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Titolo	African Americans and depression : signs, awareness, treatments, and interventions // Julia F. Hastings, Lani V. Jones and Pamela P. Martin
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Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Contents; Preface; Acknowledgments; 1 Understanding the Signs of Depression; 2 Permission to Heal; 3 Dealing with Mental Illness; 4 Paying for Treatment; 5 Concluding Remarks; Appendix; Bibliography; Notes; Index
Sommario/riassunto	African Americans and Depression explores the realities of depression among African Americans, and the various ways in which sufferers and their families address, or don't address, it. The text provides guidance for understanding the illness, offers suggestions on how to heal and recover holistically, and pathways for getting help.

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