

Name: \_\_\_\_\_

RESOURCES

# BOOKS

## For Teens

Cobain, Bev. When Nothing Matters Anymore: A Survival Guide for Depressed Teens (Teen-Focused Coping Skills) Minneapolis, MN: Free Spirit Publishing, 1998.

Copeland, Mary Ellen and Stuart Copans. Recovering from Depression: A Workbook for Teens. Paul H. Brookes, 2002.

Nelson, Richard E. and Judith C. Galas. The Power to Prevent Suicide: A Guide for Teens Helping Teens. Minneapolis, MN: Free Spirit Publishing, 1994.

## For Teachers and Parents

Empfield, Maureen and Nicholas Bakalar. Understanding Teenage Depression: A Guide to Diagnosis, Treatment, and Management. New York: Owl Books, 2001.

Oster, Gerald D., Sarah S. Montgomery, and Sarah S. Montgomery. Helping Your Depressed Teenager: A Guide for Parents and Caregivers. New York: Wiley, 1994.

Fassler, David G and Lynne S. Dumas. "Help Me, I'm Sad": Recognizing, Treating, and Preventing Childhood and Adolescent Depression. New York: Penguin Books, 1998.

## For Students and Adults

Crook, Marion. Out of the Darkness: Teens Talk About Suicide. Vancouver, BC: Arsenal Pulp Press, 2004.

Name: \_\_\_\_\_

# INTERNET

American Psychological Association

[www.apa.org](http://www.apa.org)

Mental health resources for teens and adults.

<http://helping.apa.org/changeyourmind/index.html>

A mental health mini-guide for teens.

American Academy of Child and Adolescent Psychiatry

[www.aacap.org](http://www.aacap.org)

Home page of this organization representing child and adolescent psychiatrists.

[www.aacap.org/publications/factsfam/suicide.htm](http://www.aacap.org/publications/factsfam/suicide.htm)

A fact sheet on suicide.

American Academy of Pediatrics

[www.aap.org](http://www.aap.org)

Home page of this organization representing child and adolescent psychiatrists.

[www.aap.org/advocacy/childhealthmonth/preteensuicide.htm](http://www.aap.org/advocacy/childhealthmonth/preteensuicide.htm)

Brochure for parents on preventing teen suicide.

The American Foundation for Suicide Prevention

[www.afsp.org/index-1.htm](http://www.afsp.org/index-1.htm)

This group is dedicated to advancing our knowledge of suicide and our ability to prevent it. The site offers a wealth of information about depression and suicide for professionals and the general public.

Maine Youth Suicide Prevention

[www.state.me.us/suicide/](http://www.state.me.us/suicide/)

National Mental Health Association

[www.nmha.org/infoctr/factsheets/24.cfm](http://www.nmha.org/infoctr/factsheets/24.cfm)

Adolescent Depression: Helping Depressed Teens

Northern County Psychiatric Associates

[www.baltimorepsych.com/Suicide.htm](http://www.baltimorepsych.com/Suicide.htm)

Psychology Information Online: Depression in Teens.

[www.psychologyinfo.com/depression/teens.htm](http://www.psychologyinfo.com/depression/teens.htm)

Information about teenagers and depression, written for teens.

Youth Suicide Prevention Program of Washington State

[www.yspp.org](http://www.yspp.org)

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