

Idaho Falls Pediatrics

Depression, Suicide, and Other Mental Illnesses: Resource

Depression and/or Bipolar Disorder: Books

Ages 4 to 9

- *Brandon and the Bipolar Bear: A Story for Children with Bipolar Disorder*; by Tracy Anglada; 2004
- *Matt the Moody Hermit Crab*; by Caroline McGee; Soulwave Publ, 2002
- *Please Don't Cry, Mom*; by Helen DenBoer, Janice Galanter Goldstein (illustrator); Carolrhoda, 1994 (for a child whose parent is depressed)

Ages 9 to 12

- *Ups and Downs: How to Beat the Blues and Teen Depression*; by Susan Klebanoff; Price Stern Sloan Pub, 1998

Young Adult

- *Bipolar Disorder*; by Judith Peacock; LifeMatters, 2000
- *Coping with Depression*; by Sharon Carter, Lawrence Clayton; Hazelden, 1997
- *Depression*; by Alvin Silverstein; Enslow Publishers, Inc., 1997
- *Depression Is the Pits, But I'm Getting Better: A Guide For Adolescents*; by E. Jane Garland; Magination, 1997
- *The Boy Who Went Away*; by Eli Gottlieb; St. Martin's, 1997
- *When Nothing Matters Anymore: A Survival Guide for Depressed Teens*; by Bev Cobain; Free Spirit Publ., 1998

Adult

- *Adolescent Depression: A Guide for Parents*; by Francis Mondimore, Baltimore, Johns Hopkins Press, 2002

- *Bipolar Disorders: A Guide to Helping Children and Adolescents*; by Mitzi Waltz; Patient Centered Guides; 2000
- *The Bipolar Child: The Definitive and Reassuring Guide To Childhood's Most Misunderstood Disorder*; by Demitri F. Papolos; New York: Broadway Books, 2000
- *The Childhood Depression Sourcebook*; by Jeffrey A. Miller; Lowell House, 1998
- *The Depression Sourcebook*; by Brian Quinn; Lowell House; Contemporary Books, 1998
- *Depression in the Young: What We Can Do to Help Them*; by Trudy Carlson; Benline Press, 1998
- *Helping Your Teenager Beat Depression: A Problem-Solving Approach for Families*; by Katharina Manassis and Anne Marie Levac; Woodbine House, 2004
- *"Help Me, I'm Sad": Recognizing, Treating, and Preventing Childhood and Adolescent Depression*; by David G. Fassler and Lynne S. Dumas; Penguin USA, 1998
- *Helping Your Teenager Beat Depression: A Problem-Solving Approach for Families*; by Katharina Manassis; Woodbine House, 2004
- *How You Can Survive When They're Depressed: Living and Coping With Depression Fallout*; by Anne Sheffield. New York: Three Rivers Press, 1999
- *Lonely, Sad and Angry: A Parent's Guide to Depression in Children and Adolescents*; by Barbara D. Ingersoll, Main Street Books, 1996
- *If Your Adolescent Has Depression or Bipolar Disorder: The Teen at Risk and Your - What You Face and What to do About It*; by Dwight Evans; Oxford University Press, 2005
- *Life of a Bipolar Child: What Every Parent and Professional Needs to Know*; by Trudy Carlson; Benline Press, 2000
- *New Hope for Children and Teens with Bipolar Disorder: Your Friendly, Authoritative Guide to the Latest in Traditional and*
- *Complementary Solutions*; by Boris Birmaher; Three Rivers Press, 2004
- *Overcoming Teen Depression: A Guide for Parents*; by Miriam Kaufman; Buffalo, NY, Firefly Books, 2001
- *Straight Talk About Your Child's Mental Health: What To Do When Something Seems Wrong*; by Stephen Faraone; Guilford Press, 2003

Suicide: Books

Ages 13 to 18

- *Do They Have Bad Days in Heaven? Surviving the Suicide Loss of a Sibling*; by Michelle Linn-Gust; Chellehead Works, 2nd ed. 2001

- *Living When a Young Friend Commits Suicide, or Even Starts Talking About It*; Earl A. Grollman; Beacon Press, 1999
- *The Silent Cry: A Teen's Guide to Escaping Self-Injury and Suicide*; by Joan Esherick; Mason Crest Publ., 2004

Adult

- *But I Didn't Say Goodbye: for Parents and Professionals Helping Child Suicide Survivors*; by Barbara Rubel; Griefwork Center, Inc., 2000
- *Cry of Pain: Understanding Suicide and Self-Harm*; by J. Mark G. Williams, Mark Williams; Penguin USA, 1998

