depressed?	3
2 Getting Help	7
3 Suicide Prevention	15
4 Helping Myself Feel Better Right Away	25
5 Using the Rest of this Book	29
II Things I Need to Know About my Physical and Emotional Health	
6 Understanding Depression	35
7 Getting Good Health Care	39
8 Medication	51
III Things I Can Do To Help Myself Feel Better	
9 Friends and Supporters	59
10 Avoiding Substance Abuse	71
11 When Bad Things Happen	75
12 Diet, Light, Exercise, and Sleep	87
13 Helping Myself Relax	95
14 Peer Counseling	103
15 Creative Activities	107
IV Things I Can Do To Maintain a Positive Outlook Over the Long Term	
16 Raising Self-Esteem	119
17 Changing Negative Thoughts to Positive Ones	131
V Building an Ongoing Recovery and Safety Plan	
18 Wellness Tools	139

19	Monitoring My Moods and Preventing Depression	145
20	Developing a Safety Plan	153
21	Managing Medications	159
22	Avoiding Relapse	163

Appendixes

A	If a Friend Is Depressed	175
B	Information for Parents	177
C	Important Telephone Numbers	181
D	Information for a Friend	185