

Beneath the Surface

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Synopsis

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You don't have to cope alone....

Depression and mental illness don't discriminate. Even in the most picture-perfect life, confusion and turmoil are often lurking beneath the surface. For a teenager in a world where anxiety, depression, and other mental illnesses are commonplace, life can sometimes feel impossible. Whether or not you or someone you love is suffering from any of these issues, it's important to be able to recognize the warning signs of mental illness and know where to turn for help.

This comprehensive guide provides the information, encouragement, and tactical guidance you need to help yourself or others experiencing: depression, academic or parental pressures, eating disorders, bullying, self-harm, PTSD, peer pressure, anxiety, substance abuse, technology addiction, and suicidal thoughts or actions.

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