

IS YOUR CHILD

DEPRESSED?



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Is Your Child Depressed

Rebecca Rutledge



Is Your Child Depressed:

Is Your Child Depressed? Nathan Naparstek, Marilyn Wallace, 2006 Offers parents advice on how they can identify depression in their child and help them cope with their child's sadness and the impact it can have on their life **100**

Questions & Answers About Your Child's Depression Or Bipolar Disorder Linda Chokroverty, 2009-06-05 Over 2 million children of all ages suffer from depression ranging from mild and chronic to significant impairment which can present a huge challenge to parents and other loved ones 100 Questions Answers About Your Child's Depression or Bipolar Disorder provides authoritative practical answers to the most common questions posed by parents of kids with depression suspected depression or bipolar disorder This book includes expert advice on highly controversial subjects including use of medication in children and adolescents suicide and other issues of acute importance to parents **Your Child with Depression** Jen Tsang, 2025-02-03 During the times her daughter was crippled with severe depression Jen Tsang learned how her child felt what thoughts were circulating in her brain and how dark and hopeless it could be for her These important insights helped Tsang understand the disorder and how to best care for her daughter when she was suffering More importantly this information helped her avoid making things worse and keep her alive during the most difficult times In a powerful guide that provides a candid window into a depressed child's mind Tsang relies on her personal experiences to teach parents and carers how to accept and understand the many facets of severe depression modify their own approach to help more than harm and find patience during the recovery process as the child attempts to reenter society and reengage with life While touching on difficult topics and thought patterns Tsang includes checklists that provide trusted guidance on how to recognize the signs of depression reassure and support a child find awareness for a child's state of being spot and react to self harm and much more Your Child with Depression is an uplifting guide that intertwines a mother's advice with the valuable insights she learned from her daughter as she battled and recovered from severe depression Depression and Your Child Deborah Serani, 2013-09-05 Seeing your child suffer in any way is a harrowing experience for any parent Mental illness in children can be particularly draining due to the mystery surrounding it and the issue of diagnosis at such a tender age Depression and Your Child gives parents and caregivers a uniquely textured understanding of pediatric depression its causes its symptoms and its treatments Serani weaves her own personal experiences of being a depressed child along with her clinical experiences as a psychologist treating depressed children Current research treatments and trends are presented in easy to understand language and tough subjects like self harm suicide and recovery plans are addressed with supportive direction Parents will learn tips on how to discipline a depressed child what to expect from traditional treatments like psychotherapy and medication how to use holistic methods to address depression how to avoid caregiver burnout and how to move through the trauma of diagnosis and plan for the future Real life cases highlight the issues addressed in each chapter and resources and a glossary help to further understanding for those seeking additional information Parents and caregivers are sure to find

here a reassuring approach to childhood depression that highlights the needs of the child even while it emphasizes the need for caregivers to care for themselves and other family members as well Helping Your Depressed Child Martha Underwood Barnard, 2003-06-09 Written for parents of children who have been diagnosed with depression Helping Your Depressed Child offers a step by step program to help parents advocate for their child's mental health care Psychologist Martha Underwood Barnard teaches readers how to evaluate which therapies are most appropriate for their child's particular situation how and when to seek professional help and how to understand the pharmacological treatments used with children today Barnard also discusses other diagnoses commonly associated with depression that may also be affecting your child and stresses ways in which the whole family can participate in the depressed child's wellness by reinforcing cognitive behavioral techniques at home including How to discipline your child without exacerbating their symptoms How to help your child think positively by monitoring his or her thoughts Encouraging positive affirmations and helping with visualization techniques and deep breathing The clinical wisdom and insights of Barnard one of the most skillful and thorough child psychologists and clinicians I have known shine throughout this book Parents who read this book will understand what childhood depression is how it is diagnosed how it is treated and what they can do to advocate for their child Michael A Rapoff Ph D professor Behavioral Sciences Department of Pediatrics University of Kansas Medical Center

