

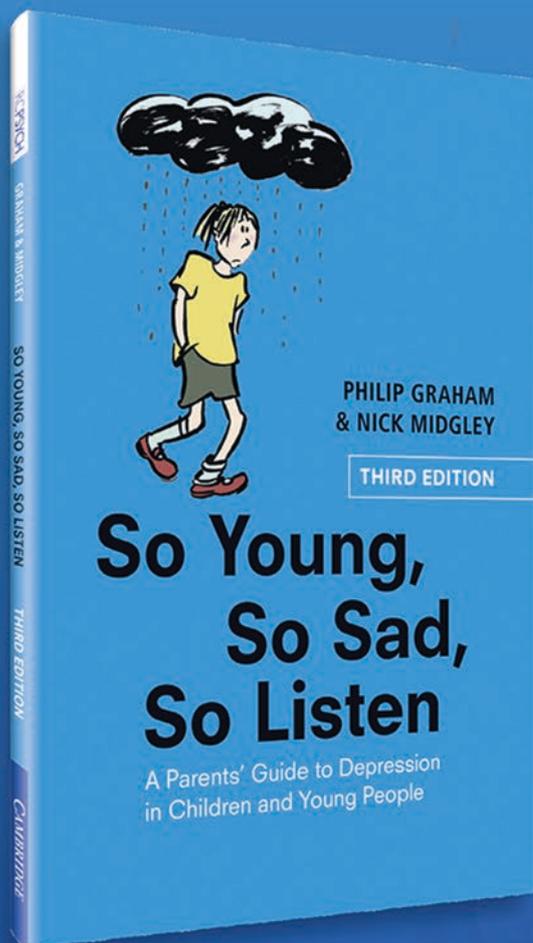
# So Young, So Sad, So Listen

A Parents' Guide to Depression in Children and Young People

PHILIP GRAHAM & NICK MIDGLEY

THIRD EDITION

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 book to parents and professionals alike forever 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

ISBN: 9781911623564

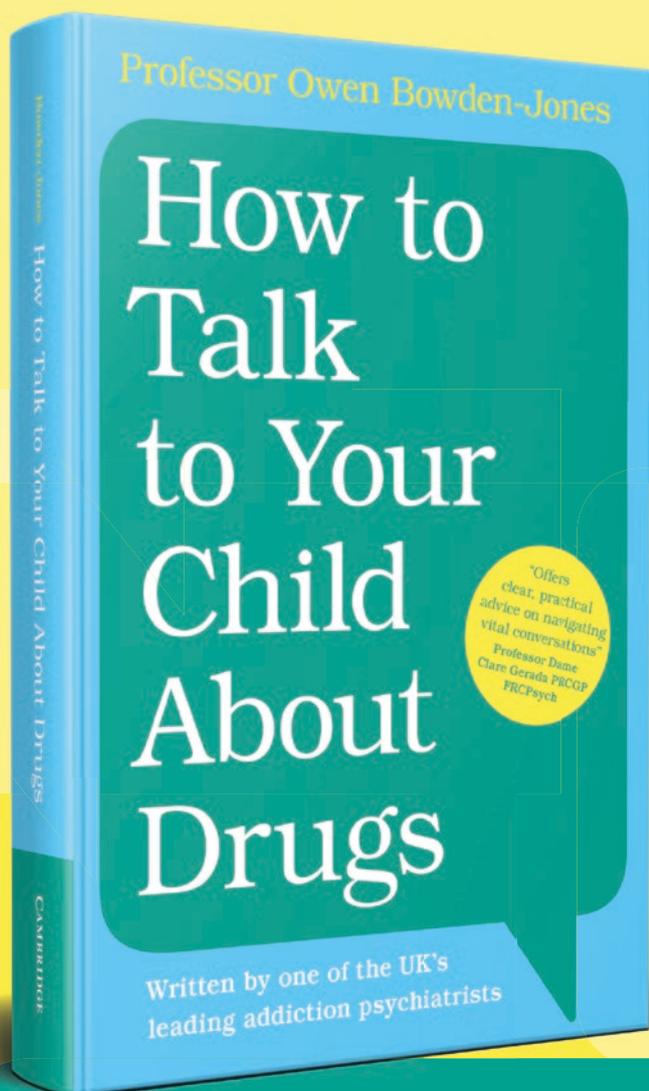
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# How to Talk to Your Child About Drugs

Professor Owen Bowden-Jones,  
University College  
London

Paperback | 9781009374811

Broaching the topic of drugs and drug use with your child can feel particularly daunting. With the illegal drug market constantly evolving, it can be difficult to stay up to date with the latest information. *How to Talk to Your Child About Drugs* is an evidence-based, practical guide from a leading addiction specialist.

The book offers clear and accessible guidance for parents on how to have effective conversations with their child about this difficult topic. It provides a summary of both established and newly emerging drugs, how drugs work in the brain, how they cause harm, and why some people are more vulnerable than others to problems, including signs parents should be looking out for.

This is a book that all parents will need at some stage. It will help you feel better informed about drugs, more confident in talking to your child, and better equipped to tackle any problems.

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