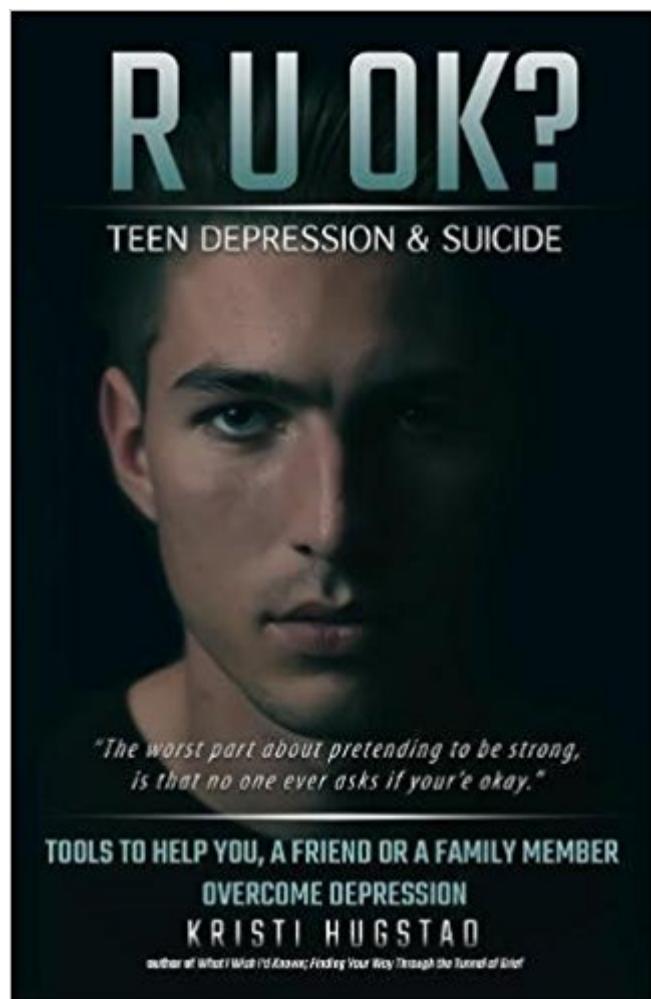


The book was found

## R U OK?



## **Synopsis**

Sometimes, the thoughts we leave unsaid are the most dangerous. Such is certainly the case for those feelings — however fleeting — that leave you sad, anxious, afraid and hopeless. If you're a young adult who suffers from depression or other mental illness, your own mind might seem like a prison of negativity, your own thoughts too great a burden to bear. Whether you, a friend or a loved one suffers from depression or is at risk of suicide, you can find hope in three life-changing words: R U OK? R U OK? offers teens, young adults, parents and educators a toolkit for dealing with mental illnesses, depression, addiction and suicide — for yourself or your peers. Addressing relevant issues like cyberbullying, technology addiction, substance abuse, gender confusion and suicide ideation, R U OK? helps bring light to otherwise dark — but critical — topics. After losing her own husband to suicide, Kristi Hugstad understands the patterns, warnings and risk factors she failed to see during his life. As a Certified Grief Recovery Specialist and credentialed health educator, Hugstad combines her firsthand experience with researched-backed, clinical methods to help prevent suicide and address important mental health issues. Whether you feel scared and misunderstood or are worried about a friend or family member, there is a powerful hope in asking — and answering — a simple question: R U OK?

## **Book Information**

Paperback: 72 pages

Publisher: Dog Ear Publishing, LLC (April 5, 2017)

Language: English

ISBN-10: 1457554631

ISBN-13: 978-1457554636

Product Dimensions: 5.5 x 0.2 x 8.5 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 4 customer reviews

Best Sellers Rank: #2,448,621 in Books (See Top 100 in Books) #25 in Books > Teens > Social Issues > Suicide #137 in Books > Teens > Personal Health > Depression & Mental Health #985 in Books > Self-Help > Death & Grief > Suicide

## **Customer Reviews**

This book should be in the hands of every teenager in the country. There is an epidemic of teen suicide and they need tools to cope - for themselves, their friends, their acquaintances. It is

frustrating to watch this happen to a generation of kids that need help facing issues we never dreamed of facing.

After reading Kristi Hugstad's first book, "What I Wish I'd Known" I saw that she had another one, "R U OK?" So I instantly bought it. Wow. This book does not beat around the bush when it comes to talking about depression and suicide risks in our teens. Now, a mother of two boys, I am so much more aware of what is going on in the lives of our children. This book is extremely educational yet easy to read. It shared real life stories, offered hope and tools for those who read it. Whether the reader themselves are suffering from depression or have dark thoughts, to readers who want to know more about the topic, "R U OK?" is a must-read for all. You just never know when someone in your life needs this kind of help. So being prepared and aware can in end, save a life.

If you're a teen, or have a teen in your life, you NEED to read this! I was shocked by the statistics on depression and suicide outlined in this book, but buoyed up by the hope Kristi Hugstad offers. This book is a practical, tactical way in which teens and adults can face and treat mental health issues and depression. The book offers stories of hopes (including the author's own) as well as help and resources for those dealing with depression and suicidal thoughts. Every teen -- and their parents and teachers -- should read this book!

This book is a must for anyone experiencing depression. It helped me get through sad times and I am so appreciative of this book. Definitely would recommend to anyone!

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