

## Index

- abuse, child, 48–9  
 academic pressure, 36–7, 45–7  
 aches and pains. *See also*  
   headache; stomach ache  
   with anxiety, 8, 17  
   with unhappy mood, 8  
 activity, stimulating,  
   33–4, 60–1  
 adolescents, irritability and  
   anger in, 9  
 affection, parents  
   providing, 30–1  
 age, depression and, 22  
 aggressive behaviour, 17, 34–5  
 alcohol and drug problems,  
   18–19  
 anger. *See* irritability  
 anorexia, 11, 18, 32  
 antidepressant medication. *See*  
   medication  
 anxiety, 16  
   aches and pains with, 8, 17  
   optimal amount of, 45  
   panic attacks, 16–17  
   phobias, specific, 16  
   rates of, 21–2  
   in younger children, 8, 16  
 appetite, changes in, 7–8, 11.  
   *See also* eating problems  
 associated problems, 16–20  
 alcohol and drug problems,  
   18–19  
 anxiety, 8, 16–17, 21–2  
 chronic fatigue, 17  
 difficult, aggressive  
   behaviour, 17, 34–5  
 eating problems, 18, 32  
 obsessive compulsive  
   symptoms, 17  
 automatic thoughts,  
   negative, 14  
 awareness, of youth  
   depression, 3–4  
 bad behaviour, dealing  
   with, 34–5  
 BAME. *See* black, Asian and  
   minority ethnic  
 binge-eating, 18, 32  
 bipolar disorder, 19–20  
 black, Asian and minority  
   ethnic (BAME), 24–5,  
   48, 78  
 boredom, 9  
 boys  
   cutting in, 14  
   from girls, differences  
     of, 22–3  
 brothers and sisters, 31  
 bulimia, 11, 18, 32  
 bullying, 47–8, 59  
 CAMHS. *See* Child and  
   Adolescent Mental Health  
   Services  
 CBT. *See* cognitive behavioural  
   therapy  
 CFS. *See* chronic fatigue  
   syndrome  
 change, accepting, 54–5  
 charity, contacting, 62  
 Child and Adolescent Mental  
   Health Services  
   (CAMHS), 62, 64  
   assessment at, 65–8  
   professionals of, 64–5, 67–8  
   referral to, 61, 62–3, 65–8, 77  
   waiting lists for, 62–3, 65  
 child and adolescent  
   psychiatrist, 65  
 child psychiatric nurses, 65  
 child psychotherapist, 65,  
   70–1  
 chromosomes, 25–6  
 chronic fatigue syndrome  
   (CFS), 17  
 cognitive behavioural therapy  
   (CBT), 58, 65, 68–70  
   digital, 69–70  
   group, 74  
   treatment through, 69–70  
 confidentiality, 60  
 coping, 40, 51–3  
 copycat behaviour  
   cutting, 14  
   suicidal, 13  
 cultural and ethnic  
   differences, 24–5  
 cutting, 13–14  
 cyberbullying, 47–8  
 Delevingne, Cara, 3  
 diet, healthy, 31–2, 60–1  
 dieting, 11, 18  
 difficult, aggressive behaviour,  
   17, 34–5  
 disobedience, dealing  
   with, 34–5  
 divorce, 44  
 doctor, family, 61, 77  
 Dodson, John, 45  
 domestic violence, 44–5  
 drawing, 57  
 drug problems, 18–19  
 eating problems, 18, 32  
 emotional reactions,  
   medicalising, 6  
 ethnicity, 24–5  
 everyday activities, pleasure  
   lacking in, 7–8, 9  
 family  
   functioning of, 24, 42–5  
   parental support from, 59  
   special family times, 35  
 family doctor, 61, 77  
 family therapists, 65  
 family therapy, 68–9, 72–3  
   meetings in, 73  
   multi-family approach  
     in, 73–4  
 fatigue, chronic, 17  
 fluoxetine, 75  
 foster parents, 49  
 friends  
   copycat effect and, 13  
   depression risk lowered  
     by, 35–6  
   losing, 41–2  
   parental support from, 59  
   suicidal behaviour signs  
     and, 13  
 friendships, fostering, 35–6, 51  
 gender differences, 22–3  
 gender identity, 23, 50

