



Depression

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, things, 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.

Check out these resources! Use your phone to scan the QR codes to open the links!

Books

These books have been recommended by Alberta Children's Hospital staff and community partners. Books can be borrowed from the FCRC Family Library or you can check with your local library to see if they are available.

<https://collections.follettsoftware.com/collection/5f2c277b3c4b5e00125067a7>



FCRC Information Prescription

Check out all these resources and more on our website.

<http://fcrc.ahs.ca/rx/depression/>

ACCESS Mental Health

Clinicians work over the telephone to help people navigate the addiction and mental health system. Access Mental Health is a non-urgent service.
Phone: 403-943-1500 (extension 1 for child and adolescent services)

<https://www.albertahealthservices.ca/services/page11443.aspx>



MyHealth.Alberta

Created in partnership with the Government of Alberta and Alberta Health Services. Use the search bar to find information about "Depression" and "Depression in Children and Teens".

<https://myhealth.alberta.ca/>

Canadian Mental Health Association (CMHA)

CMHA champions mental health and provides quality information about depression and bipolar disorder.

<https://cmha.ca/>



Mental Health Literacy

Provides evidence-based resources on depression for youth, parents, educators, and healthcare providers.

<https://mentalhealthliteracy.org/>

notMYkid

Aims to empower and educate youth, families, and communities with the knowledge and courage to identify and prevent negative youth behaviour. You can get facts about depression and self-injury from this website.

<https://notmykid.org/>



FAMpod—Families Preventing & Overcoming Depression

FAMpod offers the Family Talk Preventive Intervention course which is designed to help support families that have been affected by depression.

<https://fampod.org/>



ConnecTeen

ConnecTeen is a Calgary based support service for youth to confidentially reach out for help.

<https://calgaryconnecteen.com/>



Foundry BC

Foundry offers young people ages 12-24 health and wellness resources, services, and supports. It includes personal accounts, general information and tips for depression and mood management, and advice for supporting family or friends.

<https://foundrybc.ca/>



DWD—Dealing with Depression

A resource for teens with depression, DWD uses an interactive tool to teach teens coping skills for dealing with depression and stress.

<https://dwdonline.ca/>



Kids Help Phone

Kids Help Phone offers support for children and youth all across Canada. It is a 24 hour bilingual and anonymous phone counselling, web counselling and referral service for children. Search for articles about depression and sadness.

<https://kidshelpphone.ca/>



Need more information?

Contact the Family Librarian

☎ 403-955-7745 ✉ ChildHealthInfo@ahs.ca 🌐 <http://fcrc.albertahealthservices.ca/>

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.

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