

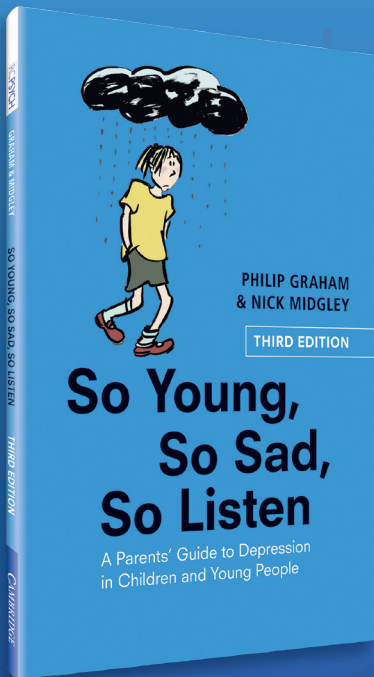
So Young, So Sad, So Listen

A Parents' Guide to Depression in Children and Young People

PHILIP GRAHAM & NICK MIDGLEY

THIRD EDITION | 9781911623564

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 this book to parents and professionals alike for over 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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