Depression in Children and Adolescents Booklist and Resources

The list below includes books, Web sites, and support groups on depression in children and adolescents. Many of the books can be checked out from Family Resource Center at Children's or may be found at your local library or bookstore.

Books for Children

Taking Depression to School
Khalsa, Kathy, 2002
Emily explains to her classmates what it is like to live with childhood depression. She assures them that depression is not contagious, and that it is okay to ask questions.

Tiger's Fall
Garrett Bang, Molly, 2001
A feisty little girl learns that a physical disability can't limit her ability to make a difference after an accident damages her body and her spirit.

Where's Your Smile, Crocodile?
Freedman, Clair, 2001
Kyle's visits with his jungle friends help teach important lessons about feelings and helping others.

Books for Adults

Bipolar Disorders: A Guide to Helping Children & Adolescents
Waltz, Mitzi, 2000
This book covers the range of topics that parents need to know in order to help their children.

The Childhood Depression Sourcebook
Miller, Jeffery, 1998
This book provides valuable knowledge and insight into why children get depressed, how to identify symptoms, and where to find appropriate treatment.

The Depressed Child: Overcoming Teen Depression
Kaufman, Mariam, 2001
This book guides parents through the symptoms of depression, what depression is, and how it can be overcome.

The Explosive Child
Green, Ross, 2001
A guide to helping your child at home and school by identifying and teaching coping skills for hostility, antagonism and triggers for explosion.

Continued on back

Children's
Hospital & Regional Medical Center
Seattle, Washington

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Web Sites

American Academy of Child & Adolescent Psychiatry
www.aacap.org

Child & Adolescent Bipolar Foundation
www.bpkids.org

Depression and Bipolar Support Alliance
www.dbsalliance.org

National Institute of Mental Health (NIMH)
www.nihm.nih.gov/

National Mental Health Association (NMHA)
www.nmha.org

Support Groups and Resources

Crisis Clinic
866-4CRISIS or 206-461-3222
www.crisisclinic.org/
Immediate, confidential assistance to people in emotional distress and in need of help.

Depression and Bipolar Support Alliance of Greater Seattle
206-748-1577
www.seattledbsa.org

For More Information

- **Contact your health care provider**
- **Call Children's Resource Line:**
  (206) 987-2500 or 1-866-987-2500
  toll-free Washington, Alaska, Montana, Idaho
- **Visit www.seattlechildrens.org**

Children's
Hospital & Regional Medical Center
4800 Sand Point Way N.E.
Seattle, Washington 98105-0371
206-987-2000 (Voice)
206-987-2280 (TTY)
866-987-2000 (Toll-free)
www.seattlechildrens.org

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Printed on recycled paper

Pub 6/04
(dl)
CE441