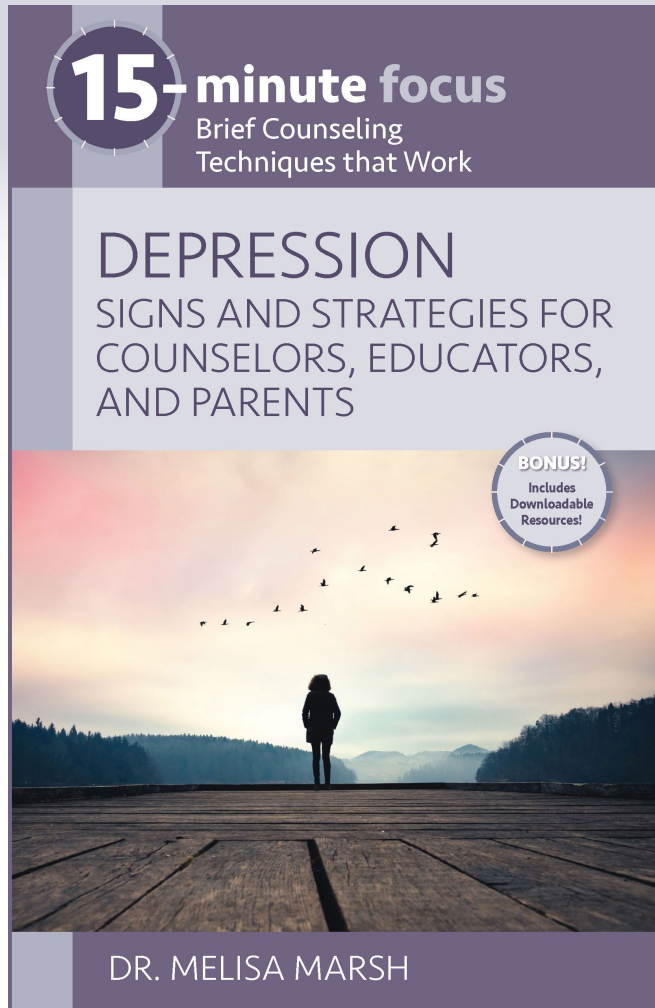


# Reproducible Resources from



## *15-Minute Focus:*

*Depression: Signs and Strategies for Counselors, Educators, and Parents*

Written by: Dr. Melisa Marsh

ISBN: 9781953945464 \$14.95

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## APPENDIX 1

### Questions for Parents

The following questions may help parents/guardians determine if a visit to the doctor or mental health professional is needed. You are encouraged to ask your child these questions directly and have an open and honest conversation.

1. Have you been feeling sad lately? Why?

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2. Have you been feeling cranky lately? Why?

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3. Do you know what is bothering you? Why?

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4. Who are your friends? What do you like to do together?

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5. Do you sometimes wish that you were not alive? Why?

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### Where to Find Information About How Depression Impacts Students

The **American Academy of Child and Adolescent Psychiatry** promotes the healthy development of children, adolescents, and families through advocacy, education, and research, and meets the professional needs of child and adolescent psychiatrists throughout their careers.

[https://www.aacap.org/AACAP/Families\\_and\\_Youth/Resource\\_Centers/Depression\\_Resource\\_Center/Depression\\_Resource\\_Center.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Depression_Resource_Center/Depression_Resource_Center.aspx)

The **American Counseling Association** is the world's largest association exclusively representing professional counselors in various practice settings.

<https://www.counseling.org/knowledge-center/mental-health-resources/depression>

The **American School Counselor Association** supports school counselors' efforts to help students focus on academic, career, and social/emotional development so they achieve success in school and are prepared to lead fulfilling lives as responsible members of society.

<https://www.schoolcounselor.org>

The **Anxiety and Depression Association of America** is an international nonprofit membership organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research.

<https://adaa.org/understanding-anxiety/depression>

The **Center for Disease Control and Prevention (CDC)** fights disease and supports communities and citizens to do the same. The CDC conducts critical research and provides health information and statistics.

<https://www.cdc.gov/childrensmentalhealth/depression.html>.

The **Child Mind Institute** is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders.

<https://childmind.org>

**KidsHealth.org** is a nonprofit children's health system with a goal to help parents, kids, and teens take charge of their health.

