



An Introduction to Coping with Depression for Carers

By Tony Frais

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, An Introduction to Coping with Depression for Carers, Tony Frais, An indispensable guide offering insight and support to carers of people with depression Looking after a person with depression can often leave carers emotionally and physically exhausted. This short, straightforward and easily understandable guide offers valuable advice on how carers can: - better understand the nature of depression and how it affects both patient and carer - have a clearer understanding of the treatment options for the patient, including medication and therapy - lessen the impact of the illness on the carer's life - find the help and support they need - maintain their own well-being whilst supporting the patient through to recovery and beyond Although aimed at the carer, this is a guide that is equally valuable to the patient themselves and to their wider family and friends in promoting a better understanding of the experience of depression.



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Reviews

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