



# 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

# Depression in Children and Adolescents Booklist and Resources

---

## Web Sites

**American Academy of Child & Adolescent Psychiatry**  
[www.aacap.org](http://www.aacap.org)

**Child & Adolescent Bipolar Foundation**  
[www.bpkids.org](http://www.bpkids.org)

**Depression and Bipolar Support Alliance**  
[www.dbsalliance.org](http://www.dbsalliance.org)

**National Institute of Mental Health (NIMH)**  
[www.nihm.nih.gov/](http://www.nihm.nih.gov/)

**National Mental Health Association (NMHA)**  
[www.nmha.org](http://www.nmha.org)

## Support Groups and Resources

**Crisis Clinic**  
866-4CRISIS or 206-461-3222  
[www.crisisclinic.org/](http://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](http://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](http://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](http://www.seattlechildrens.org)