

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; (1998) ISBN: 0393317889 **HPL**
2. "Help Me, I'm Sad": Recognizing, Treating, and Preventing Childhood and Adolescent Depression by David G. Fassler, Penguin Books; (Oct. 1998) ISBN: 0140267638 **HPL**
3. The Depressed Child: A Parent's Guide for Rescuing Kids by Douglas A. Riley, Taylor Trade Publishing; (Feb. 2001) ISBN: 0878331875 **HPL**
4. Adolescent Depression: A Guide for Parents by Francis Mark Mondimore, Johns Hopkins University Press; (Nov. 2002) ISBN: 0801870658 **HPL**
5. Understanding Teenage Depression : A Guide to Diagnosis, Treatment, and Management by Maureen Empfield, Owl Books; (Sep. 2001) ISBN: 0805067612 **HPL**
6. Bipolar Disorder: A Guide for Patients and Families by Francis Mark Mondimore, Johns Hopkins University Press; (May 1999) ISBN: 0801861187 **HPL**
7. Raising a Moody Child : How to Cope with Depression and Bipolar Disorder by Mary A. Fristad, The Guilford Press; (Oct. 2003) ISBN: 1572308710
8. More Than Moody: Recognizing and Treating Adolescent Depression by Harold Koplewicz, Perigee Books; (Oct. 2003) ISBN: 0399529128 **HPL**
9. The Depression Workbook: A Guide for Living with Depression and Manic Depression by M. A. Copeland, New Harbinger Publications; (Jan. 2002) ISBN: 157224268X **HPL**

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

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.



Family Resource Centres McMaster Children's Hospital (905) 521-2100

McMaster location: extension **73536**
 Chedoke location: extension **77243**

The Family Resource Centres are dedicated to helping our families and the community to become active participants in their own health and medical care. The centres have a wide collection of books, videotapes, audiotapes and magazines and pamphlets about the problems and concerns that bring patients to McMaster Children's Hospital.

These resources are available on loan, and our staff and volunteers are available to assist you during most times. Please call the centre you will be visiting to confirm times that staff are available. For further information, please visit our web site at: <http://www.mcmasterchildrenshospital.ca/>

Hamilton Public Library (905) 546- 3200

HPL—This symbol means the book or resource is available at the Hamilton Public Library, which has an extensive collection of both popular and reference materials related to family health and disability. For access to their catalogue, and further information about branch locations and hours of service, please visit their web site at: <http://www.hpl.ca>