

BOOKS FOR DEPRESSION

BOOKS FOR CHILDREN

Blueloon Activity and Idea Book, Julia Cook

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My Feeling Better Workbook: Activities That Help Kids Beat The Blues, Sarah Hamil

Sad Days, Glad Days: A Story About Depression, DeWitt Hamilton

Sometimes I Get Sad (But Now I Know What Makes Me Happy), Jane Ratcliffe

The Cloud, Hannah Cummings

Views From Our Shoes: Growing Up With A Brother Or Sister With Special Needs, Donald Joseph Meyer

What To Do When You're Cranky & Blue: A Guide For Kids, James Crist

What To Do When You're Sad and Lonely: A Guide For Kids, James Crist

Why Are You So Sad? A Child's Book About Parental Depression, Beth Andrews

BOOKS FOR YOUTH/TEENS

Beyond the Blues: a Workbook for Teens Who Are Depressed, Lisa Schab

Eight Stories Up: An Adolescent Chooses Hope Over Suicide, Dequincy Lezine

Hot Stuff to Help Kids Cheer Up: the Depression and Self-Esteem Workbook, Jerry Wilde

My Kind of Sad: What It's Like to be Young and Depressed, Kate Scowen

The Power to Prevent Suicide: A Guide for Teens Helping Teens, Richard E. Nelson

When Life Stinks: How to Deal with Your Bad Moods, Blues, and Depression, Michel Piquemal

When Nothing Matters Anymore: A Survival Guide for Depressed Teens, Bev Cobain

RESOURCES FOR PARENTS

Adolescent Depression: A Guide For Parents, Francis Mark Mondimore

Coping With An Anxious Or Depressed Child, Samantha Cartwright-Hatton

Depression and Your Child: A Guide for Parents and Caregivers, Deborah Serani

My Feeling Better Workbook: Help For Kids Who Are Sad And Depressed, Sarah Hamil

Navigating Teenage Depression: A Guide For Parents and Professionals, Gordon Parker and Kerrie Eysers

Overcoming Depression In Teens And Pre-Teens: A Parents Guide, Dr. Richard Travis

Rescuing Your Teenager From Depression, Norman Berlinger, MD

The Depressed Child: A Parent's Guide For Rescuing Kids, Douglas Riley

The Disappearing Girl: Learning the Language of Teenage Depression, Lisa Machoian

Understanding Teenage Depression: a Guide to Diagnosis, Treatment and Management, Nicholas.
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