



Mood Disorders: Bipolar and Depression

Booklist

Conquering the Beast Within: How I Fought Depression and Won...and How You Can, Too, Cait Irwin, 1999.

In this book, Cait Irwin shares her own story of how she struggled with clinical depression at age 14, was hospitalized, sought therapy, found the right medicine, and successfully made the long journey back to good health.

Freeing Your Child from Negative Thinking: Powerful, Practical Strategies to Build a Lifetime of Resilience, Flexibility and Happiness, Tamar Chansky, 2008.

This book provides parents, caregivers and clinicians a clear guide to help relieve children from anxiety and obsessive-compulsive symptoms. It provides strategies for managing negative thoughts, building optimism and emotional resilience.

Freedom from Self-Harm: Overcoming Self Injury with Skills from DBT and Other Treatments, Kim Gratz and Alexander Chapman, 2009.

This complete guide to stopping self-injury corrects common myths about this behavior, provides self-soothing techniques for regulating difficult emotions and offers guidance for seeking professional help.

Helping Teens Who Cut: Understanding and Ending Self-Injury, Michael Hollander, 2008.

This book gives parents the straight facts about this alarming behavior and explains what they can do to make it stop. It provides suggestions for reducing stress and improving family communication and problem solving.

Monochrome Days: A First-Hand Account of One Teenager's Experience With Depression, Cait Irwin, Dwight Evans and Linda Wasmer Andrews 2007.

Provides an accessible yet in-depth look at the causes, treatment and management of depression including tips on how to deal with depression both at school and at home.

New Hope for Children and Teens with Bipolar Disorder, Boris Birmaher, 2004.

This book dispels the myths about bipolar disorder and offers real solutions to help develop the natural strengths, gifts, and skills that every child has to offer.

To Learn More

- Psychiatry and Behavioral Medicine
206-987-2164
- Ask your child's healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

Raising a Moody Child: How to Cope With Depression and Bipolar Disorder, Mary Fristad and Jill Goldberg Arnold, 2003.

Offers practical tools, strategies, and examples to help deal with school problems, moody and difficult behaviors, as well as medical crises related to bipolar and depression.

Straight Talk about Psychiatric Medications for Kids, Timothy E Wilens, 2008.

Explains how medicines impact kids' emotions, personality, school performance and health, and the risks and benefits of widely used antidepressants.

The Bipolar Teen: What You Can Do to Help Your Child and Your Family, David Miklowitz and Elizabeth George, 2007.

This book provides tools you can use to manage chaos and relieve stress. It will help you learn to spot the differences between normal teenage behavior and the telltale symptoms of mania and depression.

When Nothing Matters Anymore: A Survival Guide for Depressed Teens, Bev Cobain, 2007.

A Guide to understanding and coping with depression. This book describes the different types of depression, how and why the condition begins, how it may be linked to substance abuse or suicide and how to get help.