

MOOD DISORDER PARENT & CONSUMER RESOURCES

ABOUT MOOD DISORDERS

- [Teen Depression: A Guide for Parents](#) – Helpguide.org
- [Bipolar Disorder Help Guide](#) – Helpguide.org
- [Medication in Treating Childhood and Adolescent Depression](#) – Parentsmedguide.org
- [Bipolar Disorder in Children and Teens: A Parent's Guide](#) – National Institute of Mental Health (NIMH)
- [Bipolar Disorder](#) – NIMH
- [Depression](#) – NIMH

American Academy of Child & Adolescent Psychiatry (AACAP)

- [Facts for Families - Psychiatric Medication for Children and Adolescent](#)
- [Facts for Families - Bipolar Disorder in Children and Teens](#)
- [Facts for Families – Depression in Children and Teens](#)
- [Bipolar Parents Medication Guide](#)
- [Bipolar Disorder Resource Center](#)
- [Depression Resource Center](#)

WHAT YOU CAN DO

- [What Families Need to Know About Evidence-Based Practices](#) – National Alliance on Mental Illness (NAMI)
- [Facts for Families - Psychotherapies for Children and Adolescents](#) – AACAP
- [Helpful Parenting Strategies for Your Bipolar Child](#) – Oxford University Press
- [Home and Family Strategies: Bipolar Disorder](#) – studentsfirstproject.org
- [Home and Family Strategies: Depression](#) – studentsfirstproject.org
- [A Parent's Guide to Recognizing and Treating Depression in Your Child](#) – Helpguide.org

SUICIDE PREVENTION

- [Facts for Families – Teen Suicide](#) – AACAP
- [Understanding Suicide](#) – Centers for Disease Control and Prevention
- [Suicide Prevention Help Guide](#) – helpguide.org
- [Suicide Prevention Resource Guide 2012](#) – Children's Safety Network

SUBSTANCE ABUSE

- [Facts for Families – Substance Abuse Treatment for Children and Adolescents](#) – AACAP
- [Substance Abuse Resource Center](#) – AACAP
- [Make a Difference: Talk to Your Child about Alcohol](#) – National Institutes of Health
- [Tips for Parents on Keeping Children Drug Free](#) – U.S. Department of Education

FOR YOUR CHILD

- [Depression and High School Students](#) – NIMH
- [Emotional Well-being](#) – familydoctor.org
- [Suicide Help](#) – helpguide.org
- [Save a Friend: Tips for Teens to Prevent Suicide](#) – National Association of School Psychologists
- [Teen Site](#) – National Institute on Drug Abuse
- [Heads Up Real News about Drugs and Your Body](#) – scholastic.com

WEBSITES

- [Helpguide.org](#)
- [American Academy of Child & Adolescent Psychiatry \(AACAP\)](#)
- [National Institute of Mental Health](#)
- [Depression and Bipolar Support Alliance \(DBSA\)](#)
- [Healthychildren.org \(AAP\)](#)