

Links to Resources

AAP Policy Statement (2018) Guidelines for Adolescent Depression in Primary Care (GLAD-PC)

- <https://pediatrics.aappublications.org/content/141/3/e20174081>

American Academy of Pediatrics: Adolescent Depression Screening

- <https://www.aap.org/en-us/professional-resources/quality-improvement/Project-RedDE/Pages/Depression.aspx>

Child Mind Institute: What is Seasonal Affective Disorder?

- <https://www.aappublications.org/news/2021/01/01/nce2020-adhd010121>

Rogers Behavioral Health: How to Tell the Difference Between Seasonal Affective Disorder and Depression

- <https://rogersbh.org/about-us/newsroom/blog/how-tell-difference-between-seasonal-affective-disorder-and-depression>

American Psychiatric Association: Seasonal Affective Disorder

- <https://www.psychiatry.org/patients-families/depression/seasonal-affective-disorder>

Mental Health America: Seasonal Depression and COVID-19 Complications

- <https://mhanational.org/seasonal-depressionsad-and-covid-19-complications>

Columbia University Irving Medical Center: How to Fight Seasonal Depression Amid the Pandemic

- <https://www.cuimc.columbia.edu/news/how-fight-seasonal-depression-amid-pandemic>

Children's Minnesota: Seasonal Affective Disorder: What Parents Need to Know about SAD

- <https://www.childrensmn.org/2020/01/16/seasonal-affective-disorder-what-parents-need-to-know-about-sad/>

Therapist Aid: Cognitive Behavioral Therapy Worksheet for Kids

- <https://www.therapistaid.com/worksheets/cbt-for-kids.pdf>

Screening Tools

American Academy of Pediatrics - Patient Health Questionnaire 9 (PHQ-9) Modified for Teens

- [http://www.pedpsychiatry.org/pdf/depression/PHQ-9 Modified for Teens.pdf](http://www.pedpsychiatry.org/pdf/depression/PHQ-9%20Modified%20for%20Teens.pdf)

Preschool Feelings Checklist (ages 3-6)

- <https://medicine.tulane.edu/sites/g/files/rdw761/f/pictures/Preschool%20feelings%20checklist.pdf>

The Center for Epidemiological Studies Depression Scale for Children (CES-DC)

- https://www.brightfutures.org/mentalhealth/pdf/professionals/bridges/ces_dc.pdf

National Institute of Mental Health - *Ask Suicide-Screening Questions Tool*

- https://www.nimh.nih.gov/research/research-conducted-at-nimh/asq-toolkit-materials/asq-tool/screening_tool_asq_nimh_toolkit_155867.pdf
- *Additional versions and languages available at the link below
- <https://www.nimh.nih.gov/research/research-conducted-at-nimh/asq-toolkit-materials/>