

Resource List for Depression

SSD Family & Community Resource Center

Parent Education & Diversity Awareness

12110 Clayton Road

St. Louis, MO 63131

314-989-8438/989-8108/989-8194

Adolescent Depression: A Guide for Parents. Francis Mark Mondimore, MD (2002)

Helps parents understand that serious depression in adolescents is an illness that can be treated. Describes the many forms of depression and the many ways it can appear in young people.

The Adolescent Depression Workbook. Mary Ellen Copeland (1998)

Teens. Enables teens to assess how they feel and determine what to do to return to enjoying a rich, full life like every young person deserves. (170 pages)

The Autism Spectrum and Depression. Nick Dubin. (2014)

Written specifically for adults with ASD, this ground-breaking book offers accessible and sensitive advice on how to manage depression and make positive steps towards recovery.

Beyond the Blues: A Workbook to Help Teens Overcome Depressions. Lisa M Schab (2008)

Teens. The forty exercises in this book show teens how to overcome feelings of hopelessness and isolation that often go along with depression. Step-by-step they learn how to lift their mood, recognize the triggers of depression, and ask for help when they need it. (173 pages)

Childhood Depression Sourcebook. Jeffrey Miller (1998)

Provides insight into why children get depressed, how to identify symptoms, and where to find appropriate treatment.

Cry for help: A Critical Look at the Issues Surrounding Teen Depression and Suicide Two Years after the Virginia Tech Shooting. PBS (57 minutes) (DVD)

Features first-person stories from adolescents who are confronting depression, anxiety and mental illness.

Depression Is the Pits, But I'm Getting Better: A Guide for Adolescents. E. Jane Garland, MD (1997)

Ages 12-15. This book, written especially for teens, is packed with the practical information and the reassurance necessary for coping with and beating the "pits." (90 pages)

Eight Stories Up: An Adolescent Chooses Hope Over Suicide. Dequincy A Lezine. (2008)

Teens. Discusses the potential causes of suicide in adolescents, how to seek psychiatric treatment, and how to get the most out of professional help.

Exploring Feelings: Cognitive Behavior Therapy to Manage Anxiety, Sadness, and Anger. Tony Attwood (DVD) (2007) (3 hours)

In this presentation, Dr Tony Attwood, teaches caregivers how to implement "cognitive behaviour therapy." With a logical understanding of emotional triggers and responses, people can learn to recognize and control their emotions.

Growing Up Sad: Childhood Depression and Its Treatment. Leon Cytryn & Donald McKnew (1996)

Describes important advances that have been made in the last decade, such as: new classes of antidepressant drugs, new light on the question of continuity of mood disorders across the lifespan, and epidemiological research that has clarified the coexistence of depression with other mental disorders.

Handbook of Depression in Adolescents. Susan Nolen-Hoeksema & Lori M Hilt. (2009)

Offers authoritative reviews of research on the nature, causes, and treatments for depression in adolescents.

Help Me, I'm Sad. David G. Foster & Lynne S. Dumas (1997)

Explains how parents can play a vital role in helping a child overcome, and often prevent, depression. Discusses how to tell if your child is at risk, how to spot symptoms, depression's link with other problems, teen suicide, finding the right diagnosis and treatment and more.

Helping Students Overcome Depression and Anxiety: A Practical Guide. (2nd Edition) Kenneth W. Merrell (2008)

Provides the school-based practitioner with clear-cut strategies for addressing these problems creatively and effectively with students in grades K-12.

Helping Your Teenager Beat Depression: A Problem Solving Approach for Families (2004)

Presents a strategy that enables parents to become effective partners in the treatment of their child's depression.

If Your Adolescent has Depression or Bipolar Disorder: An Essential Resource for Parents. Dwight L. Evans, PhD & Linda Wasmer Andrews (2005)

Guide to understanding and getting effective help for adolescents with depression or bipolar disorder.

Lonely, Sad and Angry: A Parent's Guide to Depression in Children and Adolescents. Barbara Ingersoll & Sam

Teenagers. Covers the symptoms of depression its diagnosis, causes, treatment (including medication), suicide and management strategies at home and at school. (225 pages)

A Mental Health Survival Guide: How to Manage the Severities of Multi-Mental Health Diagnosis. Brian D Stubbs.

Memoir and survival guide that offers tips on how to manage and find relief from mental illness.

Mind Over Mood: Change How You Feel by Changing the Way You Think. Dennis Greenberger & Christine A Padesky. (1995)

Step-by-step worksheets teach specific skills that have help conquer depression, panic attacks, anxiety, anger, guilt, shame, low self-esteem, eating disorders, substance abuse and relationship problems.

Monochrome Days: A Firsthand Account of One Teenager's Experience with Depression. Cait Irwin. (2007)

Teens. Compelling memoir and a useful resource that will help to ease the pain of major depression.

More Than Moody: Recognizing and Treating Adolescent Depression. Harold S. Koplewicz (2002)

Helps parents distinguish between normal teenage angst and true depression, a serious psychological illness with serious long-term consequences

My Feeling Better Workbook: Help for Kids Who are Sad and Depressed. Sara Hamil (2008)

Elementary. Workbook that helps kids explore their feelings and combat their negative self-talk that depletes their motivation and self-esteem. (122 pages)

No Kidding, Me 2! Joe Pantoliano (DVD) (76 minutes)

Candid, often humorous discussions with Pantoliano and his family on their struggle with his own clinical depression, as well as the compelling stories of five other people from all walks of life, all affected differently by mental illness.

The Optimistic Child: A Revolutionary Program That Safeguards Children Against Depression & Builds Lifelong Resilience. Martin Seligman (1995)

Shows how to teach parents and other concerned adults how to instill in children a sense of optimism and personal mastery..

A Parent Survival Guide to Childhood Depression. Susan E. Dubuque (1996)

Author recounts the story of her son's struggle, shows the warning signals and guideposts along the way and points out the pitfalls in the diagnosis of depression.

Recovering From Depression: A Workbook for Teens. Mary Ellen Copeland & Stuart Copans (2002)

Teenagers. Interactive workbook, for teens, explores ways to deal with suicidal thoughts, change negative behaviors, reach out to friends and family, reduce stress, avoid substance abuse, solve problems, recognize triggers of depression, and focus on dreams and goals. (208 pages)

SOS Help for Emotions: Managing Anxiety, Anger & Depression. Lynn Clark (1998)

Offers help to know your emotions, manage your emotions, attain greater contentment, achieve personal goals, understand cognitive behavior therapy and enhance emotional intelligence.

The Storm in my Brain: Kids and Mood Disorders (Bipolar Disorder & Depression). (2003)

School Age. Publication to help kids understand Bipolar Disorder and Depression.

Taking Depression to School. Kathy Khalsa (2002)

Elementary. Emily lives with childhood depression. With therapy and medication, she learns how to manage her sometimes overwhelming feelings. (22 pages)

When Nothing Matters Anymore: A Survival Guide for Depressed Teens. Bev Cobain (1998)

Teenagers. Describes the causes and types of depression and the connections between depression, suicide, and drug and alcohol abuse. (176 pages)

Who Cares About Kelsey? (DVD) (2012) (76 minutes)

Documentary about empowering, not overpowering, youth with emotional and behavioral disabilities.