<https://kidshealth.org>

**Mindful Schools** aims to support the professional development and well-being of educators as the first step to fostering healthy and sustainable mindful learning environments.

<https://www.mindfulschools.org>

The **National Alliance on Mental Illness** (NAMI) is the nation's largest grassroots mental health organization dedicated to building better lives for millions of Americans affected by mental illness.

[https://nami.org/Support-Education/Video-Resource-Library/Tell-Me-About-Depression.](https://nami.org/Support-Education/Video-Resource-Library/Tell-Me-About-Depression)

**Substance Abuse and Mental Health Services Administration** (SAMHSA) seeks to reduce the impact of substance abuse and mental illness on America's communities.

<https://www.samhsa.gov>

### Resources and Books

#### Resources for Working with Children

- *Beyond the Blues: Child and Youth Depression*. Helen Slinger & Maureen Palmer, producers. National Film Board of Canada (DVD, 56 minutes)
- *CBT Strategies for Anxious and Depressed Children and Adolescents: A Clinician's Toolkit* by Eduardo Bunge, Javier Mandil, Andrés Consoli & Martín Gomar
- *Coping with an Anxious or Depressed Child* by Samantha Cartwright-Hatton
- *Depression and Your Child: A Guide for Parents and Caregivers*. Deborah Serani
- *Handbook of Depression in Children and Adolescents*. Edited by John Abela & Benjamin Hankin
- *The Journey of the Heroic Parent: Your Child's Struggle & the Road Home* by Brad Reedy
- *Out of the Madhouse: An Insider's Guide to Managing Depression and Anxiety* by Michael Maitland & Iain Maitland
- *Raising a Moody Child: How to Cope with Depression and Bipolar Disorder* by Mary A. Fristad & Jill S. Goldberg Arnold
- *Straight Talk about Psychiatric Medications for Kids*, 4th Edition, by Timothy Wilens & Paul Hammerness
- *Straight Talk about Psychological Testing for Kids* by Ellen Braaten & Gretchen Felopulos

#### Books for Children

- *Blueloon* by Julia Cook, illustrated by Anita DuFalla (ages 6-9)
- *Can I Catch It Like a Cold? Coping with a Parents Depression*. Centre for Addiction and Mental Health, illustrated by Joe Weissmann (ages 6+)

- *Can I Tell You about Depression? A Guide for Friends, Family and Professionals* by Christopher Dowrick & Susan Martin, illustrated by Paula Dowrick (ages 7-15)
- *Danny and the Blue Cloud: Coping with Childhood Depression* by James Foley, illustrated by Shirley Ng-Benitez (ages 4-8)
- *The Day the Sky Fell In* by Juliette Ttofa, illustrated by Julia Gallego (ages 4-8)
- *The Elephant*, written and illustrated by Peter Carnavas (ages 7-12)
- *Hot Stuff to Help Kids Cheer Up: The Depression and Self-Esteem Workbook* by Jerry Wilde (ages 9-12)
- *Kit Kitten and the Topsy-Turvy Feelings: A Story about Parents Who Aren't Always Able to Care* by Jane Evans, illustrated by Izzy Bean (ages 2-6)
- *Meh: A Story About Depression*, written and illustrated by Deborah Malcolm (ages 8-12)
- *Michael Rosen's Sad Book* by Michael Rosen, illustrated by Quentin Blake (ages 7+)
- *Move Your Mood!* By Brenda S. Miles, illustrated by Holly Clifton-Brown (ages 4-8)
- *My Feeling Better Workbook: Activities that Help Kids Beat the Blues* by Sarah Hamil (ages 6-12)
- *Not Today, Celeste! A Dog's Tale about Her Human's Depression* by Liza Stevens (ages 3-7)
- *Perry Panda: A Story about Parental Depression* by Helen Bashford, illustrated by Russell Scott-Skinner (ages 3-7)
- *The Princess and the Fog*, written and illustrated by Lloyd Jones (ages 5-7)
- *Starving the Depression Gremlin: A Cognitive Behavioral Therapy Workbook on Managing Depression for Young People* by Kate Collins-Donnelly, illustrated by Tina Gothard (ages 10-16)
- *Taking Depression to School* by Kathy Khalsa, illustrated by Tom Dineen (ages 6-10)
- *Think Good, Feel Good: A Cognitive Behavioral Therapy Workbook for Children and Young People*, 2nd Edition by Paul Stallard (ages 7-14)
- *What to Do When You're Cranky & Blue: A Guide for Kids* by James Crist (ages 7-11)

