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Mitch Golant, Ph.D., is a clinical psychologist with a private practice and the vice president of research and development for the Wellness Community-National. Susan K. Golant is a writer who specializes in physical and mental health and the coauthor with Rosalynn Carter of *Helping Yourself Help Others and Helping Someone with Mental* I read more

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Mitch Golant, Ph.D., is a clinical psychologist with a private practice and the vice president of research and development for the Wellness Community-National. Dr. Golant is widely recognized as a pioneer in the use of information technology in cancer education and support through the delivery of online support groups.

What To Do When Someone You Love Is Depressed: A Practical ...

3.5/5 What To Do When Someone You Love Is Depressed by Mitch Golant is a very practical guide to understanding depression and gives the caregiver insight into the mind of someone suffering from a mood disorder.

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This compassionate, helpful book will bring hope and comfort to the loved ones of those who struggle to overcome the most common of mental illnesses. Rosalynn Carter When someone you love is depressed you feel lost, afraid, confused. . . . you long for the person who was

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"What motivates me now is to share with you what I've learned about how to cope when someone you love is depressed. What I have discovered from years of training and from having counseled hundreds of families who have shared their sorrows and their joys is that there are ways you can help someone you love who is depressed. And in that process, you will grow closer." from

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