

Suggested books on Childhood Depression from the Royal College of Psychiatrists.



So Young, So Sad, So Listen, Philip Graham and Carol

Hughes

ISBN 1904671233, *Gaskell*

Examines the nature and treatment of childhood depression. Aims to help those involved to recognise the signs of depression in children and to understand the possible causes.

Coping with an anxious or depressed child, Samantha Cartwright-Hatton
1851684824, *OneWorld Publications*

This book provides an up-to-date approach to helping parents of anxious children. Often, both parents and child can learn to cope better with anxiety by learnign how to face very simple childhood anxieties.

Depression

Depression - the way out of your prison, Dorothy Rowe

ISBN 158391286X, *Brunner-Routledge*

Depression is an experience of terrible isolation, of being in a prison. By understanding how we build this prison, we can dismantle it.

Depression and how to survive It, Spike Milligan and Anthony Clare

ISBN 0099858304, *Arrow*

Spike Milligan reveals the dark side of his life in this book, which is co-written with his psychiatrist, Professor Anthony Clare.

Suggested Websites:

www.depressioninteenagers.co.uk, an interactive website for young people offers advice and support in improving mood levels.

www.mumsnet.com/teenagers/depression, Triggers of depression in teenagers and how parents can help their child.