

Project Information

Gull Lake

Ann Arbor

Events

For Educators

For Parents

For Students

Resources

FRIENDS Depression

Education Resource Center

School-Based Depression Education and Outreach Collaborations

Resources

Below are some useful websites and documents for educators, [parents](#), and [students](#). We will continue to build this resource collection, so please check frequently for new information.



For Educators

[American Association of Suicidology](#)

Founded in 1968, this non-profit organization's goal is to understand and prevent suicide by promoting research, public awareness programs, public education, and training for professionals and volunteers.

[Suicide Prevention Resource Center – School Mental Health Care Providers](#)

SPRC was created in 2002 by the U.S. Department of Health and Human Services. The focus of this web page is providing online and printable information (available as a PDF) about the role of school health and mental health providers in preventing suicide, such as recognizing and responding to warning signs. This site also includes individual state suicide prevention pages, news and events, an online library, training, and links to other websites.

[Suicide Prevention Resource Center – Teachers](#)

SPRC was created in 2002 by the U.S. Department of Health and Human Services. The focus of this web page is providing online and printable information (available as a PDF) about the role of teachers in preventing suicide, such as recognizing and responding to warning signs. This site also includes individual state suicide prevention pages, news and events, an online library, training, and links to other websites.

[Teen Depression: A Guide for Parents and Teachers](#)

This web page is provided by HelpGuide.org, established in 1999. It is a good basic guide that offers help on understanding teen depression, recognizing signs and symptoms, dealing with the effects of teen depression, how to aid a depressed teenager, and how to support a teen through treatment. A list of useful references and resources follows at the bottom of the page.

[The National Institute of Mental Health](#)

NIMH is the world's largest scientific organization dedicated to research on understanding, treating, and preventing mental disorders, and promoting mental health. One helpful link is "Mental Health Topics" listed under "Health & Outreach" on NIMH's



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home page.

[Anxiety Disorders in Children and Teens](#)

This web page is from the Anxiety Disorders of America, a national nonprofit organization established in 1980 and dedicated to informing the public about anxiety disorders. Scroll down to see a helpful list of resources about anxiety in children and adolescents.

[Resources for Educators](#)

This page is part of the SchoolMentalHealth.org website. This website is designed for use by anyone interested in learning more about how to enhance school mental health, and is funded through the support of The Baltimore City Health Department and is administered by The University of Maryland's Center for School Mental Health.

[Eliminating Barriers for Learning Administrator's Guide](#) [PDF]

An introductory pamphlet from the U.S. Dept. of Health and Human Services about 'Eliminating Barriers for Learning,' which is a continuing education program for secondary school teachers and staff that focuses on mental health issues in the classroom.

[When Teachers Should Refer Students to a Mental Health Professional](#)

This document was developed by SAMHSA (Substance Abuse and Mental Health Services Administration), which is part of the United States Department of Health and Human Services. The document answers questions such as, "How can you tell if a student needs a referral to a mental health professional?" and "How should the referral be made?" It addresses the needs of both elementary and secondary students.

[What Helps and What Hurts](#) [PDF]

A one-page guideline created by the Depression and Bipolar Support Alliance (DBSA) on positive ways to address a person suffering from depression or bipolar disorder.

For Parents

[American Association of Suicidology](#)

Founded in 1968, this non-profit organization's goal is to understand and prevent suicide by promoting research, public awareness programs, public education, and training for professionals and volunteers.

[Families for Depression Awareness](#)

Founded in 2001, this non-profit organization is made up of families who have lost a member to suicide or watched one suffer with depression. Its mission is to help families recognize and cope with depressive disorders in order to heal and prevent suicides.

[The National Institute of Mental Health](#)

NIMH is the world's largest scientific organization dedicated to research on understanding, treating, and preventing mental disorders, and promoting mental health. One helpful link is "Mental Health Topics" listed under "Health & Outreach" on NIMH's home page.

[Teen Depression: A Guide for Parents and Teachers](#)

This web page is provided by HelpGuide.org, established in 1999. It is a good basic guide that offers help on understanding teen depression, recognizing signs and symptoms, dealing with the effects of teen depression, how to aid a depressed teenager, and how to support a teen through treatment. A list of useful references and resources follows at the bottom of the page.

[Anxiety Disorders in Children and Teens](#)

This web page is from the Anxiety Disorders of America, a

national nonprofit organization established in 1980 and dedicated to informing the public about anxiety disorders. Scroll down to see a helpful list of resources about anxiety in children and adolescents.

