



Mental Health and Growing Up: Factsheets for parents, teachers and young people, 4th edition

Royal College of Psychiatrists

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Contains easy-to-read factsheets on over 40 different mental health issues (including emotional and behavioral problems).

Each factsheet explains the problem, causes and effects, practical tips to deal with it, the treatments available, available evidence and sources of further help.

New for this edition: includes the best available evidence and many case studies, plus a new section on surviving adolescence.

Simply written to be accessible to the general public and illustrated with many cartoons.

You can easily photocopying the factsheets for use as patient handouts.

Related title

So Young, So Sad, So Listen, published by RCPsych Publications in 2005, is about depression in children, ISBN 9781904671237.

RCPsych Publications is the publishing arm of the Royal College of Psychiatrists (based in London, United Kingdom), which has been promoting excellence in mental health care since 1841. Produced by the same editorial team who publish *The British Journal of Psychiatry*, they sell books for both psychiatrists and other mental health professionals; and also many written for the general public. Their popular series include the *College Seminars Series*, the NICE mental health guidelines and the *Books Beyond Words* series for people with intellectual disabilities.

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