Obsessive-Compulsive Disorder: Books

Children

- *Polly's Magic Games: A Child's View of Obsessive- Compulsive Disorder*; by Constance H. Foster, Edwin A. Chase (illustrator); Dilligaf Publ., 1994

Adult

- *Obsessive Compulsive Disorder in Children and Adolescents: A Guide*; by Hugh F. Johnston, M.D.; rev. ed.; Dean Foundation, 1997
- *Obsessive-Compulsive Disorder: The Facts*; by Padmal de Silva, Stanley Rachman; Oxford University Press, 2004
- *The Sky Is Falling: Understanding and Coping With Phobias, Panic, and Obsessive-Compulsive Disorders*; by Raeann Dumont and Aaron T. Beck; W.W. Norton & Company, 1996

Other Problems: Books

Children

- *What's Your Mood? Good Day / Bad Day / In-Between Day Book*; by Kimberly Potts; Adams Media Corp, 2004
- *What To Do When You're Sad & Lonely: A Guide for Kids*; by James Crist; Free Spirit Publ, 2005

Young Adult

- *Coping With Self Mutilation: A Helping Books for Teens Who Hurt Themselves*; by Alicia Clarke; Rosen, 1999

Adults

- *The Worried Child: Recognizing Anxiety in Children and Helping them Heal*; by Paul Foxman; Hunter House, 2004
- *Bloodletting: A Memoir of Secrets, Self-Harm and Survival*; by Victoria Leatham; Allen & Unwin, 2005
- *The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children*; by Ross Greene; Perennial, 2005
- *Fifty Signs of Mental Illness: A Guide to Understanding Mental Health*; by James Hicks; Yale University Press, 2005
- *Help for Worried Kids: How Your Child Can Conquer Anxiety and Fear*; by Cynthia Last; Guilford Press, 2006
- *Helping Someone With Mental Illness: A Compassionate Guide for Family, Friends, and Caregivers*; by Rosalynn Carter; New York; Times Books, 1998
- *One Way Ticket to Kansas: Caring About Someone with Borderline Personality Disorder and Finding a Healthy You*; by Ozzie Tinman; Bebes & Gregory Publ, 2005
- *Survival Strategies for Parenting Children with Bipolar Disorder: Innovative Parenting and Counseling Techniques for Helping Children with Bipolar Disorder and the Conditions That May Occur With It*; by George Lynn; Jessica Kingsley Publ, 2000
- *What's Happening to My Child: A Guide for Parents of Hair Pullers*; by Cheryn Salazar; Rophe Press, 2004
- *When Growing Up Hurts Too Much: A Parent's Guide to Knowing When and How to Choose a Therapist with Your Teenager*; by Scott Harris; Taylor Trade Publ, 2005
- *Worried No More: Help and Hope for Anxious Children, 2nd ed.*; by Aureen Wagner; Lighthouse Press, 2005

Other Resources

Anxiety Disorders Association of America

11900 Parklawn Drive

Suite 100

Rockville, MD 20852-2624

301-231-9350

Web site: <http://www.adaa.org>

Clearinghouse for information on resources and referrals on phobia and related anxiety disorders treatment.

Federation of Families for Children's Mental Health

1021 Prince Street

Alexandria, VA 22314-2971

703-684-7710

Web site: <http://www.ffcmh.org>

FFCMH responds to mail, telephone, in-person and electronic inquiries by providing publications, information on seminars, workshops, speaker's bureaus, crisis intervention and support groups.

National Alliance for the Mentally Ill (NAMI) Help Line

200 North Glebe Road, Suite 1015

Arlington, VA 22203-3754

800-950-6264

703-524-7600

Web site: <http://www.nami.org>

Family and patient support groups, local chapters, educational materials.

National Institute of Mental Health

6001 Executive Blvd.

Room 8184 MSC 9663

Bethesda, MD 20857

Voice, Panic Disorder Line: 800-64-PANIC (647-2642)

Voice, orders only, publications office: 301-443-4513

Web site: <http://www.nimh.nih.gov>

Brochures, information sheets, and other educational materials.

National Mental Health Association Information Center

1021 Prince Street

Alexandria, VA 22314-2971

800-969-NMHA (969-6642)

800-433-5959 (TTY)

703-684-7722

Web site: <http://www.nmha.org>

Information, educational materials, referrals to community mental health services and support groups, information specialists.

*NOTE: This information is provided as a public educational service. The information does not replace any of the instructions your physician gives you. If you have a medical emergency please call 911 or call the Hospital at (208) 529-6111. If you have questions about your child's care, please call Idaho Falls Pediatrics at (208) 522-4600.