

Depression Resource List for Teens

More than Sad: Teen Depression (AFSP film website)

Access to information on recognition and treatment of depression; fact sheet and resource list for teens.

www.morethansad.org

Mental Health America (MHA)

Mental Health America (MHA) is the leading advocacy organization addressing the full spectrum of mental and substance use conditions and their effects nationwide. Website provides information on how to recognize symptoms of depression, how you can help yourself or a friend, types of treatment and warning signs of suicide.

www.mentalhealthamerica.net → Health Info → Mental Health Info → Search by Issue → Depression → Depression in Teens

National Alliance on Mental Illness (NAMI)

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots organization for people with mental illness and their families. Website hosts a discussion group for teens who have been diagnosed with a mental illness, like depression, and want to connect with other teens who can relate to what they're going through.

www.nami.org → Find Support → Child & Teen Support → Discussion Groups → Teen Consumers

Depression and Bipolar Support Alliance (DBSA)

The Depression and Bipolar Support Alliance (DBSA) is the leading patient-directed national organization focusing on the most prevalent mental illnesses.

Link to a brochure available in HTML or PDF format that helps you figure out the differences between a sad mood and depression.

Also provides a workbook that you can fill in to help you better understand how to manage your depression and track your progress throughout treatment.

www.dbsalliance.org → Learn about mood disorders → Publications → Brochures → “Is It Just a Mood...or Something Else? Mood Disorders for Young People”

www.dbsalliance.org → Empower Yourself → Wellness Toolbox
→ Wellness Workbook

HealthyMinds.org (a part of the American Psychiatric Association)

The American Psychiatric Association the largest and longest-serving psychiatric medical association. APA advocates for psychiatrists and patients, and acts as a resource for mental health information and news.

www.healthyminds.org → Let's Talk Facts brochures → Depression

APA Help Center (a part of the American Psychological Association)

The American Psychological Association (APA) is the largest scientific and professional organization representing psychology in the United States. Website offers a checklist of signs that you may be becoming depressed.

www.apahelpcenter.org → Featured Topics → “Change Your Mind About Mental Health” → Triggers & Signs

HelpGuide.org

HelpGuide is a free, non-commercial resource for people in need. Website contains information on symptoms, how to help a depressed friend, and how to talk to your parents about depression. Also includes links to other helpful resources.
www.helpguide.org → Depression → Teenagers (For Teens)

KidsHealth.org

KidsHealth is an award-winning website produced by the Nemours Foundation, one of the largest nonprofit organizations devoted to children's health. Website is a good source of understandable, accurate explanations of the factors that contribute to depression.

www.kidshealth.org → Teens Site → Your Mind → Mental Health → Depression

Note: Many of these sites also contain information on teen depression for your parents.

National Suicide Prevention Lifeline

The **National Suicide Prevention Lifeline** is a 24-hour, toll-free suicide prevention service available to anyone in suicidal crisis. You will be routed to the closest possible crisis center in your area. Your call is free and confidential. Even if you are not in a

suicidal crisis, you can call the Lifeline if you just need to talk to someone who cares, are concerned about a friend, or need a referral to a mental health professional in your area.

English Lifeline Number: 1 (800) 273-TALK (8255)

Spanish Language Lifeline Number/Para obtener asistencia en español durante las 24 horas, llame al: 1 (888) 628-9454

www.suicidepreventionlifeline.org

For information in Spanish/Para información en español:

www.suicidepreventionlifeline.org/Spanish/Default.aspx