

WE HELP KIDS AND FAMILIES
BE THEIR HEALTHIEST



DEPRESSION / LE DÉPRESSION

Kaitlin Atkinson Family Resource Library / Bibliothèque de ressources familiales Kaitlin Atkinson

Resource List / Ressources

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Acquainted with the night: a parent's quest to understand depression & bipolar disorder in his children / Raeburn, Paul -- New York: Broadway Books, 2004.

This memoir of a family stricken with the pain of depression and mania becomes a cathartic story that any reader can share, even as parents unlucky enough to be in a similar position will find it of immeasurable practical value in their own struggles with the child psychiatry establishment.
FAM RJ 506 .D4 R34 2004

Aider l'enfant dépressif: guide pratique à l'intention des parents / Barnard, Martha Underwood -- Montréal, QC: Les Éditions de l'Homme, 2006.

Aider l'enfant dépressif propose plusieurs conseils pratiques et redonne de l'espoir aux parents et aux familles d'enfants qui sont aux prises avec des troubles dépressifs. Ce livre vous permettra de mieux comprendre et de mieux évaluer les symptômes de votre enfant pour ensuite réussir à trouver l'aide dont il a besoin.
FAM RJ 506 .D4 B3614 2006

Can I catch it like a cold?: a story to help children understand a parent's depression / Kelbaugh, Gretchen -- Toronto: Centre for Addiction and Mental Health, 2002.

This book tells the story of Alex and his struggle to understand his father's depression. It answers the key questions children have about depression, offering a starting point for the discussion about the disorder. Appropriate for ages 4-12 years.
FAM RJ 506 .D4 K44

Can I tell you about depression?: a guide for friends, family and professionals / Dowrick, Christopher; Martin, Susan; Medaglia, Mike. -- London: Jessica Kingsley, 2015.

This illustrated book is an ideal introduction to depression - a condition that can be particularly difficult for children to understand. It is suitable for readers aged 7 upwards and shows family, friends and anyone who knows someone affected by depression how they can offer support.
FAM RJ 506 .D4 D58 2015

The color thief: a family's story of depression / Peters, Andrew; Peters, Polly. -- Chicago, IL: Albert Whitman & Company, 2015.

A child recounts his experience of losing his father to depression and a world without color. As the father seeks help, color begins to reappear and with it hope.
FAM RJ 506 .D4 P48 2015

Comment vivre avec un enfant déprimé / Ferrari, Pierre -- Paris: J. Lyon, 2000.

Cet ouvrage, écrit par un spécialiste de la dépression de l'enfant et de l'adolescent, est le premier à exposer clairement les signes et les origines de la dépression enfantine, et à donner aux parents tous les conseils pratiques et psychologiques.
FAM RJ 506 .D4 F47

Danny and the blue cloud: coping with childhood depression / Foley, James M.; Ng-Benitez, Shirley (ill.). -- Washington DC: Magination Press, 2016.

Danny was born under a blue cloud. He didn't know why, but sometimes the cloud made him cry. Some days he didn't want to get out of bed. Some days he was one big GROWL! With the help of Barnaby the rabbit, Danny learns to think more helpful thoughts, feel better about himself, and dance his way into a better mood! For ages 4-8
FAM RJ 506 .D4 F65 2016

Depression and other mood disorders / Field, Jon Eben. -- St. Catharines, ON: Crabtree Publishing Company, 2014.

Mental health is an important and often misunderstood concept. Depression and other mood

disorders helps explain the importance of social and emotional health, as well as the symptoms and possible treatments. This book provides an open and honest discussion about stigma and how to help a friend or family member with depression.

FAM RJ 506 .D4 F54 2014

Depression and your child: a guide for parents and caregivers / Serani, Deborah. -- Lanham: Rowman & Littlefield Publishers, 2013.

This book contains specific tips, recommendations, and case examples to help make parenting a depressed child less challenging. It provides parents and caregivers an understanding of pediatric depression, its causes, its symptoms, and its treatments. Current research, treatments and trends are presented and tough subjects like self-harm, suicide and recovery plans are addressed with supportive direction.

FAM RJ 506 .D4 S58 2013

Dépression et santé mentale / Sanders, Pete -- Montréal: Éditions École active, 2000.

Ce livre parle de la dépression, comment celle-ci affecte la vie et quoi faire pour trouver de l'aide. Il y a aussi des photosets des bandes dessinées. Pour les enfants de 6 à 12 ans.

