

# 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/](http://www.crisistextline.org/)

### Websites families may find helpful:

Guide to depression medications from APA and AACAP professional societies  
[www.parentsmedguide.org](http://www.parentsmedguide.org)

National Institute of Mental Health  
[www.nimh.nih.gov/health/topics/depression/index.shtml](http://www.nimh.nih.gov/health/topics/depression/index.shtml)

National Alliance for Mental Illness  
[www.nami.org/Find-Support/Teens-and-Young-Adults](http://www.nami.org/Find-Support/Teens-and-Young-Adults)

American Foundation for Suicide Prevention  
[www.afsp.org](http://www.afsp.org)

American Academy of Child and Adolescent Psychiatry  
[www.aacap.org/AACAP/Families\\_and\\_Youth/Resource\\_Centers/Depression\\_Resource\\_Center/Home.aspx](http://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/](http://www.dartmouthcoopproject.org/teen-mental-health-2/)

Youth Suicide Prevention Program  
[www.yspp.org](http://www.yspp.org)

This resource page is  
now available in Spanish at  
[www.seattlechildrens.org/pal](http://www.seattlechildrens.org/pal)



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