



TRANSITIONAL AGE YOUTH  
PSYCHIATRIC CONSULTATION SERVICE  
PHONE: 705-333-1751  
FAX: 705-527-1780

REFERENCE LIST FOR CLIENTS AND FAMILIES

**Depression**

<http://www.moooddisorders.on.ca/>

- a site run by the Mood Disorders Association of Ontario
- includes information guides and resources

*Helping Your Teenager Beat Depression: a Problem-Solving Approach for Families.* Manassis K., Levac A.M. Toronto, ON: Woodbine House, 2004.

*Coping with Depression in Young People: a guide for parents.* Fitzpatrick C, Sharry J. Wiley, 2004

*The Depressed Child: a parent's guide for rescuing kids.* Riley DA. Taylor Trade Publishing, 2001

*Rescuing Your Teenager from Depression.* Berlinger NT. Collins Living, 2005

*Lonely, Sad and Angry: how to help your unhappy child.* Ingersoll BD, Goldstein S. Specialty Press/A.D.D. Warehouse, 2001

*Mind Over Mood: a cognitive therapy treatment manual for clients.* Greenberger D., Padesky C.A. New York, NY: Guilford Press, 1995.

- a self-help book for adults that is usable by most adolescents