When Someone You Love is Depressed Xavier Amador, Laura Rosen, 2016-08-02 Many books have been written for those suffering from depression but what if you're suffering because someone you love is depressed Research shows that if you are close to a depressed person you are at a much higher risk of developing problems yourself including anxiety phobias and even a kind of contagious depression In this authoritative and compassionate book psychologists Laura Epstein Rosen and Xavier Francisco Amador explain the mechanisms of depression that can cause communication breakdown increase hostility and ultimately destroy relationships Through compelling real life stories and step by step advice the authors teach concrete methods that you and your loved one can use to protect yourselves and your relationship from depression's impact Drawing on their own innovative research they give sensitive guidance about how to recognize your needs how to provide the best kind of support and how to encourage the depressed person to seek treatment Whether you are the partner parent friend or child of a depressed person you'll find this book an invaluable companion in your journey back to health The Everything Parent's Guide To Children With Depression Rebecca Rutledge, 2007-06-04 Does your child seem sad withdrawn or lethargic You know something's wrong but you're not sure what to do about it You're not alone around six million children suffer from depression Your child needs help your help With The Everything Parent's Guide to Children with Depression you can ensure that your child receives the right support and treatment In this reassuring practical handbook Drs Rebecca Rutledge and Thomas Bannister offer the professional advice you need to determine If your child is at risk How and when to get professional help The best treatment options Benefits and side effects of medication What you and your family can do to

help Rutledge an expert psychologist and Bannister a clinical psychiatrist are both known for their work with depressed children and adolescents With their help you ll understand why your child is unhappy and what you can do about it *Teen Depression Gone Viral* Meredith E. Gansner,2025-02-06 What are the warning signs of depression in teens When do social media and gaming habits cross the line into putting kids at risk How can parents keep teens healthy and safe without sledgehammering all their devices This realistic nonjudgmental guide from adolescent psychiatrist and parent Meredith E Gansner provides the latest information about depression in teens with a special focus on digital media use Filled with vivid stories the book helps you understand teen mental health problems and self harm find an accurate diagnosis work with your child to develop healthier habits aided by downloadable practical tools and make informed treatment decisions Dr Gansner explores myths and facts about internet addiction dangerous viral trends and cyberbullying and describes actionable steps for curbing them Every chapter also identifies positive technology resources for both kids and parents from supportive online communities to health promoting sites and apps **Treating Child and Adolescent Depression** Joseph M. Rey,Boris Birmaher,2012-03-29 This book is a practical and authoritative guide to diagnosis and treatment of child and adolescent depression in various clinical settings health care systems and cultures Emphasis is placed on evidence based precepts for treatment The contributors address current controversies surrounding the potential risks of medications in children and discuss other biological treatments and psychotherapies Key take home points are listed at the end of each chapter Flow charts and tables summarize treatment recommendations and tables summarize evidence of effectiveness and quality of evidence Also included are lists of other resources for clinicians patients and families *Depressed Child* Dougals A. Riley,2001-02-01 By emphasizing how parents can talk to their children about thoughts and feelings exploring how children develop negative beliefs about themselves and teaching parents how to help their children change those hopeless self perceptions this book outlines practical methods that parents and children together can use to find solutions to the dark thoughts that plague so many young people today *Raising Depression-Free Children* Kathleen Panula Hockey,2003-08-06 Raising Depression Free Children *Help Me, I'm Sad* David G. Fassler,Lynne Dumas,1998-10-01 Until the early 1980s there was no official diagnosis for depression in children But children can and do become depressed In fact the National Institute of Mental Health now estimates that 2 5 million youngsters under eighteen have experienced clinical depression and the real number may be higher still Help Me I m Sad discusses how to tell if your child is at risk how to spot symptoms depression s link with other problems and its impact on the family teen suicide finding the right diagnosis therapist and treatment and what you can do to help For parents who have or suspect they may have depressed children here is practical easy to understand information from a compassionate and trustworthy source *Straight Talk about Your Child's Mental Health* Stephen V. Faraone,2012-04-24 Parents reach for dog eared copies of Dr Spock when their child has a rash or the flu but when moodiness lingers or worrisome behavior problems grow they have nowhere to turn for answers or reassurance

