



Depression is more than just feeling blue, down, or having a bad day. It is a form of mental illness that affects the entire person – it changes the way one feels, thinks and behaves. Symptoms include: persistent sadness and/or irritability; change in appetite; disrupted sleep patterns; change in activity level; impaired attention and concentration; and markedly decreased feelings of self-worth. It is not a personal weakness or a character flaw and a person will not just ‘snap out of it’. Below is a list of resources that can be helpful in understanding those experiences as well as how to support those around you.

**Borrow these books from the FCRC or check your local library!**

### **Depression and Your Child: A Guide for Parents and Caregivers**

*Deborah Serani*

Using her personal experience and clinical expertise, Serani has created a book for parents to better understand pediatric depression.

### **Navigating Teenage Depression: A Guide for Parents and Professionals**

*Gordon Parker and Kerrie Evers*

This book helps parents learn how to support their depressed teenager.

### **Teenage Depression: A CBT Guide for Parents**

*Shirley Reynolds and Monika Parkinson*

This guide written for parents of teenagers experiencing depression provides strategies for parents to help their teenager.

### **Depression: The Ultimate Teen Guide**

*Tina P. Schwartz*

Written for teens, this thorough guide addresses many aspects of teenage depression.

### **Welcome to the Jungle: Everything You Ever Wanted to Know About Bipolar but Were Too Freaked Out to Ask**

*Hilary Smith*

*Welcome to the Jungle offers realistic insight into bipolar for teens and young adults.*



## **Boy Meets Depression: Or Life Sucks and Then You Live**

*Kevin Breel*

In his memoir, Breel shares his experiences with depression and how he has coped with his mental illness.

## **What to Do When You're Cranky & Blue: A Guide for Kids**

*James Crist*

Kids are given advice and assurance for handling blue emotions in the book written by a counselor and clinical psychologist.

## **The Princess and the Fog: A Story for Children with Depression**

*Lloyd Jones*

For children aged 5-7, *The Princess and the Fog* helps with coping and understanding their depression.

## **Can I tell you about Depression?: A guide for Friends, Family and Professionals**

*Christopher Dowrick and Susan Martin*

Written for elementary aged children, this illustrated book follows Julie, a mother with depression, who shares her perspective.

## **Can I Catch It Like a Cold?: Coping With a Parent's Depression**

*Centre for Addiction and Mental Health*

Young children's fears and/or concerns are addressed in this book about Alex, whose father has depression.


## **The Color Thief: Family's Story of Depression**

*Andrew Fusek Peters and Polly Peters*

Written for children, this picture book depicts a father's depression through his son's eyes.

*Need more information?*

## **Child Health Information Specialist**

 403-955-7745  [ChildHealthInfo@ahs.ca](mailto:ChildHealthInfo@ahs.ca)

 [fcrs.ahs.ca/rx/depression/](http://fcrs.ahs.ca/rx/depression/)

### **Family & Community Resource Centre**

2<sup>nd</sup> Floor, Alberta Children's Hospital  
2888 Shaganappi Trail NW, Calgary, AB, T3B 6A8

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.



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