Depression

Websites

American Academy of Child & Adolescent Psychiatry

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)