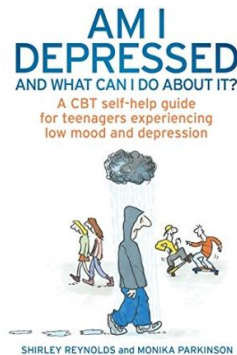


## Am I Depressed and What Can I Do About it?: A CBT Self-Help Guide for Teenagers Experiencing Low Mood and Depression



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