

Here's some suggested resources about:

MOOD PROBLEMS and DEPRESSION

Books

1. Growing Up Sad: Childhood Depression and Its Treatment by Leon Cytryn, W. W. Norton & Company; c1998 ISBN: 0393317889
2. "Help Me, I'm Sad": Recognizing, Treating, and Preventing Childhood and Adolescent Depression by David G. Fassler, Penguin Books; c1998 ISBN: 0140267638
3. The Depressed Child: A Parent's Guide for Rescuing Kids by Douglas A. Riley, Taylor Trade Publishing; c2001 ISBN: 0878331875
4. Adolescent Depression: A Guide for Parents by Francis Mark Mondimore, Johns Hopkins University Press; c2002 ISBN: 0801870658
5. Understanding Teenage Depression : A Guide to Diagnosis, Treatment, and Management by Maureen Empfield, Owl Books; c2001 ISBN: 0805067612
6. Bipolar Disorder: A Guide for Patients and Families by Francis Mark Mondimore, Johns Hopkins University Press; c1999 ISBN: 0801861187
7. Raising a Moody Child : How to Cope with Depression and Bipolar Disorder by Mary A. Fristad, The Guilford Press; c2003 ISBN: 1572308710
8. More Than Moody: Recognizing and Treating Adolescent Depression by Harold Koplewicz, Perigee Books; c2003 ISBN: 0399529128
9. The Depression Workbook: A Guide for Living with Depression and Manic Depression by M. A. Copeland, New Harbinger Publications; c2002 ISBN: 157224268X

Websites: <http://www.aacap.org/publications/factsFam/depressd.htm>

<http://www.nimh.nih.gov/healthinformation/depressionmenu.cfm>

The books and resources on this list are selected from the collection at the Family Resource Centres at McMaster Children's Hospital. The selection is based on parent and child feedback, and from on-going reviews at the Family Resource Centres.



Ministry of Children and
Family Development

Children are British Columbia's most important investment in the future. In February 2003, government approved the 5-year Child and Youth Mental Health Plan, for improving the mental health of children and youth in BC. The Plan rests on three foundations: Support and Treatment, Reducing Risks, and Building Capacity. In the interests of building capacity, Child and Youth Mental Health Services (CYMHS) has partnered with McMaster Children's Hospital to provide this Resource List which might be useful to you or someone you know.

For more information about the Plan and other British Columbia resources for children, youth and families, please visit the Ministry of Children and Family Development, Child and Youth Mental Health internet site at:

http://www.mcf.gov.bc.ca/mental_health/resource_lists.htm

Public libraries also offer an extensive collection of materials related to the mental health and wellness of children, youth and families. The Ministry of Children and Family Development and the Ministry of Community, Aboriginal and Women's Services have made the books on this list available through your local public library, in support of the Child and Youth Mental Health Plan. To find information about the library closest to you, please visit the Public Libraries of BC's web site. **<http://www.bcpl.gov.bc.ca/VRD/libraries/>**

This resource list is meant as a guide only and is not meant to be exhaustive. Inclusion in this list does not necessarily reflect content endorsement by McMaster Children's Hospital or BC's Ministry of Children and Family Development. Your health care professional (i.e., physician, public health nurse, counsellor/therapist) is the best source of information about your child's health and concerns.