

# Out of Order: Young Adult Manual of Mental Illness and Recovery

Dale Carlson, Dr. Michael Bower



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Out of Order: Young Adult Manual of Mental Illness and Recovery Dale Carlson, Dr. Michael Bower Teen/Young Adult manual for the understanding of mental illness and recovery: mental illnesses, suicidal thoughts, personality disorders, learning problems, intellectual disabilities, treatment and recovery. What is mental illness? What are the symptoms? Do you need help? How to find the right kind of help. how to take responsibility yourself for understanding and recovery. Treatments. Therapies. Medications. Support groups. Disorders dictionary. Resources for help. Websites. Index. Illustrated.



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