

RESOURCES FOR DEPRESSION IN ADOLESCENTS

THE BASICS:

Eat a healthy, balanced diet. Do not skip meals, especially breakfast. Minimize processed foods.

Exercise. Aim for 30-60 minutes five times/week.

Optimize sleep. Turn off all screens at least one hour before bedtime. There should be no screens in the bedroom. Avoid caffeine at least four hours before bedtime. Establish a consistent, calm bedtime routine. Aim for 8-9 hours of sleep each night.

Consider a Vitamin D supplement and/or a fish oil/Omega-3 supplement.

Consider a B-100 complex vitamin. Also consider adding 1 mg of folic acid/day.

Try to spend some time outdoors/in nature every day. Sunshine and bright lights boost mood.

BOOKS FOR ADOLESCENTS:

The Anti-Depressant Book - Towery

Depression: A Teen's Guide to Survive & Thrive - Toner & Freeland

The 10-Step Depression Relief Workbook - Rego & Fader

BOOKS FOR PARENTS:

Adolescent Depression: A Guide for Parents - Mandimore

Rescuing Your Teenager from Depression - Berlinger

Depression and your Child - Serani

Understanding Teenage Depression - Empfield

APPS:

Headspace (Kids programming available)

Stop, Breathe, and Think (Kids programming available - Breathe Kids)

Calm

RELAXATION TECHNIQUES:

4-7-8 breathing technique

3-Part yoga breath

Progressive relaxation

Find a yoga class - online or in town

Listen to quiet music or a book on tape

Write or draw in a journal. Create a gratitude journal.

Coloring books

WEBSITES:

Mental Health America: mentalhealthamerica.net

Mental Health America of Franklin County: mhafc.org

American Academy of Child & Adolescent Psychiatry: aacap.org

The REACH Institute: glad-pc.org

National Alliance on Mental Illness: nami.org

Depression & Bipolar Support Alliance: ndmda.org

HERBAL REMEDIES:

Calming herbs such as chamomile, lemon balm, passionflower, and valerian can help promote sleep, relaxation, and reduced stress

Lavender and neroli used as aromatherapy may help ease anxiety

Decaffeinated green tea may promote calmness