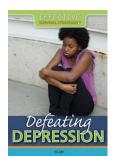
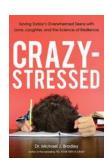
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Helping a Friend who is Depressed: Identifying and helping a friend who is suffering from depression

Helping a Friend with a Drug Problem: How to spot the signs of drug abuse, reasons for abuse, how to confront a friend, and how to encourage treatment

Helping a Friend with an Alcohol Problem: How to help a friend who has an alcohol problem, including how to bring others on board to help

Helping a Friend with an Eating Disorder: How the pressures of school, dating, and athletics contribute to body image issues and eating disorders, along with treatment information

I am a Digital Addict. Now What?: Issues that can arise for teens with access to smartphones, tablets, and other devices, and resources for those with a problem

I am a Teen Caregiver. Now What?: A frank description of the work faced by many teen caregivers, along with advice and resources for support

I am Homeless. Now What?: Real stories from teens in troubled situations and actual suggestions on how to stay off the streets for those who are homeless

I'm Suicidal. Now What?: How to recognize and cope with suicide risk factors and suicidal thoughts

I Have ADD/ADHD. Now What?: Symptoms, diagnosis, and treatment of ADD/ADHD, and advice for teens on dealing with the problems it may cause while getting on with everyday life

I Have OCD. Now What?: Symptoms, diagnosis, and treatment of OCD, and advice for teens on dealing with the problems it may cause while getting on with everyday life

Living with Anxiety Disorders: Fictional stories paired with advice from a medical expert to help teens feel prepared for dealing with anxiety disorders

Living with Depression: Fictional stories paired with real advice from a medical expert for dealing with depression, risk factors, diagnosis, treatments, and support

Living with Stress: Understanding stress, causes, symptoms, treatments, and prevention, with a focus on the emotional and physical effects of stress and why teens are at risk for stress-related problems

My Parents are Divorcing. Now What?: Healthy outlets and coping mechanisms while you deal with your parents' divorce, along with helpful practical and legal

Teen Depression: Understanding all aspects of teen depression, including diagnosis, treatments, therapies, and medical advances

Teens and PTSD: Examines the nature of post-traumatic stress disorder, what causes it, living with PTSD, and potential treatments and cures

Teens and Stress: Advice and methods on how to clear the mind and become less stressed, more productive, and more confident

Teens and Suicide: The nature of teen suicide, what causes it, and prevention

Teen Self-Injury: Issues surrounding self-injury, including approaches to ending self-injury and different viewpoints

What is Anxiety Disorder: Examines what anxiety disorder is, what causes it, and what it is like to live with it

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