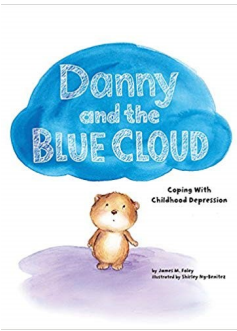


# Coping with Depression

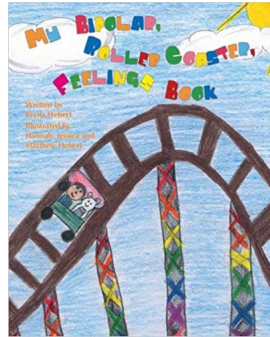
Children



**Danny and the Blue Cloud: Coping with Childhood Depression**

James Foley  
j618.928527 FOL  
<http://www.livermore.lib.ca.us/record=b1623233~S7>

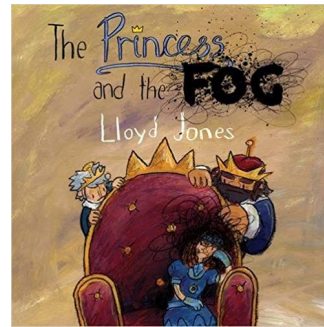
Danny is a young bear who finds himself in a perpetual state of sadness, a "blue cloud"—he is unable to enjoy play, is often in a bad mood, and wants to stay in bed all day. Parents should read the book first, including the endnotes.



**My Bipolar, Roller Coaster, Feelings Book**

Bryna Hebert  
j616.895 HEB  
<http://www.livermore.lib.ca.us/record=b1403111~S7>

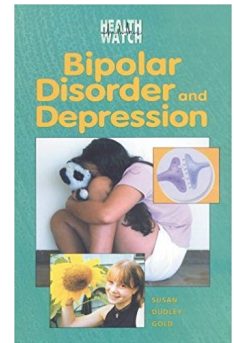
The purpose of this book is to help children better understand how it feels to have a manic-depressive illness and deal more effectively with it. This book is written for elementary school age children, but may be of use for those younger or older.



**The Princess and the Fog: A story for children with depression**

Lloyd Jones  
j618.928527 JON  
<http://www.livermore.lib.ca.us/record=b1603847~S7>

Explains what depression is and how it affects people through a story about a princess and a fog around her that she cannot get rid of on her own.

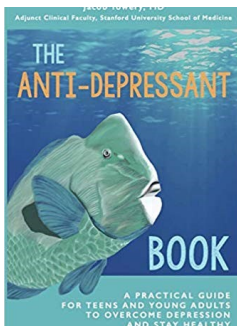


**Bipolar Disorder and Depression**

Susan Gold  
j616.895 GOL  
<http://www.livermore.lib.ca.us/record=b1155545~S7>

Discusses the symptoms, diagnosis, cause, and treatment of bipolar disorder, also known as manic depression, a mental illness that causes a person's moods to swing from happy and energized to extremely sad.

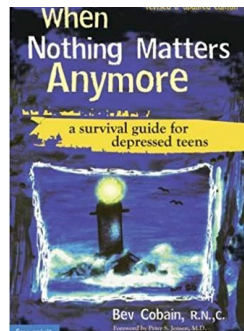
Teens



**The Anti-depressant Book: a practical guide for teens and young adults to overcome depression and stay healthy**

Jacob Towery  
TEEN 618.928527 TOW  
<http://www.livermore.lib.ca.us/record=b1663982~S7>

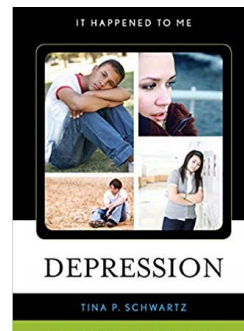
The Anti-Depressant Book is useful for teens and adults who are struggling with depression. It offers a drug-free, step-by-step solution to feeling happier quickly and developing healthy habits that will prevent relapse.



**When Nothing Matters Anymore: a survival guide for depressed teens**

Bev Cobain  
TEEN 616.527 COB  
<http://www.livermore.lib.ca.us/record=b1441398~S7>

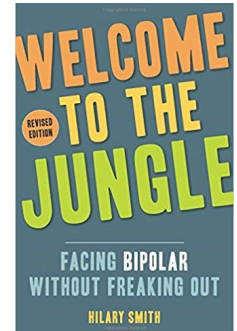
This book, written for teens, defines depression, describes the symptoms, and explains that depression is treatable.



**Depression: the ultimate teen guide**

Tina Schwartz  
TEEN 616.8527 SCH  
<http://www.livermore.lib.ca.us/record=b1574052~S7>

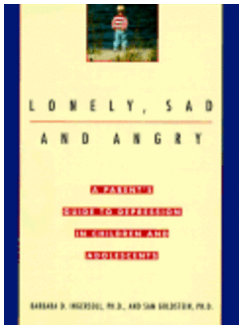
Nearly one in six people will develop major depression, and teens are just as susceptible as adults—if not more so. Serious depression afflicts more than two million teenagers each year in the United States alone, but it can often be difficult for teens to recognize their ailment and get help.



