

Resource List for Depression

SSD Family & Community Resource Center

Parent Education & Diversity Awareness

900 Hornet Dr.

St. Louis, MO 63042

314-989-8460

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.

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.

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.

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.

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.

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.