FAM RJ 506 .D4 S2614

Helping your teen overcome depression: a guide for parents / Kaufman, Miriam -- Toronto: Key Porter, 2000.

Drawing on the author's experience and that of other doctors and psychologists who work with teenagers, and offering many illustrative case histories, she explains what teen depression is and how it can be overcome. Medical and psychiatric conditions, gender and sexuality differences, substance abuse, anxiety, poverty and suicide, as well as the social and practical aspects of life with a depressed teen are discussed.

FAM RJ 506 .D4 K376

Helping your teenager beat depression: a problem-solving approach for families / Manassis, Katharina -- Bethesda, MD: Woodbine House, 2004.

Depression is a real and serious condition that can derail lives and put a child at risk. This book offers parents a strategy that enables them to become active partners in the treatment of their child's depression.

FAM RJ 506 .D4 M265

How you can survive when they're depressed: living and coping with depression fallout / Sheffield, Anne -- New York: Three Rivers Press, 1999.

An insightful book for those who have lived with someone who is depressed, it offers real-life examples of how people with depression fallout have learned to cope and gives practical tactics for handling the challenges and emotional stresses.

FAM RJ 506 .D4 S535

If your adolescent has depression or bipolar disorder: an essential resource for parents / Evans, Dwight L. -- New York: Oxford University Press, 2005.

This is a guide to understanding and getting effective help for adolescents with depression or bipolar disorder. It includes practical advice from parents as well as the latest research on diagnoses, treatment, management, and prevention.

FAM RJ 506 .D4 E93 2005

It's not your fault: a guide to understanding your parent's depression / LeSage, Cathy. -- Ottawa: Canadian Nurses Association, 1998.

This is a guide for adolescents on coping and understanding a parent's depression. Appropriate for ages 10-17 years.
FAM RJ 506 .D4 L47

Let's talk about feeling sad / Berry, Joy. -- New York: Scholastic, 1996.

This is a story for young children for overcoming moments of sadness. Appropriate for ages 4-8 years.
FAM RJ 506 D4 B47

A mood apart: the thinker's guide to emotion and its disorders / Whybrow, Peter C. -- New York: Harper Collins, 1997.

This book discusses topics such as mental illness, depression and mania, using real life case studies.
FAM RJ 506 .D4 W487

Mindfulness for teen depression: a workbook for improving your mood / Willard, Christopher. -- Oakland, CA: New Harbinger Publications, 2016.

Depression can make it hard for teens to do well in school, make friends, and reach their goals. In this book, two teen experts offer powerful tools based in mindfulness and positive psychology to empower young readers who suffer from depression. The goal of this book is to help teens ease symptoms, work through troubling thoughts and feelings, and thrive in all aspects of life.
FAM RJ 506 .D4 A22 2016

More than moody: recognizing and treating adolescent depression / Koplewicz, Harold S. -- New York: Perigee, 2003.

This book will inform parents on the warning signs, risk factors, and key symptoms that offer important clues about depression. He also illustrates a broad range of treatment options including SSRI antidepressants as well as non-pharmaceutical approaches such as cognitive behavior therapy.
FAM RJ 506 .D4 K67

My feeling better workbook: help for kids who are sad & depressed / Hamil, Sarah W. -- Oakland, CA: Instant Help Books, 2008.

Presents activities based on cognitive behavioral therapy, play therapy, and art therapy to help children explore their feelings and combat the negative self-talk that depletes their motivation and self-esteem.
FAM RJ 506 .D4 H26 2008

The other side of blue: the truth about teenage depression [DVD] / Dubo, Elyse -- Toronto, ON: Canadian Learning Company, 2000.

Learn how to remove the stigma of depression and how to overcome the toughest part about this illness for most young people.
FAM RJ 506 .D4 D8 2000

Raising a moody child: how to cope with depression and bipolar disorder / Fristad, Mary A. -- New York: Guilford Press, 2004.

This book explains how treatment works and what additional steps parents can take at home to help children with mood disorders--and the family as a whole--improve the quality of their lives. Filled with practical tools, FAQs, and examples, it covers everything from dealing with medical crises to resolving school problems, sibling conflicts, and marital stress.
FAM RJ 506 .D4 F75 2004

Raising depression-free children: a parent's guide to prevention and early intervention / Hockey, Kathleen Panula -- Center City, MN: Hazelden, 2003.

