

# Parent Resources

Compiled by Wendy & Steve Sefcik

We care and want to help. Please don't hesitate to contact us if you have any with questions or just need someone to talk to. The resources below provide a wealth of information and guidance.  
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## Society for the Prevention of Teen Suicide (SPTS)

This group's mission is to reduce the number of youth suicides and attempted suicides by encouraging overall public awareness through the development and promotion of educational training programs for teens, parents and educators. Look for the "Not My Kid" video on their website. <http://www.sptsusa.org>

## Erika's Lighthouse

This is a grassroots, educational organization dedicated to raising awareness of adolescent depression and mental health for young people. <http://www.erikaslighthouse.org/>

## The Balanced Mind Parent Network

This group guides families raising children with mood disorders to the answers, support and stability they seek. TBMF envisions a world where children living with mood disorders thrive because their families have the resources, community and support they need.  
<http://www.thebalancedmind.org>

## NAMI: National Alliance on Mental Illness

NAMI provides a wealth of information and resources for being battling mental health disorders and for their families. <http://www.nami.org>

## Bring Change 2 Mind

The mission is to end the stigma and discrimination surrounding mental illness through widely distributed Public Education Materials based on the latest scientific insights and measured for effectiveness. <http://bringchange2mind.org>

## American Foundation for Suicide Prevention (AFSP)

This is the leading national, not-for-profit organization exclusively dedicated to understanding and preventing suicide through research, education and advocacy, and to reaching out to people with mental disorders and those impacted by suicide. <http://www.afsp.org>

## Depression and BiPolar Support Alliance

DBSA provides help, hope, support and education to help improve the lives of people dealing with mood disorders. <http://www.dbsalliance.org/site/PageServer?pagename=home>

## Books

### **Eight Stories Up**

An Adolescent Chooses Hope Over Suicide

### **Monochrome Days**

A firsthand account of one teenager's experience with depression

### **Mind Race**

A first hand account of one teen's experience with Bipolar

### **Will's Choice**

Gail Griffith

"A Suicidal Teen, a desperate mother, and a chronicle of recovery.

### **An Unchanged Mind**

John McKinnon, MD

### **Cracked, Not Broken**

Kevin Hines

### **An Unquiet Mind**

Kay Redfield Jamison

### **Night Falls Fast**

Kay Redfield Jamison

### **Angel and the Dragon**

Jonathan Aurthur

### **When Nothing Matters Anymore: A Survival Guide for Depressed Teens**

Bev Cobain R.N. C.

### **Perfect Chaos: A Daughter's Journey to Survive Bipolar, a Mother's Struggle to Save Her**

Linea & Cinda Johnson

### **A Mother's Story**

Gloria Vanderbilt

### **My Son, My Son**

Iris Bolton

### **His Bright Light**

Danielle Steele