



# Overcoming Teenage Low Mood and Depression: A Five Areas Approach

*Christopher Williams, Nicky Dummett*

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**Overcoming Teenage Low Mood and Depression** uses the trusted Five Areas model of cognitive behaviour therapy (CBT) to help young people experiencing low mood or depression to help themselves. The Five Areas model communicates life skills and key interventions in a clear, pragmatic, and accessible style, by examining five important aspects of our lives:

- Life situation, relationships, resources and problems
- Altered thinking
- Altered feelings or moods
- Altered physical symptoms or sensations
- Altered behaviour or activity levels

This exciting collection of practical and effective self-help workbooks has been developed in liaison with a team of experts working with young people. The course provides access to the proven CBT approach, and addresses all the common challenges faced during times of low mood, helping readers make positive changes in their lives in a planned and achievable way. A final workbook is aimed at friends and relatives and describes how to offer support.

The workbooks also provide an invaluable resource for school teachers, counsellors, general practitioners, nursing staff, occupational therapists, psychiatrists, psychologists, social workers, youth workers, and self-help groups and other voluntary sector organisations.

A linked and completely free online support course is located at [www.livinglifetothefull.com](http://www.livinglifetothefull.com) with additional resources at [www.fiveareas.com](http://www.fiveareas.com).

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