

Helpful Depression Resources for Parents

There are many online resources for parents addressing the topic of child and adolescent depression. The ones listed below are just a sample of some of the most useful (and accurate) sites.

- **Erika's Lighthouse** <http://www.erikaslighthouse.org/> This is an excellent resource for adolescent depression. There is a special section just for teens that explains the signs of depression, how to get help, and what to expect during treatment. For parents, there is an excellent free parenting handbook on the site that explains depression, how to find a therapist and what questions to ask him/her, how to talk to your adolescent about depression, and many other useful topics.
- **National Alliance on Mental Illness (NAMI)**
<http://www2.nami.org/Content/ContentGroups/CAAC/FamilyGuidePRINT.pdf>
This link takes you to an handout designed for families coping with adolescent depression. It provides detailed, useful information for families at any stage of the diagnostic or treatment process.
- **American Academy of Pediatrics HealthyChildren.org**
<https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Childhood-Depression-What-Parents-Can-Do-To-Help.aspx>
This site provides information relating to childhood depression including links to other relevant information.
- **American Academy of Child and Adolescent Psychiatry**
http://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Depression_Resource_Center/Home.aspx This site provides information relating to childhood depression, suicide, and other useful topics.
- **National Institute of Mental Health- Bipolar Disorder in Children and Adolescents**
<http://www.nimh.nih.gov/health/publications/bipolar-disorder-in-children-and-teens-easy-to-read/index.shtml> This site explains bipolar disorder in children and adolescents to parents. There is an informative free handout.
- **Society for the Prevention of Teenage Suicide** <http://www.sptsusa.org/>
This is a NJ based organization founded by parents who lost their teenage children to suicide. There is useful information on suicide prevention, warning signs, advocacy, and other topics.
- **National Suicide Prevention Lifeline** <http://www.suicidepreventionlifeline.org/>
This is the 24-7 hotline available to anyone having suicidal thoughts. The number is 1-800-273-TALK. The website contains additional useful resources as well.