
**About the authors:** Sam Goldstein is a clinical instructor at the University of Utah School of Medicine. He is the author of four books on psychological problems in children. Barbara Ingersoll is a child and family psychologist and clinical director of Montgomery Child and Family Services in Bethesda, MD.

**Summary:** Biological, environmental, social, and experiential factors can contribute to depression, and its occurrence in children and teens is growing increasing in the U.S. There are many types of depressive disorders, and parents and teachers should be aware of the many symptoms of depression in children and adolescents. Unfortunately, depression is often overlooked in children and adolescents. Knowledgeable parents can recognize when their depressed adolescent may be suicidal and in need of intervention (e.g., hospitalization). Fortunately, many effective treatments are available to children, teens and their families, including psychotherapy, counseling, and anti-depressant medication. Parents must be advocates for their children to ensure that their child’s psychological needs are being met. Once parents (and teachers, too) better understand the social, environmental, and biological causes of childhood and adolescent depression, as well the nature of available treatments, they will be better equipped to help their children cope with and overcome this crippling mental health disorder. The authors provide parents with practical information, and identify associated problems such as attention deficit hyperactivity, anxiety, and learning disorders. Goldstein and Ingersoll also devote considerable the roles that teachers can play in helping the depressed child or teen to cope with (or overcome) their depression. They suggest, for example, that teachers can assist by aiding in the development of depressed students’ social skills, by modeling socially-appropriate behaviors, and by encouraging mutually cooperative activities.

**Reviewer** Lisa Hervey has a B.A. degree in studio art and is a former masters’ student in art education at Northern Illinois University.