**Welcome to the Jungle: facing bipolar without freaking out**

Hilary Smith  
616.85 SMI  
<http://www.livermore.lib.ca.us/record=b1668275~S7>

*Welcome to the Jungle* offers on-target, honest insights into living with bipolar and answers some of the hardest questions facing people newly diagnosed. This edition covers discussion on diagnosis, an updated chapter on medication, a chapter on alternative approaches, a revised chapter on symptoms, and updated resources.

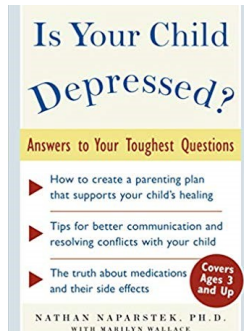


**Lonely, Sad, and Angry: a parent's guide to depression in children and adolescents**

Barbara Ingersoll  
618.928527 ING

<http://www.livermore.lib.ca.us/record=b1539542~S7>

In this book for parents, two experts in child psychology define childhood depression and its telltale symptoms, probe its root causes, and examine a wide range of treatment options.

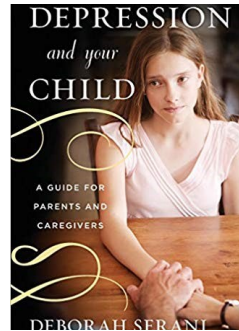


**Is Your Child Depressed? Answers to your toughest questions**

Nathan Naparstek  
618.928527 NAP

<http://www.livermore.lib.ca.us/record=b1374038~S7>

A guide to help identify and understand childhood depression. This guide confronts topics like medications in very young children and adolescents, and offers practical strategies for finding a professional, disciplining for a depressed child, and how to help the whole family get through the challenges of having a family member with depression.

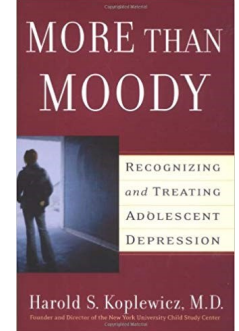


**Depression and Your Child: a guide for parents and caregivers**

Deborah Serani  
618.928527 SER

<http://www.livermore.lib.ca.us/record=b1607096~S7>

Gives parents and caregivers a uniquely textured understanding of pediatric depression, its causes, its symptoms, and its treatments.

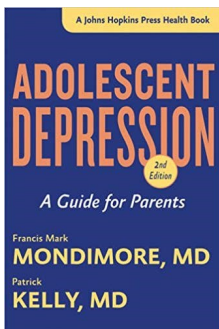


**More Than Moody: recognizing and treating adolescent depression**

Harold Koplewicz  
616.8527 KOP

<http://www.livermore.lib.ca.us/record=b1141531~S7>

A child and adolescent psychiatrist offers guidelines for parents on how to recognize the difference between normal teenage angst and true depression and discussing warning signs, risk factors, and treatment options, including non-pharmaceutical approaches.

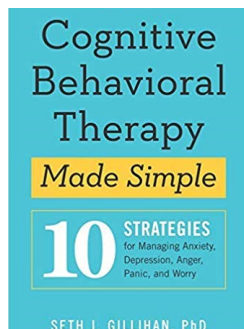


**Adolescent Depression: a guide for parents**

Mark Mondimore  
616.8527 MON

<http://www.livermore.lib.ca.us/record=b1603696~S7>

Explains that serious depression in adolescents goes beyond "moodiness." Depression is in fact an illness—one that can be effectively treated. The authors describe the many forms of depression and the many symptoms of depression in young people.

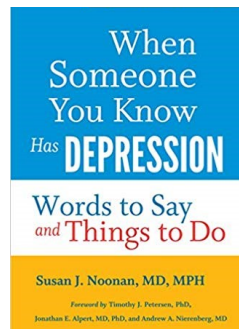


**Cognitive Behavioral Therapy Made Simple: 10 strategies for managing anxiety, depression, anger, panic, and worry**

Seth Gillihan  
616.8914 GIL

<http://www.livermore.lib.ca.us/record=b1663855~S7>

Cognitive behavioral therapy is a proven form of psychotherapy that is often the first-line of treatment recommended for managing depression, anxiety, worry, and other common issues. The book delivers a simplified approach to learning and applying the basic parts of cognitive behavioral therapy.

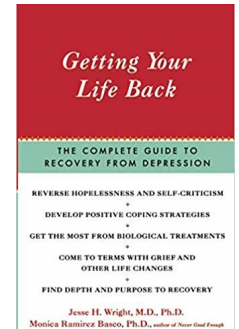


**When Someone You Know Has Depression : words to say and things to do**

Susan Noonan  
616.8527 NOO

<http://www.livermore.lib.ca.us/record=b1623957~S7>

This book is for family members and friends of people with depression or bipolar disorder. The author draws on her experiences providing support and education for those living with or caring for a person who has a mood disorder.



**Getting Your Life Back: the complete guide to recovery from depression**

Jesse Wright  
616.8527 WRI

<http://www.livermore.lib.ca.us/record=b1016264~S7>

A comprehensive program for overcoming depression using numerous case studies to show readers how to overcome this common disease. Written for adults.