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

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)

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

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