

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.

## Self-Destructive/Suicidal

Material Title: **Night Falls Fast: Understanding Suicide**

Author: Kay R. Jamison

*Books*

1999

311 pp

Weaving together a psychological and scientific exploration of the subject with personal essays about individual suicides, Dr. Jamison brings not only her compassion and literary skill but all of her knowledge, research and clinical experience to bear on this devastating problem. In tracing the network of reasons underlying suicide, she brings us the critical biological and psychological factors that interact to cause suicide and the powerful

Material Title: **Self-Destructive Behaviors**

Author: ORPARC Staff

*Information Packets*

This packet contains sections on where self-destructive behaviors come from, high risk and self harming behaviors, and working with children with suicidal behaviors.

Material Title: **Substance Abuse**

Author: ORPARC Staff

*Information Packets*

This packet contains sections on understanding drug and alcohol use in teens; descriptions, common names and common effects and symptoms of a long list of drugs; and treatment options and the parent's role. This information packet was based on a self-study course, which was developed by Aileen M. McInnis for the Alaska

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: **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,