- *When Monkey Lost His Smile* by Dr. Stephanie Margolese, illustrated by Elaheh Bos (ages 3-6)
- *When Sadness Is at Your Door* by Eva Eland (ages 3-7)
- *Where Did Mommy's Smile Go?* By Kim Fluxgold, illustrated by Shawna Smoke (ages 3-7)

## **Resources for Working with Teens**

- *Attachment-Based Family Therapy for Depressed Adolescents* by Guy Diamond, Gary Diamond & Suzanne Levy
- *Autism and Depression: A Workbook for Adolescents and Adults* by Katie Saint & Carlos Torres
- *Battling the Blues: The Handbook for Helping Children and Teens with Depression* by Kim Tip Frank
- *CBT Strategies for Anxious and Depressed Children and Adolescents: A Clinician's Toolkit* by Eduardo Bunge, Javier Mandil, Andrés Consoli & Martín Gomar
- *The Disappearing Girl: Learning the Language of Teenage Depression* by Lisa Machoian
- *Handbook of Depression in Children and Adolescents*. Edited by John Abela & Benjamin Hankin
- *Navigating Teenage Depression: A Guide for Parents and Professionals* by Gordon Parker & Kerrie Eysers
- *Out of the Madhouse: An Insider's Guide to Managing Depression and Anxiety* by Michael Maitland & Iain Maitland
- *Raising a Moody Child: How to Cope with Depression and Bipolar Disorder* by Mary A. Fristad & Jill S. Goldberg Arnold
- *Understanding Teenage Depression: A Guide to Diagnosis, Treatment and Management*. By Maureen Empfield & Nick Bakalar
- *You Are Not Alone: Understanding the Inner Voice of Depression in Young People* by Peter Mack

## Books for Teens

- *Beyond the Blues: A Workbook to Help Teens Overcome Depression* by Lisa M. Schab (ages 13-19)
- *Can I Tell You about Depression? A Guide for Friends, Family and Professionals* by Christopher Dowrick & Susan Martin, illustrated by Paula Dowrick (ages 7-15)
- *Conquer Negative Thinking for Teens: A Workbook to Break the Nine Thought Habits That Are Holding You Back* by Mary Karapetian Alvord & Anne McGrath (ages 13-19)
- *Depression: A Teen's Guide to Survive and Thrive* by Jacqueline Toner & Claire A. B. Freeland (ages 13+)
- *The Grit Guide for Teens: A Workbook to Help You Build Perseverance, Self-Control & a Growth Mindset* by Caren Baruch-Feldman (ages 14+)
- *Facing Change: Falling Apart and Coming Together Again in the Teen Years* by Donna O'Toole (ages 12+)
- *Life Inside My Mind: 31 Authors Share Their Personal Struggles*. Edited by Jessica Burkhart (ages 14+)
- *Mindfulness for Teen Depression: A Workbook for Improving Your Mood* by Mitch Abblett & Christopher Willard (ages 13-19)
- *The Opposite of Music* by Janet Ruth Young (ages 13+)
- *Starving the Depression Gremlin: A Cognitive Behavioral Therapy Workbook on Managing Depression for Young People* by Kate Collins-Donnelly (ages 10-16)
- *Thinking Good, Feeling Better: A Cognitive Behavioral Therapy Workbook for Adolescents and Young Adults* by Paul Stallard (ages 14+)
- *When Nothing Matters Anymore: A Survival Guide for Depressed Teens* by Bev Cobain (ages 13-18)



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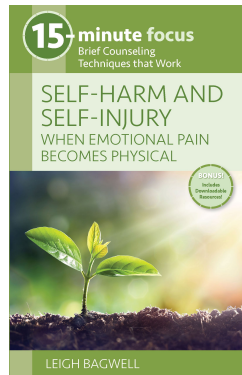
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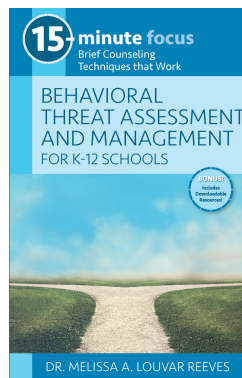
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