This book is intended as a starting point for anyone who wishes to understand depression and the profound suffering it brings to depressed patients, their families, and loved ones.

Drs. Susan and Stephen Paolucci offer succinct descriptions of symptoms, causes, available treatments and antidepressant medications, along with concrete suggestions on how you can help depressed patients to get well all the way well. The authors shed light on the social stigma of depression emphasizing that depression is a common, terrible, but treatable illness.