- genes, depression and, 25–7, 30  
 girls  
   anorexia in, 32  
   from boys, differences of, 22–3  
   cutting in, 14  
 government measures, recommendations for, 78  
 group therapy, 74
- headache, 8, 17, 45, 67–8  
 health problems, depression influenced by, 23, 50–1  
 healthy lifestyle, promoting, 31–4, 37–9, 60–1  
 helplines, 60  
 home, stable, 30–1  
 homosexuality, 49–50  
 hope, offering, 57  
 HPA axis, 48
- ICD. *See* International Classification of Diseases  
 individual times, special, 35  
 International Classification of Diseases (ICD), 7  
 internet resources, 60  
 internet use. *See* screen use  
 interpersonal therapy (IPT), 68–9, 74  
 irritability, 7–8, 9
- lesbian, gay, bisexual or trans (LGBT), 23, 49–50, 78  
 lifestyle, healthy, 31–4, 37–9, 60–1  
 listening, 55  
   aspects of, 56  
   with drawing and play, 57  
   tips on, 56–7  
 lithium carbonate, 75  
 local authority care, 49  
 long-term problems, 28–9  
 loss, experiencing, 40–2  
 love, parents providing, 30–1
- maltreatment, 48–9  
 marijuana, 18  
 ME. *See* myalgic encephalomyelitis  
 medicalising emotions, concern of, 6  
 medication, 6, 68, 74–6  
   side-effects of, 75  
   SSRIs, 75  
 mental stimulation, 33–4
- mood, unhappy, 7–8  
 multi-family approach, in family therapy, 73–4  
 myalgic encephalomyelitis (ME), 17
- National Institute for Health and Care Excellence (NICE) guidelines, 64, 68, 74  
 negative thoughts, 7–8  
   automatic, 14  
   changing, 58  
 NICE guidelines. *See* National Institute for Health and Care Excellence guidelines
- obsessive compulsive symptoms, 17  
 occupational therapists, 65  
 Office of National Statistics (ONS), 11, 21–2  
 optimal amount, of anxiety, 45
- pains. *See* aches and pains  
 panic attacks, 16–17  
 parental conflict, 42–5  
 parental mental health, 24, 25, 31  
 personality, depression shaped by, 26–7, 30  
 phobias, specific, 16  
 physical activity, 33  
 Plath, Sylvia, 3  
 play  
   listening through, 57  
   suicidal ideas revealed in, 12  
 policy measures, recommended, 78  
 poverty, 23, 78  
 practical help, providing, 58–9  
 professional help  
   CAMHS, 61, 62–3, 64–8, 77  
   NICE guidelines on, 64  
   seeking, 6, 61–3  
   treatment with, 6, 58, 65, 68–76, 77  
 psychodynamic psychotherapy, 68–9, 70–1  
 psychotic depression, 19–20  
 punishment, 34
- racism, 48  
 rates, depression  
   for boys and girls, differences in, 22–3  
   changes in, 27  
   factors in, 22–5  
   of recovery, 28–9  
   UK, 21–2  
 recovery, 28–9  
 resilience, building, 30, 52–3  
 risk, reducing, 30–9  
 Rowling, J. K., 3
- sad, unhappy mood, 7–8  
 school  
   choosing, 36–7  
   pressure about, 36–7, 45–7  
   struggling at, 7–8, 15  
 school phobia, 16  
 screen use. *See also* social media  
   benefits of, 37  
   harmful, 37  
   healthy, promoting, 37–9  
 selective serotonin reuptake inhibitors (SSRIs), 75  
 self-blame  
   signs of, 7–8, 14–15  
   in younger children, 14–15  
 self-harming  
   confidentiality and, 60  
   cutting, 13–14  
   signs of, 6, 7–8, 13–14, 16  
   statistics on, 11  
   tension relieved through, 13  
   types of, 13  
 separation, parental, 44  
 serenity prayer, 55  
 sex education, 78  
 sexting, 47  
 sexual abuse, 48–9  
 sexual orientation, 23, 49–50, 78. *See also* homosexuality  
 sexuality, loss and, 40, 41  
 siblings, 31  
 side effects, of medication, 75  
 signs, of clinical depression, 5–6, 7–16  
 sisters and brothers, 31  
 sleep, disturbed, 7–8, 10–11, 61  
 sleeping habits, healthy, 33, 37–9  
 social inclusion, 78  
 social media, 37–9, 47–8  
 social workers, 65  
 special educational needs, 23  
 special times, family, 35  
 special times, individual, 35

- SSRIs. *See* selective serotonin reuptake inhibitors
- stable home, parents providing, 30–1
- stepped care, 64
- stomach ache, 8, 17, 45
- stress, 20  
 coping with, 40, 51–3  
 as factor, in depression, 52–3, 54–5  
 HPA axis and, 48  
 physical reactions and, 40  
 resilience and, 52–3  
 surveys of, 42
- suicidal behaviour, 70  
 confidentiality and, 60  
 copycat effect of, 13  
 friends and signs of, 13  
 signs of, 7–8, 11–13, 16, 61  
 statistics on, 11  
 younger children and, 12
- support system, 59
- systemic family therapy. *See* family therapy
- talking therapies, 68–9  
 dearth of, 6
- teachers, 1–3, 46–7, 62
- temperament, 26–7
- touch, keeping in, 59
- transgender youth, 23, 50, 78
- treatment, 77  
 CBT, 58, 65, 68–70, 74  
 family therapy, 68–9, 72–4  
 group therapy, 74  
 IPT, 68–9, 74  
 medication, 6, 68, 74–6  
 NICE guidelines on, 68  
 psychodynamic psychotherapy, 68–9, 70–1  
 selection of, 68–9, 76
- unhappy mood, 7–8
- United Kingdom (UK),  
 depression rates in, 21–2
- World Health Organization, 7
- Yerkes, Robert, 45
- younger children  
 anxiety in, 8, 16  
 drawing and play for, 12, 57  
 self-blame in, 14–15  
 suicidal ideas in, 12