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Autore	Fitzpatrick Carol
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Sommario/riassunto	Anxiety is an increasingly common problem in young people, but there are many different causes and types, and it can be difficult to know where to start in order to understand it and know how best to help. This easy-to-read guide provides information about the different types of anxiety and why some young people experience anxiety, and is full of advice and tips on how to help and support young people. As well as common types of anxiety such as generalised anxiety disorder and social anxiety disorder, it also covers issues or disorders that can occur alongside anxiety such as depression, self-h