



## Self-Help Resources

[http://www.camh.net/Publications/Resources\\_for\\_Professionals/Validity](http://www.camh.net/Publications/Resources_for_Professionals/Validity)

"Hear me, Understand me, Support me: What young women want you to know about depression" – A guide for providers working with young women with information about preventing and treating depression

[http://www.mcf.gov.bc.ca/mental\\_health/teen.htm](http://www.mcf.gov.bc.ca/mental_health/teen.htm)

"Dealing with Depression: Anti-Depressant Skills for Teens" - A guide for teens and adults, is intended to assist youth age 13 to 17 who suffer from depression or who believe they have an early or mild form of depression. Created by mental health experts and clinical psychologists from BC, the guide contains answers to many common questions about teen depression, interactive worksheets, and links to other sources of information.

<http://moodgym.anu.edu.au> (click "new users")

A free self-help program to teach cognitive behaviour therapy skills to people vulnerable to depression and anxiety.

<http://www.thelowdown.co.nz>

Get all the facts and treatment information on this youth depression website.

<http://www.mindyourmind.ca>

Youth info, resources and tools to help you manage stress, crisis and mental health problems.

[www.kidshelpphone.ca](http://www.kidshelpphone.ca) or call 1-800-668-6868: Kids Help Phone.

### **Books:**

**Parentbooks:** <http://www.parentbooks.ca> - a wide array of books covering topics including special needs, parenting and family life, education, therapy & counselling. For a full listing of books and accompanying descriptions, go to:

<http://www.parentbooks.ca/Booklists.htm>

[http://www.communityed.ca/docs/booklists/mood\\_problems.pdf](http://www.communityed.ca/docs/booklists/mood_problems.pdf)

A comprehensive list of books on depression for children, youth and teens.

"Mind over Mood" by Dennis Greenberger and Christine Padesky

"Think Good - Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People" by Paul Stallard

"Helping Your Teenager Beat Depression: A Problem-Solving Approach for Families" by Katharina Manassis and Anne Marie Levac