



**Instant Help Books**  
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## Inside Instant Help Books

Media Contact: Cassie Kolas // [cassie.kolas@newharbinger.com](mailto:cassie.kolas@newharbinger.com) // 510.594.6142

Teens face so much adversity, stress, and pressure. New Harbinger Publications wants to be a positive, supportive, empowering part of their lives and to be a part of the world that supports their growth, strength, and ability to cope with everything that comes their way – from their parents, schools, society, and even from their own minds.

By acquiring Instant Help in 2008, New Harbinger extended to children and teens our line of award-winning, evidence-based workbooks that we have successfully marketed to traditional bookstores and directly to therapists, counselors, parents and teachers.

**Q: How prevalent is mental illness among teenagers? What are the most common mental challenges that teenagers face?**

**A:** Now, more than ever, teens are facing enormous amounts of pressure from society – from school, social media, bullies to the constant pressure to fit in and be perfect – their mental health is suffering.

According to the National Alliance on Mental Illness ([NAMI](http://www.nami.org)), 11 percent of adolescents and teens will have a depressive disorder by age 18 and anxiety disorders affect one in eight children. Four million children and adolescents in this country suffer from a *serious* mental disorder including OCD or generalized anxiety disorder that cause significant functional impairments. Untreated children with anxiety disorders are at higher risk to perform poorly in school, miss out on important social experiences, and engage in substance abuse.

With suicide being the third leading cause of death in youth ages 15 to 24, more teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza and chronic lung disease *combined*. And here's the kicker – over 90 percent of children and adolescents who commit suicide have a mental disorder.

To make matters more serious, World Health Organization announced that by [2020](#), childhood mental disorders will rise by over 50 percent, becoming one of the five most common causes of death and disability among children.

**Q: What is the main goal of the Instant Help books?**

**A:** The primary goal of Instant Help is to teach kids and teens specific skills they can use to deal more effectively with their emotions and mental health issues. These books provide them with skills to help them drown out the noise of our crazy-busy society, and let them tune into their own wisdom and strength.

Many common mental illnesses such as excessive worry, anxiety, and depression initially appear in adolescence. If left untreated they can morph into more serious disorders such as Generalized Anxiety Disorder (GAD), which can have an extreme impact on daily life. Those who suffer from GAD find it hard to get through the day, and think things will always go badly.

The good news is that effective intervention early in life is proven to help reduce the long-term effects of a mental illness and potentially even prevent recurrence. Early and effective mental health treatment can also prevent a significant proportion of delinquent and violent youth from future violence and crime.

**Q: What is important when you are choosing a topic for an Instant Help book and what types of authors does Instant Help like to have on its titles?**

**A:** First and foremost, we look for topics that lend themselves to *bibliotherapy*. Then we evaluate if there are evidence-based treatments that can actually help people cope with their symptoms and make sure that this particular approach offers something new and effective that is not readily available in another book.

We work with qualified mental health experts who specialize in the book's subject matter. This includes those with an advanced degree in psychology, as well as field experts. For example, someone who has experience treating teens with eating disorders is a strong candidate to write a book on eating disorders that teens can actually use.

**Q: What is Bibliotherapy?**

**A:** Bibliotherapy is therapy delivered in book form. For Instant Help, the form is an easy-to-use workbook that is both fun and engaging. With an average cover price of \$16.99, Instant Help books serve as an affordable and convenient therapy "session." Readers can move at their own pace and re-read sections, if needed—without scheduling another costly therapy session

Each book is written by an experienced professional who presents techniques that have been widely accepted as the best way to treat or prevent a particular mental health problem. Each book consists of 40 to 50 activities that are designed to increase coping and resiliency skills. Instant Help books can be used individually by a teen or with a professional or parent.

**Q: Editorially, what differentiates a book for teens from a book for adults?**

**A:** One of the biggest differences is that we expect authors to cut to the chase and teach skills rather than doing a lot of background on assessment and education. It's about what teens can do *immediately* to feel better. The books emphasize that being a modern teen is especially difficult—teens want to know that the author sees and understands this. Our teen books also put a lot of emphasis on support and helping the teen figure out if s/he needs more help than a book can give. Instant Help places more emphasis on stories and real voices in order to help teens relate.

**Q: Why is it called “Instant” Help?**

**A:** Instant Help books are designed to make a difference starting with the very first use. The skills are taught in the form of activities which take about 10 minutes a day. Instant Help books take the classic New Harbinger skill-based approach and teach evidence-based skills to help kids and teens cope with the symptoms of specific mental health disorders such as anxiety, depression, OCD, eating disorders, self-harm, etc.

It has been proven that children, teens, and parents learn best in small increments of just a few minutes a day. And once the skills are mastered, symptoms will dissipate or lessen “instantly” once the skills are applied.