



Childhood Depression: *Resources and Support*

ORGANIZATIONS

National Suicide Prevention Lifeline
(800) 273-TALK (8255)

American Association of Child and Adolescent Psychiatrists
www.aacap.org

American Psychological Association
www.apa.org
(800) 374-2721

American Psychiatric Association
www.psych.org
(888) 357-7924

Mental Health America
www.MentalHealthAmerica.net
(703) 684-7722
Toll free: (800) 969-6642
TTY line: (800) 433-5959

National Alliance on Mental Illness
www.nami.org/helpline/depression-child.html
(800) 950-6264

National Institute of Mental Health
www.nimh.nih.gov
(301) 443-4513

Surgeon General
www.surgeongeneral.gov

U.S. Department of Education,
Office of Special Education
Program's IDEA website
<http://idea.ed.gov/explore/home>

BOOKS

The Childhood Depression Sourcebook by Jeffrey A. Miller. NTC, 1999.

Depressive Disorders in Children and Adolescents: Epidemiology, Risk Factors and Treatment edited by Cecilia Essau. Aronson, 1999.

Growing Up Sad: Childhood Depression and Its Treatment by Leon Cytry, et al. W.W. Norton, 1998.

Handbook of Depression in Children and Adolescents by John R. Z. Abela, PhD and Benjamin L. Hankin, PhD. The Guilford Press, 2007.

"Help Me, I'm Sad": Recognizing, Treating and Preventing Childhood and Adolescent Depression by David G. Fassler and Lynne S. Dumas. Penguin, 1998.

Lonely, Sad and Angry: How to Help Your Unhappy Child, first edition, by Barbara D. Ingersoll, Ph.D. and Sam Goldstein, Ph.D. Specialty Press/A.D.D. Warehouse, 2001.

My Feeling Better Workbook: Help for Kids Who Are Sad and Depressed by Sara Hamil. New Harbinger Publications, 2008.

Parent Handbook on Childhood and Adolescent Depression by Erika's Lighthouse: A Beacon of Hope for Adolescent Depression, 2009.

Raising Depression-Free Children: A Parent's Guide to Prevention and Early Intervention by Kathleen Hockey. Hazelden, 2003.

Survival Guide to Childhood Depression by Susan E. Dubuque. Ching Chong, 1996.

Treating Childhood Behavioral and Emotional Problems: A Step-by-Step, Evidence-Based Approach by Andrew R. Eisen Ph.D. The Guilford Press, 2007.

For more information, call us at:

1-855-959-7340

Or visit our website at:

www.ichpcolorado.com

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In The Spotlight...