

Depression Resources

Information for Families

Books families may find helpful:

The Childhood Depression Sourcebook (1998), by Jeffery Miller

The Depressed Child: Overcoming Teen Depression (2001), by Mariam Kaufman

The Explosive Child (2001), by Ross Greene

Helping Teens Who Cut: Understand and Ending Self-Injury (2008), by Michael Hollander

Books children may find helpful:

Taking Depression to School (2002), by Kathy Khalsa (for young children)

Where's Your Smile, Crocodile? (2001), by Clair Freedman (for young children)

Feeling Good: The New Mood Therapy (1999), by David Burns (for adolescents)

My Feeling Better Workbook: Help for Kids Who Are Sad and Depressed (2008), by Sara Hamil (for elementary school students)

When Nothing Matters Anymore: A Survival Guide for Depressed Teens (2007), by Bev Cobain and Elizabeth Verdick

Crisis Hotlines:

National Crisis Hotline
1-800-784-2433

National Suicide Prevention Lifeline
1-800-273-8255

START text - 741741
www.crisistextline.org/

Websites families may find helpful:

Guide to depression medications from APA and AACAP professional societies
www.parentsmedguide.org

National Institute of Mental Health
www.nimh.nih.gov/health/topics/depression/index.shtml

National Alliance for Mental Illness
www.nami.org/Find-Support/Teens-and-Young-Adults

American Foundation for Suicide Prevention
www.afsp.org

American Academy of Child and Adolescent Psychiatry
www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Depression_Resource_Center/Home.aspx

Teen Self-Help Cognitive Behavior Therapy (CBT) guidance
www.dartmouthcoopproject.org/teen-mental-health-2/

Youth Suicide Prevention Program
www.yspp.org

This resource page is
now available in Spanish at
www.seattlechildrens.org/pal



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Partnership Access Line
Mental Health Consultation Outreach