



Depression, Suicide, and Other Mental Illnesses: Resource List

Depression: Books

Ages 6 to 9

- *PLEASE DON'T CRY, MOM*; by Helen DenBoer, Janice Galanter Goldstein (illustrator); Carolrhoda, 1994 (for a child whose parent is depressed)

Ages 9 to 12

- *UPS AND DOWNS: HOW TO BEAT THE BLUES AND TEEN DEPRESSION*; by Susan Klebanoff; Price Stern Sloan Pub, 1998

Young Adult

- *COPING WITH DEPRESSION*; by Sharon Carter, Lawrence Clayton; Hazelden, 1997
- *DEPRESSION*; by Alvin Silverstein; Enslow Publishers, Inc., 1997
- *DEPRESSION IS THE PITS, BUT I'M GETTING BETTER: A GUIDE FOR ADOLESCENTS*; by E. Jane Garland; Magination, 1997
- *WHEN NOTHING MATTERS ANYMORE: A SURVIVAL GUIDE FOR DEPRESSED TEENS*; by Bev Cobain; Free Spirit Publ., 1998

Adult

- *THE CHILDHOOD DEPRESSION SOURCEBOOK*; by Jeffrey A. Miller; Lowell House, 1998
- *THE DEPRESSION SOURCEBOOK*; by Brian Quinn; Los Angeles, Calif.: Chicago, Ill.: Lowell House; Contemporary Books, 1998
- *DEPRESSION IN THE YOUNG: WHAT WE CAN DO TO HELP THEM*; by Trudy Carlson; Benline Press, 1998
- *'HELP ME, I'M SAD': RECOGNIZING, TREATING, AND PREVENTING CHILDHOOD AND ADOLESCENT DEPRESSION*; by David G. Fassler and Lynne S. Dumas; Penguin USA, 1998
- *HOW YOU CAN SURVIVE WHEN THEY'RE DEPRESSED: LIVING AND COPING WITH DEPRESSION FALLOUT*; by Anne Sheffield. New York: Three Rivers Press, 1999
- *LONELY, SAD AND ANGRY: A PARENT'S GUIDE TO DEPRESSION IN CHILDREN AND ADOLESCENTS*; by Barbara D. Ingersoll, Main Street Books, 1996

Suicide: Books

Ages 13 to 18

- *LIVING WHEN A YOUNG FRIEND COMMITS SUICIDE, OR EVEN STARTS TALKING ABOUT IT*; Earl A. Grollman; Beacon Press, 1999

Adult

- *CRY OF PAIN: UNDERSTANDING SUICIDE AND SELF-HARM*; by J. Mark G. Williams, Mark Williams; Penguin USA, 1998

Obsessive-Compulsive Disorder: Books

Children

- *POLLY'S MAGIC GAMES: A CHILD'S VIEW OF OBSESSIVE-COMPULSIVE DISORDER*; by Constance H. Foster, Edwin A. Chase (illustrator); Dilligaf Publ., 1994

Adult

- *OBSESSIVE COMPULSIVE DISORDER IN CHILDREN AND ADOLESCENTS: A GUIDE*; by Hugh F. Johnston, M.D.; rev. ed.; Dean Foundation, 1997
- *THE SKY IS FALLING: UNDERSTANDING AND COPING WITH PHOBIAS, PANIC, AND OBSESSIVE-COMPULSIVE DISORDERS*; by Raeann Dumont and Aaron T. Beck; W.W. Norton & Company, 1996

Other Problems: Books

Books for Adults

- *BIPOLAR DISORDER: A GUIDE FOR PATIENTS AND FAMILIES*; by Francis Mark Mondimore; Johns Hopkins University Press, 1999
- *KEYS TO PARENTING YOUR ANXIOUS CHILD*; by Katharina Manassis; Barron's Educational Series, 1996
- *THE BIPOLAR CHILD: THE DEFINITIVE AND REASSURING GUIDE TO CHILDHOOD'S MOST MISUNDERSTOOD DISORDER*; by Demetri F. Papolos; New York: Broadway Books, 2000
- *HELPING SOMEONE WITH MENTAL ILLNESS: A COMPASSIONATE GUIDE FOR FAMILY, FRIENDS, AND CAREGIVERS*; by Rosalynn Carter; New York; Times Books, 1998
- *WHY AM I UP, WHY AM I DOWN?: UNDERSTANDING BIPOLAR DISORDER*; by Roger Granet; New York, NY; Dell Publishing, 1999

Other Resources

American Academy of Child and Adolescent Psychiatry
 3615 Wisconsin Avenue, NW
 Washington, DC 20016
 800-333-7636
 202-966-7300
 Web site: <http://www.aacap.org>
 Information for both the public and mental health professionals.

Anxiety Disorders Association of America
 11900 Parklawn Drive
 Suite 100
 Rockville, MD 20852-2624
 301-231-9350
 Web site: <http://www.adaa.org>
 Clearinghouse for information on resources and referrals on phobia and related anxiety disorders treatment.

Federation of Families for Children's Mental Health
 1021 Prince Street
 Alexandria, VA 22314-2971
 703-684-7710
 Web site: <http://www.ffcmh.org>
 FFCMH responds to mail, telephone, in-person and electronic inquiries by providing publications, information on seminars, workshops, speaker's bureaus, crisis intervention and support groups.

National Alliance for the Mentally Ill (NAMI) Help Line
200 North Glebe Road, Suite 1015
Arlington, VA 22203-3754
800-950-6264
703-524-7600
Web site: <http://www.nami.org>
Family and patient support groups, local chapters, educational materials.

National Institute of Mental Health
6001 Executive Blvd.
Room 8184 MSC 9663
Bethesda, MD 20857
Voice, Panic Disorder Line: 800-64-PANIC (647-2642)
Voice, orders only, publications office: 301-443-4513
Web site: <http://www.nimh.nih.gov>
Brochures, information sheets, and other educational materials.

National Mental Health Association Information Center
1021 Prince Street
Alexandria, VA 22314-2971
800-969-NMHA (969-6642)
800-433-5959 (TTY)
703-684-7722
Web site: <http://www.nmha.org>
Information, educational materials, referrals to community mental health services and support groups, information specialists.