



Selected Resources on Mental Health and on Resilience

"Out of the Darkened Room: When a Parent is Depressed: Protecting the Children and Strengthening the Family", Beardslee, Little Brown, 2002

"Helping your anxious child: A step by step guide", Rapee et al, New Harbinger, 2000

"Helping your teenager beat depression: A problem-solving approach for families", Manassis & Levac, Woodbine House, 2004

"Eight Stories Up: An Adolescent Chooses Hope over Suicide", Levine & Brent, Oxford University Press, 2008 (From the Adolescent Mental Health Initiative, of the Annenberg Public Policy Center)

"The Anxiety & Phobia Workbook", Bourne, New Harbinger, 2005

Depression Bipolar Support Alliance: <http://www.dbsalliance.org>

Child and Adolescent Bipolar Foundation:
<http://www.bpkids.org/site/PageServer>

Anxiety Disorders Association of America: <http://www.adaa.org>

American Academy of Child and Adolescent Psychiatry, E-Resource Center:
<http://www.aacap.org/cs/Depression.ResourceCenter>

NIMH, Depression in Children & Adolescents:
<http://www.nimh.nih.gov/health/topics/depression/depression-in-children-and-adolescents.shtml>

American Psychological Association: The Road to Resilience:
<http://www.apahelpcenter.org/featuredtopics/feature.php?id=6>

Mayo Clinic: Resilience: <http://www.mayoclinic.com/health/resilience/MH00078>

American Foundation for Suicide Prevention (AFSP): <http://www.afsp.org/>

The Suicide Prevention Resource Center: <http://www.sprc.org/traininginstitute/>

"Uncommon Sense for Parents with Teenagers", revised ed., Michael Riera, PhD, Celestial Arts, 2004

"Surviving Your Adolescents: How to Manage and Let Go of Your 13-18 year olds", 2nd ed. Thomas Phelan, PhD, CMI, 1998

"The Good Enough Child: How to Have an Imperfect Family and Be Totally Satisfied", Brad Sachs, PhD, Quill, 2001

"The Confident Child: Raising Children to Believe in Themselves", Terri Apter, PhD, Bantam, 1997