

There are abbreviated materials - "Information Packets" - that are included in this list. This list represents only materials primarily on this topic. However, there are other materials that speak to this topic available in the library (i.e., brief "Articles," etc.). Contact ORPARC for additional materials.

Depression

Material Title: **Storm in my Brain, The: Kids and Mood Disorders (Bipolar Disorder and Depression)**
Author: CABF and DBSA *Non-Return Items* 2003 18 pages

This non-return booklet, produced by the Child & Adolescent Bipolar Foundation and the Depression and Bipolar Support Alliance, is beautifully illustrated by kids ages 6 to 18. It offers a practical and insightful look into mood disorders, answering the questions both kids suffering from one and their parents might ask. It

Material Title: **When Nothing Matters Anymore: A Survival Guide for Depressed Teens**
Author: Bev Cobain *Children's Books* 1998 149 pp

This book, by a cousin of rock star Curt Cobain, is her way of making sense of his suicide and reaching out to teens who are sad, discouraged, or depressed. Part 1 describes the causes and types of depression and the connection between depression, suicide, and drug and alcohol abuse. Part 2 discusses different kinds of professional treatment and how to stay healthy. Throughout the book are personal stories from teens who have dealt with depression, survival tips that can help you now and for the rest of your life, and resources for

Material Title: **Why Isn't Johnny Crying?: Coping with Depression in Children**
Author: Donald H. Jr. McKnew *Books* 1983 167 pp

The authors have identified and classified the problems associated with depression in young people and have outlined approaches to help treat and relieve even hopeless feelings.

Material Title: **Youth Depression and Suicide Prevention**
Author: ORPARC Staff *Information Packets* 2003

Section One provides facts about prevalence, risks, and treatment options for youth suffering from depression. Section Two offers statistics, facts, warning signs, and prevention and intervention strategies for youth who may be at risk for suicide attempts. The scope is limited to basic information. The "For More Information" section at the end provides further resources. This packet is not a substitute for appropriate mental health interventions. If you suspect your child suffers from depression or is at risk for suicidal thoughts or behaviors,