Now in this compassionate resource prominent Harvard researcher Dr Stephen V Faraone gives parents the tools they need to look clearly at how a child is feeling thinking and behaving and make wise decisions about when to call for professional help Cues and questions teach readers to become scientific observers of their child and vital facts about common disorders help them distinguish between normal variations in speech development and Asperger syndrome between moodiness that is just a phase and depression between childhood fears and the symptoms of anxiety Knowing what to ask and tell the professionals from the pediatrician to a mental health specialist will help parents ensure a complete and accurate diagnosis Filled with handy sidebars charts and checklists the book also teaches parents to weigh treatment options to determine what is best for their child Winner American Journal of Nursing Book of the Year Award [The Tapping Solution for Parents, Children & Teenagers](#) Nick Ortner, 2018-02-20 The experience of raising children can be one of life's greatest gifts but it can also come with an overwhelming amount of stress and anxiety and even self doubt Am I modeling the type of person I want my child to become Am I doing enough to prepare my child to be resilient in an ever changing world Are my children happy and confident in themselves In [The Tapping Solution for Parents Children Teenagers](#) New York Times best selling author Nick Ortner encourages readers to take a look at the amount of stress and worry in their lives as parents reminding readers that self care is critical Parents are guided on how to use the revolutionary technique known as EFT Emotional Freedom Techniques or Tapping to release parental overwhelm quiet worry manage conflict and transform their experience of parenthood In the second section of the book Nick explores specific uses for Tapping with children ranging from releasing negative emotions like anger fear and phobias to dealing with sadness grief guilt and shame This powerful technique can even help with specific challenges such as anxiety disorders difficulties with sleep nightmares performance anxiety bullying school jitters divorce and much more Nick emphasizes the importance of teaching children the social and emotional skills they need for success in life school and work This book will guide parents in using EFT Tapping to help their children learn how to handle challenges by means of self reflection self regulation and overall greater self awareness Through the use of easy to follow diagrams links to step by step videos and dozens of Tapping tips [The Tapping Solution for Parents Children Teenagers](#) offers an easy to use resource to help solve many of the emotional and social challenges that families deal with on a daily basis

How to Find Mental Health Care for Your Child Ellen B. Braaten, 2010-09-15 Seasoned child psychologist and author Ellen B Braaten offers clear and expert guidance to help anxious parents navigate the complexities of mental health care Includes an overview of the issues involved in diagnosing and treating children detailed information on common childhood disorders and an in depth discussion of primary treatment approaches

Overcoming Depression For Dummies Elaine Iljon Foreman, Laura L. Smith, Charles H. Elliott, 2011-01-21 Up to 1 in 5 people in the UK suffer from diagnosable depression [bbc.co.uk](#) that is approximately 12 million people Depression takes multiple forms including seasonal affective disorder bipolar disorder and postnatal depression Research by the BBC claims that up to 75% of sufferers are not

receiving any form of professional medication or therapy which strongly suggests that self help is often a preferred course of action *Overcoming Depression For Dummies* outlines practical methods for recognising and managing the symptoms of depression for those readers who might be too scared to go to their GP who want to know more about the illness before they seek professional medical guidance or for those who are just curious about depression and what it means *Overcoming Depression For Dummies* Is written by an expert team of clinical psychologists and provides step by step guidelines on proven therapeutic exercises and ways to implement positive psychology methods Provides sound advice on nutrition relaxation and support to help make those vital first steps towards a happier life Gives comprehensive information on the wide variety of prescription medication and complementary therapies available including their effectiveness and side effects Is aimed at people suffering from depression looking for straightforward realistic advice and also loved ones and parents of those suffering from depression wanting to better understand the condition and find out how they can help *Treating*

