

Depression

Websites

Blue Wave

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

A Canadian website intended for youth focusing on mental health issues with information on depression. Including videos, music PowerPoint presentations, and information for parents.

Depression Hurts

<http://www.depressionhurts.ca/>

A Canadian website with information on depression, which includes a self-assessment quiz, information on how to talk to your physician, treatment options, and management options.

Health Central: Depression Center

<http://www.healthcentral.com/depression/depression-recovery-center.html>

A US-based website providing general health information, including information on depression. Resources include articles, videos, and a downloadable depression guide.

Here to Help

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

A Canadian website on mental health, including 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.

Mindcheck

<http://www.mindcheck.ca/>

A Canadian website focused on prevention and early intervention of mental health challenges in youth. Contains information, quizzes and resources.

Teen Mental Health

<http://teenmentalhealth.org/understanding-mental-health/mental-disorders/>

A Canadian website with evidence-based information on teen mental health, including depression. The site has a number of videos explaining different types of depression.

Toolkits

Dealing with Depression Web Application

<http://dwdonline.ca/>

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

Taking Care: Child and Youth Mental Health

<http://takingcare.knowledge.ca/>

Interactive website with information on depression, the documentary *Beyond the Blues: Child and Youth Depression*, and self help kits.

Books & Videos

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](#)

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.

What to Do When You're Sad & Lonely: A Guide for Kids (2006)

James J. Crist

Teaches children and youth how to recognize and deal with sad feelings.

FSRC: Family Support & Resource Centre at BC Children's Hospital. If this is not within your area, you can request the item through the mail at no charge.

Tel: 1-800-331-1533

Website: <http://www.bcchildrens.ca/KidsTeensFam/FamilyResourceLibrary/library.htm>

Support Services

Crisis Line Network of BC 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

Tel: 604-875-2084 | Toll-Free: 1-800-665-1822 | kellycentre@bcmhs.bc.ca

<http://keltymentalhealth.ca/> | <http://keltyeatingdisorders.ca/>

A provincial resource centre that provides mental health and substance use information, resources, and peer support to children, youth and their families from across BC, as well as eating disorders for all ages.

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.