Uses the trusted Five Areas model of Cognitive Behaviour Therapy (CBT) to help young people experiencing low mood or depression to help themselves.

This self-help workbook 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 the reader make positive changes in their life in a planned and achievable way.

It’s 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 organizations.

The Five Areas encompass:

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