McMaster Children's Hospital

IWK Health Centre
Mental Health Services

Here's some suggested resources about:

MOOD PROBLEMS and DEPRESSION

Books

1. Growing Up Sad: Childhood Depression and Its Treatment by Leon Cytryn, W. W. Norton & Company; c1998 ISBN: 0393317889 **HPL**

2. "Help Me, I'm Sad": Recognizing, Treating, and Preventing Childhood and Adolescent Depression by David G. Fassler, Penguin Books; c1998 ISBN: 0140267638 **HPL**

3. The Depressed Child: A Parent's Guide for Rescuing Kids by Douglas A. Riley, Taylor Trade Publishing; c2001 ISBN: 0878331875 **FRL** & **HPL**

4. Adolescent Depression: A Guide for Parents by Francis Mark Mondimore, Johns Hopkins University Press; c2002 ISBN: 0801870658 **FRL**

5. Understanding Teenage Depression : A Guide to Diagnosis, Treatment, and Management by Maureen Empfield, Owl Books; c2001 ISBN: 0805067612 **HPL**

6. Bipolar Disorder: A Guide for Patients and Families by Francis Mark Mondimore, Johns Hopkins University Press; c1999 ISBN: 0801861187 **FRL** & **HPL**

7. Raising a Moody Child : How to Cope with Depression and Bipolar Disorder by Mary A. Fristad, The Guilford Press; c2003 ISBN: 1572308710 **FRL**

8. More Than Moody: Recognizing and Treating Adolescent Depression by Harold Koplewicz, Perigee Books; c2003 ISBN: 0399529128

9. The Depression Workbook: A Guide for Living with Depression and Manic Depression by M. A. Copeland,New Harbinger Publications; c2002 ISBN: 157224268X **FRL**

Websites: http://www.aacap.org/publications/factsFam/depressd.htm

http://www.nimh.nih.gov/healthinformation/depressionmenu.cfm

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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.

IWK Health Centre

Family Resource Library
IWK Health Centre
(902) 470-8351

FRL— This symbol means the book or resource is available through the Family Resource Library. The library, a special project of the IWK Auxiliary, welcomes patients, families and Health Centre staff. The library has more than 4000 pamphlets, books and videos, and provides access to French and English information about medical tests & procedures, specific illnesses, child development, and women's & maternal health. The library is located in room G2262, near the Information Desk at the entrance to the Women's and Maternal Health site. (Corner of Robie St. and University Ave.) Family Resource Library materials are listed in Nova Scotia Government Libraries Consolidated Catalogue at: **http://ncompass.library.ns.ca/**

Halifax Public Library
(902) 490– 5710

HPL— This symbol means the book or resource is available through the Halifax Public Libraries system. The Halifax Public Libraries system is comprised of 14 branch libraries, two mobile libraries, Books-by-Mail and Home Delivery services and e-branch. For more information, visit their web site at: **http://www.halifaxpubliclibraries.ca/**

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