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## ***Grey House Publishing Announces the First Edition of the Adolescent Mental Health Handbook & Resource Guide***

Grey House is pleased to add the *Adolescent Mental Health Handbook & Resource Guide* to its award-winning *Health & Wellness* series. This new title is designed to bring together necessary and valuable information about mental health in adolescent populations.

The *Adolescent Mental Health Handbook & Resource Guide* offers easy-to-understand educational information for adolescents, patients, and their families. Covering adolescent mental health generally and common conditions and disorders specifically, this guide provides information about a broad range of mental health concerns, including adjustment disorders, phobias, anxiety disorders, trauma, and more.

### **Studies & Statistics**

This section is 388 pages and includes detailed reports, journal articles, fact sheets, and infographics from sources such as the U.S. Department of Health & Human Services, Centers for Disease Control and Prevention, and the National Institutes of Health. Coverage is current, comprehensive, and includes important discussions surrounding mental health in teen populations, risky behavior in youth, and social media's relation to mental health.

Helpful fact sheets, reports, and journal articles follow, covering common conditions and disorders such as autism spectrum disorder, attention-deficit/hyperactivity disorder, depressive disorders, feeding & eating disorders, and sleep-wake disorders, to name a few.

### **Adolescent Mental Health Resources:**

This section includes a wide variety of resources that are available for those experiencing mental health concerns, their families, and caregivers. These helpful resources include agencies and associations, foundations, libraries and resource centers, research centers, support groups, and more.

### **Common Conditions and Disorders:**

This section details 24 mental health and related conditions that commonly affect adolescents. Overviews detail the conditions, how they apply to mental health and wellness, and treatment options. The overviews are followed by patient, family, and caregiver resources.

Additional sections include:

- **Glossary of Terms** lists major terms and concepts related to adolescent mental health.
- **Entry Index** lists all directory entries alphabetically.
- **Geographic Index** organizes listings alphabetically by state.

### **Free Online Access**

In addition to the print directory *Adolescent Mental Health Handbook & Resource Guide* includes free online access on the Salem Press/Grey House Online Platform. This gives your patrons immediate access to the most valuable in-depth information on the many causes of these conditions, early warning signs, diagnosis, treatment options, advice for caretakers, preventative therapy, and support. Call 800-562-2139 for a free trial or visit <https://online.salempress.com/> for more information.

The *Adolescent Mental Health Handbook & Resource Guide* is a necessary reference for public and academic libraries, as well as health care collections, providing information crucial to sufferers of depression, their broader support network, case workers, social workers, and other health care providers.

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*Adolescent Mental Health Handbook & Resource Guide*

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Includes Free Online Access

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