

**The Anti-Depressant Book: A Practical Guide For Teens
And Young Adults To Overcome Depression And Stay
Healthy**

By Jacob Towery MD

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Marriage Advocates, is a community for people who are passionate about promoting healthy marriages and supporting those in crisis. If you are looking for a safe place

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Children don't hate adults because they have more experience. The best way of dealing with adults is to make good use of their knowledge and depth.

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Depression is a key risk factor for suicide in young people, especially if they are feeling hopeless or stuck and that things won't change. If they are having thoughts about no longer wanting to be alive, get help from your doctor or free phone or text 1737 from any landline or mobile phone, 24 hours a day, 7 days a week. What are the signs of depression in children and teenagers? Depression in children and young people may look different than it does in adults. Depression in young people can present as irritability and anger. Focus on having a healthy lifestyle: healthy eating, physical activity and plenty of sleep. Limit how much time you spend online and on screens and instead spend more time outside/in nature – this has been shown to help beat depression.