

Mood Problems and Depression



**McMaster
Children's Hospital**



For Youth

1. **Recovering from Depression: A Workbook for Teens**
by Mary Ellen Copeland and Stuart Copans, Brookes Publishing Company (2002)
ISBN: 1557665923

Background Information

2. **Raising a Moody Child: How to Cope with Depression and Bipolar Disorder**
by Mary A. Fristad and Jill S. Goldberg Arnold, The Guilford Press (2003)
ISBN: 1572308710
3. **If Your Adolescent Has Depression or Bipolar Disorder: An Essential Resource for Parents** by Dwight L. Evans and Linda Wasmer Andrews, Oxford University Press (2005) **ISBN: 0195182103**
4. **Adolescent Depression: A Guide for Parents**
by Francis Mark Mondimore, The Johns Hopkins University Press (2002)
ISBN: 0801870658
5. **More Than Moody: Recognizing and Treating Adolescent Depression**
by Harold Koplewicz, G.P. Putnam's Sons (2002) **ISBN: 0399529128**

Step by Step Guides

6. **Helping Your Depressed Child: A Step-by-Step Guide for Parents**
by Martha Underwood Barnard, New Harbinger Publications (2003)
ISBN: 1572243228
7. **Raising Depression-Free Children: A Parent's Guide to Prevention and Early Intervention** by Kathleen Hockey, Hazelden (2003) **ISBN: 1592850421**
8. **Is Your Child Depressed? Answers to Your Toughest Questions**
by Nathan Naparstek, McGraw-Hill (2005) **ISBN: 0071457569**
9. **Helping Your Teenager Beat Depression: A Problem-Solving Approach for Families**
by Katharina Manassis and Anne Marie Levac, Woodbine House (2004)
ISBN: 1890627496
10. **Coping with Depression in Young People: A Guide for Parents**
by Carol Fitzpatrick and John Sharry, John Wiley & Sons (2004)
ISBN: 0470857552

Websites

<http://www.aacap.org/publications/factsFam/depressed.htm>
<http://www.nimh.nih.gov/healthinformation/depressionmenu.cfm>

About the suggested resources

The books and resources on this list are selected from the collection at the Family Resource Centres at McMaster Children's Hospital. The selection is based on parent and child feedback, and from on-going reviews at the Family Resource Centre. The inclusion of a particular resource does not imply an endorsement of the information or suggestions in that resource. Many of our resources are general in nature, and may not apply to your situation. Your health care professional is the best source of information about your child's health and concerns.

The Offord Centre for Child Studies

The **Offord Centre for Child Studies** is Canada's only research centre solely dedicated to improving the life quality and life opportunities of children and youth by focusing on the biological factors and life circumstances that influence healthy child development.

The **Centre of Knowledge on Healthy Child Development** gives you access to important and up-to-date information that is based on the best scientific research currently available. It's designed to help you sort through all the conflicting information about what promotes, and what hinders, healthy child development so you can make better choices that will result in better outcomes for children.

We've organized this **Centre of Knowledge on Healthy Child Development** to focus on certain disorders, behaviour problems and life circumstances that can have a significant impact on children's health and wellbeing.

You will find information on anger, aggression and bullying, conduct disorder and oppositional defiant disorder, attention deficit hyperactivity disorder (ADHD), anxiety and depression. We'll talk about how to distinguish mental health problems from normal development. We'll discuss the impact of problems left untreated, such as poor school performance, juvenile delinquency, substance abuse, and poor peer relationships in adolescence.

Visit the **Centre of Knowledge on Healthy Child Development** at:
<http://knowledge.offordcentre.com/>

*"It is our responsibility to ensure bright futures
for today's children so that tomorrow's society will benefit."*

- Dan Offord



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