

Mood Problems and Depression



Books

1. **Beyond the Blues: A Workbook to Help Teens Overcome Depression** by Lisa Schab, Instant Help Pub (2008) ISBN:9781572246119
2. **My Feeling Better Workbook: Help for Kids Who Are Sad and Depressed** by Sara Hamil, Instant Help Pub (2008) ISBN:9781572246126
3. **Bipolar Kids: Helping Your Child Find Calm in the Mood Storm** by Rosalie Greenberg, Da Capo Press (2008) ISBN:9780738211138
4. **If Your Adolescent Has Depression or Bipolar Disorder: An Essential Resource for Parents** by Dwight L. Evans and Linda Wasmer Andrews, Oxford University Press (2005) ISBN:0195182103
5. **The Mindfulness and Acceptance Workbook for Depression: Using Acceptance and Commitment Therapy to Move Through Depression and Create a Life Worth Living** by Patricia Robinson and Kirk Strosahl, New Harbinger Publications (2008) ISBN:9781572245488
6. **Navigating Teenage Depression: A Guide for Parents and Professionals** by Gordon Parker and Kerrie Evers, Routledge (2010) ISBN:9780415583374
7. **Helping Your Depressed Child: A Step-by-Step Guide for Parents** by Martha Underwood Barnard, New Harbinger Publications (2003) ISBN:1572243228
8. **Quiet Your Mind and Get to Sleep: Solutions to Insomnia for Those with Depression, Anxiety or Chronic Pain** by Colleen Carney and Rachel Manber, New Harbinger Publications (2009) ISBN:9781572246270
9. **Is Your Child Depressed? Answers to Your Toughest Questions** by Nathan Naparstek, McGraw-Hill (2005) ISBN:0071457569
10. **Helping Your Teenager Beat Depression: A Problem-Solving Approach for Families** by Katharina Manassis and Anne Marie Levac, Woodbine House (2004) ISBN:1890627496
11. **Rescuing Your Teenager from Depression** by Norman T. Berlinger, William Morrow Paperbacks (2006) ISBN:9780060567217
12. **Hot Stuff to Help Kids Cheer Up: The Depression and Self-Esteem Workbook** by Jerry Wilde, Source Books Jabberwocky (2007) ISBN:9781402209260

Websites

<http://www.aacap.org> (use search term "depression")
<http://www.nimh.nih.gov> (use search term "depression")

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About the suggested resources

The books and resources on this list are selected from the collection at the Family Resource Centre at McMaster Children's Hospital. The selection is based on parent and child feedback, and from on-going reviews at the Family Resource Centre. The inclusion of a particular resource does not imply an endorsement of the information or suggestions in that resource. Many of our resources are general in nature, and may not apply to your situation. Your health care professional is the best source of information about your child's health and concerns.

Family Resource Centre

The Family Resource Centre's mission is to help families and the community to become active participants in their own health and medical care. The Family Resource Centre offers resources to understand and cope with illness and hospitalization, to learn more about your child's health, to help other family members learn how to help the patient and themselves, and to learn more about wellness, prevention and the human body.

The centre has a wide collection of books, DVDs, pamphlets and online resources about the problems and concerns that bring patients to McMaster Children's Hospital. Services provided include:

Check-out

Borrowing privileges are available to families, staff, and community members.

On-line Resources

In addition to books, DVDs and pamphlets, much health information is available through the Internet. The family Resource Centre can help you to find these resources, as well as information from our consumer health information database.

Audio-visual Materials

Your health-care provider may suggest that you view a particular DVD, or you may want to browse our collection.

For more information visit www.mcmasterchildrenshospital.ca

*The Family Resource Centre,
where knowledge grows.*

