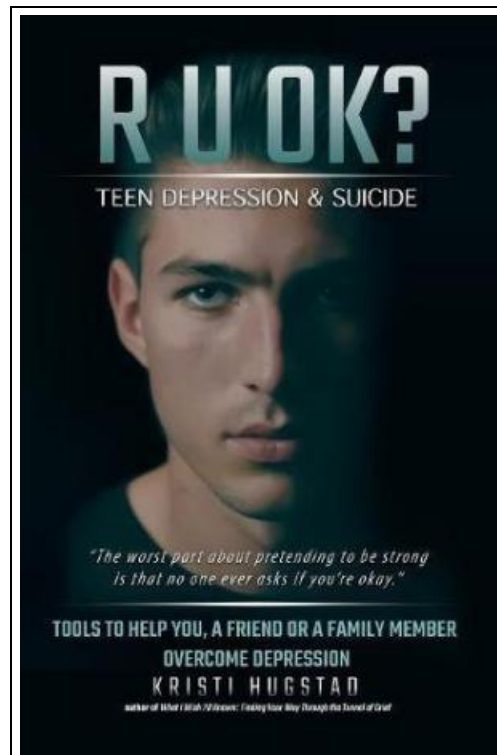


R U Ok? (Paperback)



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Reviews




Merely no phrases to describe. Better then never, though i am quite late in start reading this one. Its been written in an extremely easy way which is merely following i finished reading this publication through which in fact transformed me, change the way in my opinion.
(Pedro Renner)

R U OK? (PAPERBACK)



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Dog Ear Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Sometimes, the thoughts we leave unsaid are the most dangerous. Such is certainly the case for those feelings - however fleeting - that leave you sad, anxious, afraid and hopeless. If you re a young adult who suffers from depression or other mental illness, your own mind might seem like a prison of negativity, your own thoughts too great a burden to bear. Whether you, a friend or a loved one suffers from depression or is at risk of suicide, you can find hope in three life-changing words: R U OK? R U OK? offers teens, young adults, parents and educators a toolkit for dealing with mental illnesses, depression, addiction and suicide - for yourself or your peers. Addressing relevant issues like cyberbullying, technology addiction, substance abuse, gender confusion and suicide ideation, R U OK? helps bring light to otherwise dark - but critical - topics. After losing her own husband to suicide, Kristi Hugstad understands the patterns, warnings and risk factors she failed to see during his life. As a Certified Grief Recovery Specialist and credentialed health educator, Hugstad combines her firsthand experience with researched-backed, clinical methods to help prevent suicide and address important mental health issues. Whether you feel scared and misunderstood or are worried about a friend or family member, there is a powerful hope in asking - and answering - a simple question: R U OK?.

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