

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

**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 infantine, et à donner aux parents tous les conseils pratiques et psychologiques.*  
FAM RJ 506 .D4 F47

**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

**Depression is the pits but I'm getting better: a guide for adolescents** / Garland, E. Jane -- Washington: Magination Press, 1997.

*Discusses the difference between being sad and suffering from clinical depression, how to gain control over this condition, the use of medications and psychotherapy, and the experiences of depressed teens.*  
FAM RJ 506 .D4 G37

**Hand-me-down blues: how to stop depression from spreading in families** / Yapko, Michael D. -- New York: Golden Books, 1999.

*Dr. Michael Yapko carefully describes how the family can play a crucial role in the development of and recovery from depression.*  
FAM RJ 506 .D4 Y3526

**Happiness is a choice for teens** / Meier, Paul D. -- Nashville, TN: Thomas Nelson, 1997.

*This is a helpful guide for teens about depression which provides suggestions on how to feel more positive and upbeat. Appropriate for ages 12-17 years.*  
FAM RJ 506 .D4 M45

**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 to demonstrate.*  
FAM RJ 506 .D4 W487

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

**Sad days, glad days: a story about depression** / Hamilton, DeWitt --Morton Grove, IL: Whitman, 1995.

*About a young girl's understanding her mother's depression. Appropriate for Ages: 4-8 years*

FAM RJ 506 .D4 H35

**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

**Ups & downs: how to beat the blues and teen depression** / Klebanoff, Susan -- New York: Price Stern Sloan, 1999.

*In this book, teens will find friendly voices of compassion and reason, medical tips for spotting and treating various kinds of depression, hotline and professional resource listings, and most important, reassuring words from teens just like them to help ease common loneliness and fears.*

FAM RJ 506 .D4 K58

**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/>

Canadian Mental Health Association - Ottawa Branch / La section d'Ottawa de l'association canadienne pour la santé mentale  
<http://www.cmhaottawa.ca/>

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](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/>

Mental Illness Foundation / Fondation des maladies mentales

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

Depression – Webicina

<http://www.webicina.com/depression/>

Depression in Children and Adolescents – National Institute of Mental Health

<http://www.nimh.nih.gov/health/topics/depression/depression-in-children-and-adolescents.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

What are the symptoms of depression? - CHEOvideos

<http://www.youtube.com/watch?v=PMQe4FiQFfM&list=SPC6061FE13A8FD250>

Are there short or long term impacts of depression on the brain? - CHEOvideos

<http://www.youtube.com/watch?v=pae3bwR3qw4&list=SPC6061FE13A8FD250>

How do you support your child who's struggling with depression or suicidal thoughts? - CHEOvideos

[http://www.youtube.com/watch?v=9ghJtL\\_FiHs&list=SPC6061FE13A8FD250](http://www.youtube.com/watch?v=9ghJtL_FiHs&list=SPC6061FE13A8FD250)

What causes depression in children and youth? - CHEOvideos

<http://www.youtube.com/watch?v=2t3SiEi1YA&list=SPC6061FE13A8FD250>

How do you support a child who has given up hope for recovery from chronic depression? - CHEOvideos

<http://www.youtube.com/watch?v=p2yDUKJyIKI&list=SPC6061FE13A8FD250>

Is it common for youth to do well at school/work but be unstable and suicidal on 'down time'? - CHEOvideos

<http://www.youtube.com/watch?v=pjtE78NKumI&list=SPC6061FE13A8FD250>

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](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](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](#)

Mental Health Helpline

- From ConnexOntario Health Services Information
- Free
- English
- Last updated April 2015
- From Google Play: The Mental Health Helpline app provides access to information about mental health services in Ontario. You can use the application to quickly and anonymously contact a professional Information and Referral Specialist 24/7, 365 days a year via phone, email, or chat. The Mental Health Helpline can help connect you with local services that can: provide information about counselling services and supports in your community; listen, offer support and provide strategies to help you meet your goals; provide information on how to access these services or programs; provide basic education about mental illness; and connect friends and family to supportive community resources. These services are free, confidential and anonymous. We're happy to talk to you, even if you're just looking for general information. We are the first place to start for help
- Available from [Google Play](#) and [iTunes](#)

## **Local Contacts / Liaison régionale**

Canadian Mental Health Association  
Ottawa Branch  
1355 Bank St., Suite 301  
Ottawa, ON  
K1H 8K7  
Phone: 613-737-7791  
[cmhaoc@magma.ca](mailto: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 enquiries, please email [crisis@ysb.on.ca](mailto:crisis@ysb.on.ca)

Crisis Chat-Website: [chat.ysb.ca](http://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](mailto:info@pleo.on.ca)

[www.pleo.on.ca](http://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](mailto: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](mailto:library@cheo.on.ca).*

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