



TROUBLED TEENS

BLACK DOG INSTITUTE



RESOURCES

FOR GPs

about adolescent mood disorders

ONLINE

- The Black Dog website www.blackdoginstitute.org.au There is a wealth of clinical information and resources – including all the material in the Psychological Toolkit which is available to download and use with patients.
- Clinical Practice Guidelines for Depression (Clinical version) for Australia are available at www.ranzcp.org
- A statement 'Clinical guidance on the use of Antidepressant Medications in Children and Adolescents' (March 2005) is available on the RANZCP website and also at www.racgp.org/guidelines
- A large range of UK guidelines can be found at www.guidance.nice.org.uk
- A comprehensive list of assessment tools for psychological disorders in children and adolescents are listed at www.massgeneral.org/schoolpsychiatry/screeningtools_table.asp
- GP Resource Kit available from www.caah.chw.edu.au

ARTICLES

- MJA published a Supplement on Early Intervention in Youth Mental Health in 2007 MJA 2007;187 (7 Suppl): S1-S70) With some excellent articles
- 'New Generation antidepressants, suicide and depressed adolescents: how should clinicians respond to changing evidence?' Michael Dudley, Dusan Hadzi-Pavlovic, Douglas Andrews, and Tania Perich: Australia and New Zealand Journal of Psychiatry, 2008 42:6 (pages 456-466)

BOOKS

- 'The Resilience Donut' by Lyn Worsley Published by Wild and Woolley 2006 subtitled The Secret of Strong Kids – this book discusses strategies parents and professionals can use to help bring resilience into the common language of families
- 'Navigating Teenage Depression: A guide for parents and professionals' by Gordon Parker and Kerrie Evers, Allen and Unwin, 2009
- 'Treating Child and Adolescent Depression' by Joseph M. Rey and Boris Birmaher, Lippincott Williams & Wilkins, 2009

See also resource lists for parents and adolescents.

It is suggested that GPs explore websites recommended for parents and adolescents. Many of the websites have sections for health professionals, and it would be desirable that GPs are aware of content before recommending sites to patients or families.