

Adolescence — Now What?
The Ottawa Catholic School Board Parents' Association (CSPA)
St. Patrick's High School, April 18, 2009
Workshop: Adolescence Mental Health Issues
Dr. Douglas Scoular, Psychologist

A handout of select references for attendees of the workshop

Note: This information is reference information only. If you are concerned about your own or your child/adolescent's mental health, please contact a health professional for a mental health assessment.

To contact a mental health professional in Ottawa:

eMentalHealth.ca: <http://www.ementalhealth.ca/site/ottawa/>

Depression:

Think Good - Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People. P. Stallard (2002).

Dealing With Depression: Antidepressant Skills for Teens.
Dr. D. Bilsker, Dr. M. Gilbert, Dr. D. Worling, Dr. J. Garland (2005).
<http://www.comh.ca/publications/pages/dwd/>

Understanding Your Teenagers Depression. Kathleen Mccoy (2005).

Anxiety:

Worry Taming for Teens. Garland, Jane & Clark, Sandra (2002).

Helping Your Anxious Child : A Step-by-Step Guide for Parents.
S. H. Spence, R. M. Rapee, V. Cobham, A. Wignall, Heidi Lyneham (2008).

Stress and Relaxation:

The Relaxation & Stress Reduction Workbook: Sixth Edition.
Martha Davis, Elizabeth Robbins Eshelman, Matthew McKay (2008). (A workbook for adults but can be helpful for older adolescents)

General Mental Health Information:

National Institute of Mental Health:
<http://www.nimh.nih.gov/health/topics/index.shtml>

Canadian Mental Health Association: <http://www.cmha.ca/bins/index.asp>