



Mental Health Disorders in Adolescents: A Guide for Parents, Teachers, and Professionals

Eric P. Hazen M.D., Mark A. Goldstein M.D., Myrna Chandler Goldstein M.A.

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Mental Health Disorders in Adolescents provides essential information to help parents, educators, and general practitioners find effective ways to identify and treat psychiatric disorders that many teens face. The first of two reader-friendly sections, "Recognizing the Problem, Finding Help, and Negotiating the System," is designed to help caregivers navigate the often confusing adolescent mental health system. Readers will find comprehensive information about when and how to seek help and the kinds of treatments that are available, including a detailed discussion of psychiatric medications and psychotherapy options. "Common Psychiatric Problems in Adolescence," the second section, offers information on specific psychiatric disorders, including symptoms and warning signs, diagnostic evaluations, treatment options, prognosis, and associated risks for each disorder.

Additionally, Eric P. Hazen, Mark A. Goldstein, and Myrna Chandler Goldstein have compiled two practical appendices—one provides a list of resources, organizations, books, websites, and phone numbers for further information and support. The other serves as a "treatment organizer" to help parents know what school and medical data to bring to a psychiatric evaluation and teach them how to keep track of important discussions related to their child's treatment.

By recognizing the early symptoms of a psychiatric disorder, adults may be able to save a teen's life. *Mental Health Disorders in Adolescents* offers real options to anyone searching for ways to help at-risk teens.

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