

Resource List for Depression
 Family & Community Resource Center
 Special School District of St. Louis County
 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)

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.

Childhood Depression Sourcebook. Jeffrey Miller (1998)

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

A Cry Unheard: New Insights into the Medical Consequences of Loneliness. James J. Lynch (2000)

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)

Exploring Feelings: Cognitive Behavior Therapy to Manage Anxiety, Sadness, and Anger. Tony Attwood.

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. (DVD) (3

Growing Up Sad: Childhood Depression and Its Treatment. Leon Cytryn and 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.

Help Me, I'm Sad. David G. Foster and 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 Depressed Child: A Reassuring Guide to the Causes and Treatments of Childhood and Adolescent Depression. Lawrence Kerns (1993)

A look at the many masks that childhood depression can wear, explaining the possible causes and treatments and roles that caregivers can play in helping children deal constructively with their feelings.

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 and Sam Goldstein (1995)

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

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)

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

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 and 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.

Taking Depression to School. Kathy Khalsa (2002)

Ages 5 to 10. 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)

Why Isn't My Child Happy? A Video Guide About Childhood Depression (video) (110 minutes) (1994)

Video offers frank, honest information concerning the cause of depression in youth, warning signs, the process of diagnosis, proven and unproven treatments and most importantly, guidelines to assist parents, educators and professionals.