Parents will find information about childhood depression in this guide, as well as practical, everyday strategies to reduce your child's risk of developing this life-threatening disease.
FAM RJ 506 .D4 H63 2003

Understanding your teenager's depression: issues, insights, and practical guidance for parents / McCoy, Kathleen -- New York: Penguin Group, 2005.

Includes up-to-date information on the multiple causes and manifestations of depression- anger, rebellion, eating disorders, sexual promiscuity, truancy, and suicide-this indispensable book also explores the role of learning disabilities in depression, gender and cultural factors, and family relationships and dysfunction.
FAM RJ 506 .D4 M32 2005

When life stinks: how to deal with bad moods, blues, and depression / Piquemal, Michel -- New York: Amulet Books, 2004.

Describes some of the causes of black moods, blues, and depression and presents ideas for battling all three.
FAM RJ 506 .D4 P5213 2004

When nothing matters anymore: a survival guide for depressed teens / Cobain, Bev -- Minneapolis, MN: Free Spirit Pub, 2007.

This is a guide to depression including personal stories from teens, survival tips, and resources for info, advice, and support. Appropriate for ages 12-17 years.
FAM RJ 506 .D4 C62 2007

Why are you so sad?: parental depression / Andrews, Beth -- Washington, DC: Magination Press, 2002.

Explains depression to young children, helps them understand and express their feelings and learn how to cope with parent's depression. Appropriate for ages 3-8 years.
FAM RJ 506 .D4 A566

Why is mommy sad?: a child's guide to parental depression / Chan, Paul D. -- Laguna Hills, CA: CCS Publishing, 2005.

The goal of this book is to teach children what depression is, that their parents depression is not their fault, it may cause their parent to not be the same and to talk about their feelings.
FAM RJ 506 .D4 C48 2005

Young misery: a child and family psychiatrist discusses child and youth depression - how to identify it, and how to cope: a guide for parents and professionals / Palframan, David S. -- Ottawa: Creative Bound, 2006.

Provides parents with information to help them effectively manage their children's problems as well as how to deal with their own related fears and concerns.
FAM RJ 506 .D4 P34 2006

Web Sites / Sites internet

Depression - CHEO / Enfant ou adolescent dépressif: information pour les parents - CHEO
<http://www.cheo.on.ca/en/cheodepression?mid>

Depression – MedlinePlus from the US National Library of Medicine



<http://www.nlm.nih.gov/medlineplus/depression.html>

Children's Mental Health Ontario / Santé Mentale pour Enfants Ontario

<http://www.cmho.org/>

Understanding Mental Health Canadian Mental Health Association - Ottawa Branch / Santé mentale - La section d'Ottawa de l'association canadienne pour la santé mentale

<http://ottawa.cma.ca/document-category/mental-health/>

The Depressed Child - American Academy of Child and Adolescent Psychiatry

http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/The_Depressed_Child_04.aspx

Kids Health - Health information for parents, kids and teens from the Nemours Foundation

<http://www.kidshealth.org/>

Kid's Help Phone / Jeunesse j'écoute

<http://www.kidshelpphone.ca/Teens/Home.aspx>

Revivre - Association québécoise de soutien aux personnes souffrant de troubles anxieux, dépressifs ou bipolaires / Revivre - Anxiety, Depression, Bipolar Disorder

<http://www.revivre.org/>

Fondation jeunes en tête

<http://www.fondationjeunesentete.org/fr>

eMentalHealth.ca

<http://www.ementalhealth.ca/>

Depression – National Institute of Mental Health

<https://www.nimh.nih.gov/health/topics/depression/index.shtml>

Depression – About Kids Health from Sickkids / Dépression - About Kids Health de Sickkids

<http://www.aboutkidshealth.ca/En/HealthAZ/ConditionsandDiseases/BehaviouralandEmotionalProblems/Pages/Depression.aspx>

YouTube

Mental Health Videos – CHEOvideos

<https://www.youtube.com/playlist?list=PLC6061FE13A8FD250>

Quels sont les symptômes de la dépression? - CHEOvideos

<http://www.youtube.com/watch?v=QkTcDQ4U2Q8&list=SPC6061FE13A8FD250>

Comment aider un ado à l'école s'il souffre de dépression et a des pensées suicidaires - CHEOvideos

http://www.youtube.com/watch?v=d1hbvgGpH_8&list=SPC6061FE13A8FD250

Quelles sont les causes de la dépression chez les enfants et les adolescents? - CHEOvideos

http://www.youtube.com/watch?v=Ago_ntCa3w0&list=SPC6061FE13A8FD250

Apps

You Are Important – Depression, Suicide and Bullying Prevention Video App by Wonderiffic®