Childhood Depression with Contextual Emotion Regulation Therapy Maria Kovacs,2023-07-21 This book is the authoritative presentation of contextual emotion regulation therapy CERT an innovative intervention expressly designed for depressed children ages 7 13 and their parents CERT is grounded in decades of research on the development of emotion regulation and on mood repair difficulties as a risk factor for clinical depression Step by step Maria Kovacs describes ways to teach children skills to modulate feelings of sadness and distress and break the hold of depression symptoms Extensive therapist parent and child exchanges illustrate key treatment principles Clinicians learn how to structure CERT sessions and implement personalized social interpersonal cognitive behavioral problem solving and psychoeducational interventions Reproducible tools in the appendices including forms posters and a parent manual can be downloaded and printed in a convenient 8 1 2 x 11 size **Help! My Teen Is Depressed** Christine Chappell,2020-03-10 If your teen is battling depression you may be

feeling helpless and hopeless Perhaps you re slowly coming to the realization that you have no idea how to rescue your child from the darkness he or she is in Christine Chappell knows from experience that there are no quick and easy solutions but here she provides biblical wisdom and encouragement to offer hope for the hopeless teen and help for the helpless caregiver

Depression For Dummies Laura L. Smith,Charles H. Elliott,2021-03-09 The good news on beating the blues Do you want the good the bad or the best news first OK the bad news is that an estimated 264 million people worldwide suffer from a depressive illness The good news is that we know how to defeat these illnesses better than ever before using a growing range of highly effective psychotherapies medications and other therapeutic methods that are improving all the time And the best news because of these advances the majority of people no longer need to suffer the debilitating and sometimes dangerous effects of long term depressive illness The new edition of *Depression For Dummies* shows how you can make this happen for you by providing the latest and best information on how to banish the noontday demon and bring the sunshine back into your world In this friendly cheerful no nonsense guide leading clinical psychologists Laura L Smith and Charles H Elliot give you

the straight talk on what you face and proven practical advice on how to punch back and win Showing you how to know your enemy they demystify common types of depression explain its physical effects and help identify the kind you have Armed in this way you can take firmer steps toward the lifestyle changes as well as therapy or medication that will put you back in control Learn about different forms of depression Build simple daily habits into your life that help banish the blues Understand conventional alternative and experimental therapies Move on avoid relapses and stay happy Whatever your level of depression occasional bouts or long term this book gives you the insight the tools and the inner strength and persistence to put enjoyment back in your life *Teenage Depression - A CBT Guide for Parents* Shirley Reynolds,Monika Parkinson,2015-09-01 Depression is one of the most common mental health problems and is estimated to affect around 15% of people at some point during their life For many people depression is a life long disorder which starts during the teenage years around 10% of teenagers are estimated to have an episode of depression and many more experience persistent low mood This accessible companion book to *Am I Depressed and What Can I do About it* follows essentially the same structure and makes use of the same case studies but looks at the issues from the parents point of view and incorporates additional strategies for parents From what to look out for through what the evidence says about different forms of treatment to family communication and relapse prevention Each section includes troubleshooting boxes

Whispering the Secrets of Language: An Emotional Journey through **Is Your Child Depressed**

In a digitally-driven world where monitors reign supreme and instant conversation drowns out the subtleties of language, the profound strategies and psychological subtleties concealed within words usually get unheard. However, situated within the pages of **Is Your Child Depressed** a charming fictional treasure sporting with natural thoughts, lies an extraordinary journey waiting to be undertaken. Penned by an experienced wordsmith, this charming opus attracts visitors on an introspective journey, lightly unraveling the veiled truths and profound impact resonating within the very cloth of every word. Within the emotional depths with this poignant review, we shall embark upon a honest exploration of the book is core styles, dissect their interesting publishing model, and fail to the effective resonance it evokes deep within the recesses of readers hearts.

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