**Depression Resources**

~ Johns Hopkins Adolescent Depression Awareness Program. This is an app that can be found in the app store. “mADAP”.

~When Nothing Matters Anymore: A Survival Guide for Depressed Teens by Bev Cobain, cousin of Kurt Cobain.

~Project UROK This is an initiative of the Child Mind Institute. Childmind.org.

~Thestonefoundation.com in Towson, Maryland.

~Freeing Your Child From Negative Thinking by Tamar Chansky