

Depression

Websites

Blue Wave

<http://www.ok2bblue.com/>

A Canadian website intended for youth focusing on mental health issues with information on depression. Includes information on how to talk to parents or doctors, videos, and programs.

Dealing with Depression Web App

<http://dwdonline.ca/>

A Canadian web app providing useful and on-the-go strategies to help teens understand low mood and depression, and to learn and apply effective coping skills.

Foundry

[Foundrybc.ca](http://foundrybc.ca) (New website coming January 2018)

Foundrybc.ca provides easy access to mental health tools and strategies for young people ages 12-24 across BC. Beginning in 2018, all information from mindcheck.ca will only be available on foundrybc.ca. Foundrybc.ca complements the provincial network of Foundry Centres in BC.

Here to Help

<http://www.heretohelp.bc.ca/>

A Canadian website with information on types of depression, symptoms, causes, diagnosis, treatment, and how to help a friend or family member.

KidsHealth

<http://kidshealth.org/teen/> | Search for "depression"

A US-based website providing general health and healthy living information for kids, teens, and parents, including information on causes, related issues, coping skills, and more.

Mind Your Mind

<http://mindyourmind.ca/>

A Canadian website for youth by youth providing resources to help manage stress, and mental health issues. Includes personal stories, coping tools, music, and a blog.

Teen Mental Health

<http://teenmentalhealth.org/learn/mental-disorders/depression/>

This website has evidence-based information on depression and other mental health challenges, including what to do if you suspect depression, if you are diagnosed, and treatment options.

Books

The Blue Day Book for Kids: A Lesson in Cheering Yourself Up (2005)

Bradley Greive | FSRC

For children 12 and under, this book pairs animal photographs with inspirational thoughts to touch on the symptoms, causes, and cures for "downer days".

Can I Catch it Like a Cold? Coping with a Parent's Depression (2009)

Joe Weissman | FSRC

For children aged 5-9, this illustrated storybook explores common questions asked by children when a parent has depression.

Coping with Depression in Young People: A Guide for Parents (2004)

Carol Fitzpatrick & John Sharry | FSRC

Describes the normal steps parents go through from first noticing something is wrong, to accessing professional treatment, to surviving a very emotional time for the whole family.

Eternal High: A Teenager's Experience with Depression and Suicide That will Change Your Life (DVD) (2006)

Bryce Mackie | FSRC

Depression

Captures a true-life battle with depression and suicide, enabling teenagers, parents and teachers to discuss depression and suicide openly. Includes a discussion guide.

The Everything Parent's Guide to Children with Depression(2007)

Rebecca Rutledge | FSRC

This book offers advice on determining if a child is at risk for depression, seeking professional help, and choosing a treatment.

Helping Your Teenager Beat Depression (2004)

Katharina Manassis & Annie Marie Leyac | FSRC

This book offers parents a strategy that enables them to become active partners in the treatment of their child's depression.

FSRC: Family Support & Resource Centre at BC Children's Hospital. Books and videos can be borrowed at no charge from anywhere in the province, or purchased from the online bookstore.

Tel: 604-875-2345 ext. 5102 | Website: <https://libraries.phsa.ca/fsrc>

Support Services

BC Crisis Line

Toll-Free: 310-6789 | <http://www.crisislines.bc.ca/> | 1-800-SUICIDE

Available 24/7 the Crisis Line provides mental health support, information, and resources for people who are distressed as well as their friends and families.

Kelty Mental Health Resource Centre

Toll-Free: 1-800-665-1822 | keltymentalhealth.ca | keltycentre@cw.bc.ca

Offers information, resources, help with system navigation, and peer support to children, youth and families across BC dealing with mental health and/or substance use challenges. The Centre also provides resources and peer support to individuals of any age struggling with an eating disorder.

The Institute of Families for Child & Youth Mental Health - FamilySmart®

Toll-Free: 1-855-887-8004 | www.familysmart.ca

The FamilySmart® Parents in Residence (PiR) and Youth in Residence (YiR) provide peer support, mentoring, system navigation assistance and access to mental health information and resources to families with children and youth with mental health and/or substance use challenges. There are also monthly 'in the know' educational events available online or in person across BC.

Youth in BC

Toll-Free: 1-866-661-3311 | <http://youthinbc.com/>

Youth in BC run a 24/7 crisis-line and also offer support via online chat from 12pm-1am. They also have information and resources for youth on their website.