



I Just Want You To Be Happy: Preventing and Tackling Teenage Depression

Professor Leanne Rowe, Professor David Bennett, Professor Bruce Tongue

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One of the most challenging and problematic issues facing Australia today is the increasing rate of youth depression and the high suicide rates of our young people. When most parents only want their teenagers to be happy, it is distressing to know that 1 in 5 teenagers will experience major depression before they are 18 years of age and that the chance of a child developing depression has tripled in the last 30 years. Depression is also particularly prevalent in girls; staggeringly, over 340,000 prescriptions of antidepressants were written for young people under 18 in 2005. *I Just Want You To Be Happy* describes the factors contributing to this increasing depression in young people and why our search for constant happiness is setting our children up for problems. It is important for all parents to know that, contrary to popular myth, depression can be prevented and treated. An invaluable contact list of mental health organizations, support groups and websites where parents and careers can seek further help is also included. Aimed at parents and careers, this book is a much needed, practical, clear and highly accessible guide to identify and help depressed teens, written by three experts, all currently working in the area of teenage health.

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Herman Pendergrass:

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Phillip Vargas:

In this era which is the greater man or woman or who has ability to do something more are more valuable than other. Do you want to become one of it? It is just simple strategy to have that. What you are related is just spending your time not very much but quite enough to enjoy a look at some books. One of many books in the top checklist in your reading list is definitely I Just Want You To Be Happy: Preventing and Tackling Teenage Depression. This book which is qualified as The Hungry Mountains can get you closer in turning

out to be precious person. By looking right up and review this guide you can get many advantages.

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