

Child Depression Resources

BOOKS FOR CAREGIVERS

- [Depression & Your Child: A Guide for Parents and Caregivers](#) by Deborah Serani
- [Freeing Your Child from Negative Thinking: Powerful, Practical Strategies to Build a Lifetime of Resilience, Flexibility, and Happiness, 2nd Edition](#) by Tamar Chansky, PhD
- [How Parents Can Teach Children to Counter Negative Thoughts](#) by Frank Dixon
- [The Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child](#) by Daniel Siegel, MD and Tina Payne Bryson, PhD
- [Building Resilience in Children and Teens: Giving Kids Roots and Wings](#) by Kenneth Ginsburg, MD
- [Kid Confidence: Help Your Child Make Friends, Build Resilience and Develop Real Self-Esteem](#) by Eileen Kennedy-Moore, PhD

BOOKS FOR CHILDREN

- [How To Get Unstuck From The Negative Muck: A Kid's Guide To Getting Rid of Negative Thinking](#) by Lake Sullivan, PhD
- [My Feeling Better Workbook: Help for Kids Who Are Sad & Depressed](#) by Sara Hamil, LCSW
- [Me and My Feelings: A Kid's Guide to Understanding and Expressing Themselves](#) by Vanessa Green Allen, MEd
- [Believing in Me: A Child's Guide to Self-Confidence and Self-Esteem](#) by Poppy O'Neill
- [What to Do When I Am Sad](#) by Dagmar Geisler
- [When Sadness is at Your Door](#) by Eva Elan
- [The Color Monster: A Story About Emotions](#) by Anna Llenas
- [A Little Spot of Sadness: A Story About Empathy and Compassion](#) by Diane Alber

ORGANIZATIONS & RESOURCES

- [Think:Kids](#) at Massachusetts General Hospital - Teaches a Collaborative Problem Solving approach to improving communication between parents and their children). Offers an online blog and training videos to help families of children and adolescents with emotional and behavioral issues.
- [Texas Parent to Parent](#) - Provides parent conferences, a parent mentorship.
- [Parents Helping Parents](#) - Provides free educational material, a monthly newsletter, assistive technology information, consultation with educational specialists, and parent support groups for families.
- [Navigate Life Texas](#) - Free videos, blog, newsletter and resources for the families of special needs individuals, including advice on implementing IEP and 504 Plans for individuals in the public school system.
- [Mental Health America of Greater Dallas \(MHA\)](#) - Offers mental health education programs and events, as well as support groups, for children and their families.

- National Alliance on Mental Illness (NAMI) - An organization dedicated to helping individuals and their families cope with the effects of mental illness. Provides a helpline (800-950-NAMI), as well as support groups, seminars, and advocacy training for individuals affected by mental illness and their caregivers. NAMI's local chapter is located in Dallas: NAMI - North Texas.
- The National Institute of Mental Health (NIMH) - Provides clinical research publications related to mental illnesses. Free handbooks about a variety of mental health topics are also available for order.
- Help Starts Here - Provides articles and professional advice on a wide variety of topics, including mental illness and suicide prevention. Families can also be connected to social work resources in their community.
- The National Suicide Prevention Lifeline - Open 24 hours per day at (800)-273-8255 and online.

RECOMMENDED APPS

- *Calm: Meditation* by calm.com. Mindfulness and meditation app to help improve sleep and emotional well-being.
- *Headspace: Meditation* by Headspace Meditation Limited. Provides daily guided meditations and mindfulness exercises.
- *Stop, Breathe & Think* by Stop, Breathe & Think. A guided meditation and mindfulness app.
- *The Zones of Regulation* by Selosoft, Inc. Helps children identify the colored "zone" that they are in when they experience various emotions and teaches them coping skills.
- *Breath, Think & Do with Sesame* by Sesame Street. Ideal for toddlers and preschoolers, this app uses Sesame Street characters to teach problem solving, mindfulness and coping skills.