- From Wonderiffic, Inc.
- English
- Free
- Last updated March 16, 2015
- Rated 12+
- From iTunes: This app contains hundreds of videos from the It Gets Better® and You Can Play® Projects. In these videos you'll meet people from corporations, sports teams, universities. You'll meet police, politicians, celebrities and musicians. You'll also meet other just like you.
- Available from [iTunes](#)

Always There / Toujours à l'écoute

- From Kids Help Phone / Jeunesse j'écoute
- Free
- English and French
- Last updated June 2015
- From Google Play: The Kids Help Phone app provides a password protected space for you to log your feelings during the day, as well as youth-submitted inspirational quotes, tips on taking care of yourself, and jokes aimed at helping you cope with stress. The Info Booth has lots of information on emotional health topics and more. Finally, the app can also connect you directly with a Kids Help Phone counsellor over the phone, or during certain hours, Live Chat.
- Available from [Google Play](#) and [iTunes](#)

Smiling Mind

- From Smiling Mind
- Free
- English
- Last Updated August 2017
- From Google Play: Smiling Mind is modern meditation, a unique web and app-based program developed by psychologists and educators to help bring balance to people's lives. Our programs are designed to assist people in dealing with the pressure, stress and challenges of daily life. We offer programs for; 7-9 year olds; 10-12 year olds; 13-15 year olds; 16-18 year olds; Adults; Mindfulness in the Classroom and Mindfulness in the Workplace.
- Available from [Google Play](#) and [iTunes](#)

Local Contacts / Liaison régionale

YouthNet / RéseauAdo

2305 St. Laurent Blvd. Unit 300B

Ottawa, ON K1G 4J8

613-738-3915

youthnet@cheo.on.ca

<http://www.youthnet.on.ca/>

Canadian Mental Health Association

Ottawa Branch

1355 Bank St., Suite 301

Ottawa, ON K1H 8K7



Phone: 613-737-7791

cmhaoc@magma.ca

<http://www.cmhaottawa.ca/>

Child, Youth and Family Crisis Line for Eastern Ontario / Ligne de crise pour enfants, jeunes et familles de l'Est de l'Ontario

613-260-2360

877-377-7775

<http://www.icrs.ca/en>

For general inquiries, please email crisis@ysb.on.ca

Crisis Chat-Website: chat.ysb.ca - Hours: Thursday to Sunday, 4 pm - 10 pm / Clavardage en direct : de jeudi à dimanche, de 16 h à 22 h

<http://www.ysb.ca/index.php?page=24-7-crisis-line&hl=eng>

Kids Help Phone / Jeunesse J'écoute

800-668-6868

<http://www.kidshelpphone.ca/teens/home/splash.aspx>

Parents' Lifelines of Eastern Ontario / Parents : lignes de secours de l'est de l'Ontario

Ottawa 613-321-3211

Outside Ottawa / À l'extérieur d'Ottawa 1-855-775-7005

Helpline is staffed Monday to Friday from 9am-7pm

Notre ligne d'aide téléphonique est disponible de lundi au vendredi : de 9h à 19h

info@pleo.on.ca

www.pleo.on.ca

This guide provides medical material for information purposes only and is not intended to replace the advice of your physician. The information may not always apply to your individual situation.

The guide represents material available in the Family Resource Library collection at CHEO. It is not intended to be an exhaustive list. Your local public library may also be able to provide you with information.

If you require materials in alternative formats, please contact the library at 613-737-7600 ext. 2157 or at library@cheo.on.ca.

Ce guide fournit du matériel médical pour informations seulement et ne vise pas à remplacer les conseils du médecin. Ces informations pourraient ne pas toujours s'appliquer aux situations individuelles.

Ce guide présente le matériel disponible à la bibliothèque de ressources familiales du CHEO. Ce n'est pas une liste complète. Votre bibliothèque publique locale pourrait aussi être en mesure de vous fournir des informations précieuses.

Si vous avez besoin des documents en formats alternatifs, s'il vous plaît contacter la bibliothèque au 613-737-7600 poste 2157 ou à library@cheo.on.ca.

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