

# 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:

Careline Alaska  
1-877-266-4357 (HELP)

National Suicide Prevention Lifeline  
1-800-273-8255

Text HOME - 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  
<https://www.nami.org/Your-Journey/Teens-Young-Adults>

American Foundation for Suicide Prevention  
<https://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)



PARTNERSHIP ACCESS LINE - ALASKA  
Child and Adolescent Psychiatric Consultation



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