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:
Careline Alaska
1-877-266-4357 (HELP)
National Suicide Prevention Lifeline
1-800-273-8255
Text HOME – 741741

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
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

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