

Depression

Websites

American Academy of Child & Adolescent Psychiatry

www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/The-Depressed-Child-004.aspx

American Psychological Association

www.apa.org/topics/depression/index.aspx

Anxiety and Depression Association of America

www.adaa.org

Child Mind Institute

www.childmind.org/topics/concerns/depression

Depression and Bipolar Support Alliance

www.dbsahouston.org/what-is-depression

Kids Health

www.kidshealth.org

National Alliance on Mental Health

www.nami.org/Learn-More/Mental-Health-Conditions/Depression

National Institute of Mental Health

www.nimh.nih.gov/health/topics/depression/index.shtml

Local Support Groups

Depression and Bipolar Support Alliance of Greater Houston

www.dbsahouston.org/list-of-houston-support-groups

National Alliance on Mental Health Gulf Coast

www.namigulfcoast.org/business-directory/support

Psychology Today

groups.psychologytoday.com/rms

Books:

Parents

The Childhood Depression Sourcebook by Jeffery Miller

The Depressed Child: Overcoming Teen Depression by Mariam Kaufman

The Explosive Child by Ross Greene

Surviving the Crisis of Depression & Bipolar (Manic-Depression) Illness by Mark A. Halebsky

Coping with Depression: From Catch-22 to Hope by Jon G. Allen

The Mindfulness and Acceptance Workbook for Depression by Kirk D. Strosahl, Patricia J. Robinson, and Steven C. Hayes

Children & Teens

Taking Depression to School by Kathy Khalsa (for young children)

Where's Your Smile, Crocodile? by Clair Freedman (for young children)

Feeling Good: The New Mood Therapy by David Burns (for adolescents)

My Feeling Better Workbook: Help for Kids Who Are Sad and Depressed by Sara Hamil (for elementary school students)

Beyond the Blues: A workbook to Help Teens Overcome Depression by Lisa M. Schab (for adolescents)