

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: **Eternal High: A Teenager's Experience with Depression and Suicide that will Change Your Life (DVD)**

Author: Bryce Mackie *DVDs* ??? 30 minutes.

Meet 17-year-old Bryce Mackie, a filmmaker who captured his true-life battle with depression and suicide in an award winning short film. At the time he made the film, Bryce was unaware he was suffering from depression. Eternal High includes this film and a speech he gave to his school after receiving treatment. He describes his experience with depression, thoughts of suicide, self-injury, anxiety, self-medication/substance abuse, and his treatment.

Material Title: **Hearing Equals Behavior**

Author: Guy Berard *Books* 2000 167 pages

The author suggests that even minute distortions and irregularities in hearing can affect how a person acts. He offers treatments for dyslexia, depression, autism, hyperacusis, tinnitus, and stuttering using altered sounds to retrain the hearing. Berard claims a 93 percent cure rate for depression within a 10-day course of treatment.

Material Title: **Interpersonal Psychotherapy for Depressed Adolescents**

Author: Laura Mufson *Books* 218 pages

Fully revised and expanded, the second edition of this popular treatment manual incorporates a decade's worth of scientific and practical advances. Provided are step-by-step guidelines for conducting the authors' evidence-based brief intervention, together with up-to-date information on conceptual and empirical underpinnings. Readers learn how to educate adolescents and their families about depression, work with associated relationship difficulties, and help clients manage their symptoms while developing more effective communication and interpersonal problem-solving skills. Invaluable advice is also given on handling the many challenges and crises that may arise in work with teens. Including many additional clinical vignettes and more detailed instructions throughout, the second edition features two new chapters elucidating specific therapeutic techniques and presenting an extended case example. Helpful session checklists and sample assessment tools are provided in the appendices.

Material Title: **Lonely, Sad and Angry: A Parent's Guide to Depression in Children and Adolescents**

Author: Barbara Ingersoll *Books* 1995 225 pages

ere is a source of accurate and up-to-date information about depression and depressive disorders in children and adolescents. Parents are at the front line in recognizing signs of depression and anger in their children. This book will give parents the tools to identify when their child is troubled and how to go about finding the right help. Information on psychological treatments, medications, and family relationships will provide the knowledge all parents need to help their unhappy child.

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

Author: Kay R. Jamison *Books* 1999 311 pages

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 treatments available from modern medicine.

Material Title: **When Nothing Matters Anymore: A Survival Guide for Depressed Teens**

Author: Bev Cobain *Children's Books* 1998 149 pages

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 more information, advice, and support.

Material Title: **Why Isn't Johnny Crying? Coping with Depression in Children**

Author: Donald H. Jr. McKnew *Books* 1983 167 pages

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.

Depression

Material Title: **Youth Depression and Suicide Prevention**

Author: ORPARC Staff

Information Packets

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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, seek professional help immediately.