

CHILDHOOD MOOD PROBLEMS

RESOURCES FOR PARENTS

Growing up sad: Childhood depression and its treatment by Leon Cytryn, Donald H. McKnew, Jr., W. W. Norton (1998) LPL Call # 618.928527 Cyt

The depressed child: A parent's guide to rescuing kids by Douglas A. Riley, Taylor Trade Publishing (2000) LPL Call # 618.928527 Ril

Raising a moody child: How to cope with depression and bipolar disorder by Mary A. Fristad and Jill S. Goldberg Arnold, The Guilford Press (2004) LPL Call # 618.928527 Fri

"Help me, I'm sad": Recognizing, treating and preventing childhood and adolescent depression by David G. Fassler and Lynne S. Dumas, Penguin (1997) LPL Call # 618.928527 Fas

Understanding teenage depression: A guide to diagnosis, treatment, and management by Maureen Emfield and Nicholas Bakalar, Henry Holt (2001) LPL Call # 616.8527 Emp

Bipolar disorder: A guide for patients and families by Francis Mark Mondimore, Hopkins Fulfillment Service (1999) LPL Call # 616.895 Mon

Bipolar kids: Helping your child find calm in the mood storm by Rosalie Greenberg, Da Capo Press (2008) LPL Call # 616.895 Gre

The bipolar teen: What you can do to help your child and your family by David J. Miklowitz and Elizabeth L. George, The Guilford Press (2007) LPL Call # 616.895 Mik

Acquainted with the night: A parent's quest to understand depression and bipolar disorder in his children by Paul Raeburn, Broadway Books (2004) LPL Call # 618.928527 Rae

The bipolar child: The definitive and reassuring guide to childhood's most misunderstood disorder (3rd Edition) by Demetri Papolos and Janice Papolos, Broadway Books (2006) LPL Call # 618.92895 Pap

More than moody: Recognizing and treating adolescent depression by Harold S. Koplewicz, Perigee Trade (2003) LPL Call # 616.8527 Kop

Adolescent depression: A guide for parents by Francis Mark Mondimore, Johns Hopkins University Press (2002) LPL Call # 616.8527 Mon

RESOURCES FOR CHILDREN

25 Things to do when grandpa passes away, mom and dad get divorced, or the dog dies: Activities to help children heal after a loss or change by Laurie A. Kanyer, Parenting Press (2003) LPL Call # j155.937083 Kan



This resource list was created through consultation with existing resource lists from the Offord Centre for Child Studies http://knowledge.offordcentre.com/about/about_pamphlets.html, the *Authoritative Guide to Self-Help Resources in Mental Health* by John Norcross et al. (2003), Indigo Trusted Health Advisor, and the Child and Parent Resource Institute <http://www.cpri.thehealthline.ca/resources.asp>.