[Common Childhood Disorders](#) [PDF]

A brief summary provided by the American Psychiatric Association (APA) of three common mental disorders exhibited by children: depression, Attention-Deficit/Hyperactivity Disorder (ADHD), and conduct disorder. A short list of resources is also included.

[Helping a Friend or Family Member](#) [PDF]

A pamphlet created by the Depression and Bipolar Support Alliance (DBSA) on how to help a family member or friend cope with depression or bipolar disorder.

[Partnering with Your Child's School: A guide for Parents](#) [PDF]

A booklet designed to help parents of children who have been diagnosed with health or mental health care needs to learn about available resources and to develop a partnership with their children's school.

[Teen Suicide: Let's Talk Facts About](#) [PDF]

Short, summarizing facts about suicide created by the American Psychiatric Association (APA): signals, statistics, what can be done, and resources.

[Treatment of Children with Mental Disorders Q&A](#) [PDF]

An informative pamphlet of questions and answers created by the National Institute of Mental Health (NIMH) about the treatment of children with mental disorders. It specifically addresses issues pertaining to medication.

[What Helps and What Hurts](#) [PDF]

A one-page guideline created by the Depression and Bipolar Support Alliance (DBSA) on positive ways to address a person suffering from depression or bipolar disorder.

[Depression in Children and Teens](#)

This web site is operated by the American Academy of Family Physicians (AAFP), a national medical organization founded in 1947. It offers brief, easy-to-read information on the causes of depression in children and adolescents, what can be done to help them, and antidepressant medication. A list of links follows.

[Bipolar Disorder in Children and Teens](#)

A helpful web page from Palo Alto Medical Foundation on bipolar disorder in children and teenagers focusing on causes, symptoms, diagnosis, treatment, and frequently asked questions.

[Bipolar Disorder \(Manic Depression\)](#)

A helpful web page by Cincinnati Children's Hospital Medical Center that focuses on various aspects of bipolar disorder in children and adolescents. It differentiates between Bipolar I and Bipolar II.

[Taking Your Child to a Therapist](#)

An informative web page run by the Nemours Foundations, which was established in 1936 and is dedicated "to improving the health and spirit of children." Gives reasons why your child should seek therapy, how to find the right therapist, and defines what various therapists do (such as psychiatrists and social workers).

For Students

[Suicide Prevention Resource Center - Teens](#)

Don't be put off by the blue side menu with all the links. The main focus of this webpage is on the role of teens in preventing suicide - such as recognizing warning signs and helping yourself

and others. You can even get a printable copy of this information (available as PDF) if you want.

[Teens Health](#)

This is a fun and informative website. Check out the links under "Your Mind" to find out about mental health, including different types of mental illnesses – what causes them, and importantly, what you can do for help.

[Dealing with Teen Depression](#)

A web page written for teens from the people at HelpGuide.org. It offers tips and tools for teens to help themselves or help their friends deal with depression, including suicidal thoughts. There's also a list of useful links at the bottom of the page.

[Teens and Stress: Who Has Time for It?](#)

A web page written for teens all about stress - signs that you're stressed out, ideas on how to deal with the stress in your life, and what to do if you can't cope.

[Handling Stress](#)

A teen girl's guide to handling stress – but guys are more than welcome to take a peek, too. Talks about what stress is, what causes stress, what stress does to you, and ways to deal with it.

[Eating Disorders: Facts for Teens](#)

A web page written for teens about eating disorders like anorexia and bulimia, with information on the health problems they cause, and warning signs. Some helpful links follow at the bottom of the page.

[Your Emotions: Cutting and hurting yourself](#)

A frank website that talks about why teen girls might want to cut or hurt themselves and how to recognize the signs of self-injury.

[Is it Just a Mood... or Something Else?](#) [PDF]

A 12 page booklet designed for teens giving a general overview about depression and bipolar disorder. It describes what these illnesses are, what causes them, how to find help or help someone else, and describes what treatment is like. Provided by the National Depressive and Manic-Depressive Association.

[What Helps and What Hurts](#) [PDF]

What to say and what not to say to someone suffering from depression or bipolar (manic-depressive) disorder.

Be a Volunteer | For Health Professionals
Michigan Depression Outreach & Collaborative Care (MDOCC) | U-M Department of Psychiatry
U-M Health System | U-M Home | National Network of Depression Centers



University of Michigan Depression Center

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[Contact Us](#)

[Directions and Map](#)

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