



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

 fcrs.ahs.ca/rx/depression/

Family & Community Resource Centre

2nd Floor, Alberta Children's Hospital
28 Oki Drive 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.



Alberta Health
Services

Alberta Children's Hospital

