

Resources for Families

Books for Parents, Teenagers and Children

- “Helping your anxious child: A step by step guide”, Rapee et al, New Harbinger, 2000
- “Out of the Darkened Room: When a Parent is Depressed: Protecting the Children and Strengthening the Family”, Beardslee, Little Brown, 2002
- “Helping your teenager beat depression: A problem-solving approach for families”, Manassis, Woodbine, 2004
- “Why Are You So Sad? A Child's Book About Parental Depression”, Andrews, Magination Press, 2002.
<http://apamaginationpress.apa.org/4418366.html>
- “The Optimistic Child: Proven Program to Safeguard Children from Depression & Build Lifelong Resilience.” Seligman, New York: Houghton Mifflin. (Paperback edition, Harper Paperbacks, 1996)

National Organizations

- Anxiety Disorders Association of America: www.adaa.org
- Depression Bipolar Support Alliance: www.dbsalliance.org
- Child and Adolescent Bipolar Foundation: <http://www.bpkids.org/site/PageServer>
- National Alliance on Mental Illness (NAMI)- Child and Adolescent Action Center
http://www.nami.org/template.cfm?section=Child_and_Teen_Support

Web-sites

- National Institute of Mental Health: <http://www.nimh.nih.gov/healthinformation/depchildmenu.cfm>
- National Library of Medicine. “MedlinePlus”: <http://www.nlm.nih.gov/medlineplus/depression.html>
- American Academy of Child and Adolescent Psychiatry:
<http://www.aacap.org/page.wv?name=Resources+for+Families§ion=Resources+for+Families> &
<http://www.aacap.org/page.wv?name=The+Depressed+Child§ion=Facts+for+Families>
- American Psychiatric Association: <http://www.healthyminds.org/multimedia/depression.pdf>
- American Psychological Association: <http://www.apa.org/topics/recover.html>
- National Alliance on Mental Illness (NAMI):
http://www.nami.org/Template.cfm?Section=Child_and_Teen_Support&Template=/ContentManagement/ContentDisplay.cfm&ContentID=23875&Istid=819
- Nemours Foundation: <http://kidshealth.org/>
- National Sleep Foundation:
http://www.sleepfoundation.org/site/c.huIXKjM0IxF/b.2418863/k.94BD/Teens_and_Sleep.htm
- American Academy of Sleep Medicine- Sleep Education: <http://www.sleepeducation.com/>