Table of Contents

Fighting the Monster Inside Me, Alina S	11
Clean and Kind of Sober, Antwaun Garcia	18
How Can You Mend a Broken Heart?, Magda Czubak When the guy she loves starts dating her best friend, Magda thinks her life is over.	24
Starting Over Without Them, H. R	29
Out of the Shadows, D. S The writer finds a supportive community at a day treatment center for depressed teens.	35
Brotherly Love, Jessica Vicuña	42

Contents

Dealing With Death, Griffin Kinard	48
After the death of his father, brother, and mentor,	
Griffin has to tap deep reservoirs of strength.	
How to Cope With Life's Losses, Shameeka Dowling	53
Shameeka interviews a psychologist about how teens can deal with loss.	
Worn Down, Anonymous	56
After her father abandons the family, the writer feels	
weighed down by family responsibilities.	
The World in My Head, Natasha Santos	64
As a child, Natasha escaped into an imaginary world	
to deal with pain. Now she wonders if the habit has	
outworn its usefulness.	
Dealing With It, Hazel T	70
When Hazel leaves the California foster care system,	
she realizes it's not so easy to "get over" the past.	
My Brother Kareem, Destiny Cox	75
Destiny struggles to cope with the death of her best	
friend—her brother Kareem.	
In the Realm of Guilt and Sorrow, Linda R. Rodriguez	82
Growing up in a violent, dysfunctional household,	
Linda becomes depressed and suicidal. Therapy helps	
her express her feelings.	

Contents

What Is Depression? <i>Anonymous</i>	95
A psychologist explains how depression affects teens	
and how it can be treated.	
How to Help a Friend in Need, <i>Anonymous</i>	98
The writer interviews two mental health experts on	
how to help a friend who is depressed.	
Flipping the Script, Hattie Rice	102
Hattie strives to change her negative ways of thinking.	
FICTION SPECIAL: Lost and Found, Anne Schraff	109
A Guide to Getting Help	118
Teens: How to Get More Out of This Book	128
How to Use This Book in Staff Training	129
Teachers and Staff: How to Use This Book In Groups	130
Credits	132
About Youth Communication	133
About the Editors	136
More Helpful Books from Youth Communication	138