

# When does normal teenage behaviour become something you really need to worry about?



In this insightful book, one of the leading authorities on adolescent mental health, Dr Michael Carr-Gregg, offers practical information on the symptoms, causes and treatment for everything from ADHD and eating disorders to anxiety and depression. Michael also includes tips on:

- detecting early warning signs
- encouraging your teenager to visit a doctor
- finding a youth-friendly GP, counsellor or therapist
- navigating the public mental health system

**When to Really Worry** is an essential reference for parents, teachers, coaches or anyone who works with young people.

**Michael Carr-Gregg** is an internationally recognised authority on teenage behaviour. He was the founder of the world's first national support group for teenage cancer patients, CanTeen, and has been Executive Director of the New Zealand Drug Foundation, Associate Professor at the University of Melbourne's Department of Paediatrics and a political lobbyist. He is currently a consultant psychologist to many schools and national organisations in Australia. He has been a regular on radio, the resident parenting expert on Channel 7 and a regular on its Morning Show. He has written several bestselling books on parenting, including *Surviving Adolescents*, *The Princess Bitchface Syndrome* and *Real Wired Child*, and is the 'Agony Uncle' for *Girlfriend* magazine. He has also won many awards for his work.



**When to Really Worry | 1 March 2010 | RRP \$25.00**

**To book an interview with Dr Carr-Gregg from , discuss extract opportunities or for further information please contact Raewyn Davies at Penguin Group (NZ)**  
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