

revised & updated edition

when Nothing Matters Anymore

a survival guide for
depressed teens



Bev Cobain, R.N., C.

Foreword by Peter S. Jensen, M.D.
Lighthouse illustration by Kurt Cobain

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**When Nothing Matters Anymore A Survival Guide For
Depressed Teens By Cobain Rn C Bev Spirit
Publishing2007 Paperback Revised Edition**

Bev Cobain



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When Nothing Matters Anymore Bev Cobain, 1998 A guide to understanding and coping with depression discussing the different types how and why the condition begins how it may be linked to substance abuse or suicide and how to get help

When Nothing Matters Anymore R. N. Cobain, 2009-08-05 The most positive book on depression one could read should be available to all teens Voice of Youth Advocates When Nothing Matters Anymore a survival guide for depressed teens Everyone feels down or sad at times These feelings are part of life and usually pass But what if they hang on affecting your body your behavior your emotions and your thoughts You may be more than sad You may be depressed If you are you re not alone More than 18 million Americans have depression Millions of them are teens like you If you think you might be depressed please read this book It has already helped countless teens and it can help you too It includes the latest information on medication nutrition and health current resources and the Top Ten Questions teens have asked the author Look inside to learn The causes symptoms and types of depression How to tell if you might be depressed take a quiz and find out Survival tips things you can do right now and in the future to help yourself feel better and ways to stay healthy strong and positive The connections between depression suicide and drug and alcohol abuse How different kinds of treatment can help Ways real life teens have dealt with depression Where to turn for more answers books organizations Web sites Words you can use when it s hard to open up share your problems and ask for help Mostly you ll learn you don t have to feel sad hopeless or alone anymore Bev Cobain R N C has worked on hospital based mental health units helping treat teens and adults who have depression and depressive disorder An expert on youth depression and suicide she is a nationally recognized speaker and workshop facilitator When Nothing Matters Anymore Bev Cobain R. N. C., 2009-07 This book written for

teens defines depression describes the symptoms and explains that depression is treatable **When Nothing Matters Anymore** R. N. Cobain, 2009-08-05 The most positive book on depression one could read should be available to all teens Voice of Youth Advocates When Nothing Matters Anymore a survival guide for depressed teens Everyone feels down or sad at times These feelings are part of life and usually pass But what if they hang on affecting your body your behavior your emotions and your thoughts You may be more than sad You may be depressed If you are you re not alone More than 18 million Americans have depression Millions of them are teens like you If you think you might be depressed please read this book It has already helped countless teens and it can help you too It includes the latest information on medication nutrition and health current resources and the Top Ten Questions teens have asked the author Look inside to learn The causes symptoms and types of depression How to tell if you might be depressed take a quiz and find out Survival tips things you can do right now and in the future to help yourself feel better and ways to stay healthy strong and positive The connections between depression suicide and drug and alcohol abuse How different kinds of treatment can help Ways real life teens have

dealt with depression Where to turn for more answers books organizations Web sites Words you can use when it s hard to open up share your problems and ask for help Mostly you ll learn you don t have to feel sad hopeless or alone anymore Bev Cobain R N C has worked on hospital based mental health units helping treat teens and adults who have depression and depressive disorder An expert on youth depression and suicide she is a nationally recognized speaker and workshop facilitator

When Nothing Matters Anymore R. N. Cobain,2009-08-05 The most positive book on depression one could read should be available to all teens Voice of Youth Advocates When Nothing Matters Anymore a survival guide for depressed teens Everyone feels down or sad at times These feelings are part of life and usually pass But what if they hang on affecting your body your behavior your emotions and your thoughts You may be more than sad You may be depressed If you are you re not alone More than 18 million Americans have depression Millions of them are teens like you If you think you might be depressed please read this book It has already helped countless teens and it can help you too It includes the latest information on medication nutrition and health current resources and the Top Ten Questions teens have asked the author Look inside to learn The causes symptoms and types of depression How to tell if you might be depressed take a quiz and find out Survival tips things you can do right now and in the future to help yourself feel better and ways to stay healthy strong and positive The connections between depression suicide and drug and alcohol abuse How different kinds of treatment can help Ways real life teens have dealt with depression Where to turn for more answers books organizations Web sites Words you can use when it s hard to open up share your problems and ask for help Mostly you ll learn you don t have to feel sad hopeless or alone anymore Bev Cobain R N C has worked on hospital based mental health units helping treat teens and adults who have depression and depressive disorder An expert on youth depression and suicide she is a nationally recognized speaker and workshop facilitator

When Nothing Matters Anymore C Bev Cobain R N,2009-07-17 The most positive book on depression one could read should be available to all teens Voice of Youth Advocates When Nothing Matters Anymore a survival guide for depressed teens Everyone feels down or sad at times These feelings are part of life and usually pass But what if they hang on affecting your body your behavior your emotions and your thoughts You may be more than sad You may be depressed If you are you re not alone More than 18 million Americans have depression Millions of them are teens like you If you think you might be depressed please read this book It has already helped countless teens and it can help you too It includes the latest information on medication nutrition and health current resources and the Top Ten Questions teens have asked the author Look inside to learn The causes symptoms and types of depression How to tell if you might be depressed take a quiz and find out Survival tips things you can do right now and in the future to help yourself feel better and ways to stay healthy strong and positive The connections between depression suicide and drug and alcohol abuse How different kinds of treatment can help Ways real life teens have dealt with depression Where to turn for more answers books organizations Web sites Words you can use when it s hard to open up share your problems and ask for help Mostly you ll learn you don t

have to feel sad hopeless or alone anymore Bev Cobain R N C has worked on hospital based mental health units helping treat teens and adults who have depression and depressive disorder An expert on youth depression and suicide she is a nationally recognized speaker and workshop facilitator *When Nothing Matters Anymore* Bev Cobain,1998-01-01 A guide to understanding and coping with depression discussing the different types how and why the condition begins how it may be linked to substance abuse or suicide and how to get help **When Nothing Matters Anymore** Bev Cobain,2009-08-05 The most positive book on depression one could read should be available to all teens Voice of Youth Advocates When Nothing Matters Anymore a survival guide for depressed teens Everyone feels down or sad at times These feelings are part of life and usually pass But what if they hang on affecting your body your behavior your emotions and your thoughts You may be more than sad You may be depressed If you are you re not alone More than 18 million Americans have depression Millions of them are teens like you If you think you might be depressed please read this book It has already helped countless teens and it can help you too It includes the latest information on medication nutrition and health current resources and the Top Ten Questions teens have asked the author Look inside to learn The causes symptoms and types of depression How to tell if you might be depressed take a quiz and find out Survival tips things you can do right now and in the future to help yourself feel better and ways to stay healthy strong and positive The connections between depression suicide and drug and alcohol abuse How different kinds of treatment can help Ways real life teens have dealt with depression Where to turn for more answers books organizations Web sites Words you can use when it s hard to open up share your problems and ask for help Mostly you ll learn you don t have to feel sad hopeless or alone anymore Bev Cobain R N C has worked on hospital based mental health units helping treat teens and adults who have depression and depressive disorder An expert on youth depression and suicide she is a nationally recognized speaker and workshop facilitator

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