

Teen Anxiety & Depression Resources

BOOKS FOR CAREGIVERS

- Parenting the New Teen in the Age of Anxiety: A Complete Guide to Your Child's Stressed, Depressed, Expanded, Amazing Adolescence by Dr. John Duffy
- The New Adolescence: Raising Happy and Successful Teens in an Age of Anxiety and Distraction by Christine Carter, PhD
- Building Resilience in Children and Teens: Giving Kids Roots and Wings by Kenneth Ginsburg, MD
- The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults by Frances E. Jensen, MD
- Freeing Your Child from Anxiety, Revised and Updated Edition: Practical Strategies to Overcome Fears, Worries, and Phobias and Be Prepared for Life – from Toddlers to Teens by Tamar Chansky
- Social Media Wellness: Helping Tweens and Teens Thrive in an Unbalanced Digital World by Ana Homayoun

BOOKS FOR TEENS

- Rewire Your Anxious Brain for Teens by Debra Kissen, PhD, et al
- Anxiety Relief for Teens: Essential CBT Skills & Mindfulness Practices to Overcome Anxiety & Stress by Regine Galanti, PhD
- The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress by Gina Biegel, MA, LMFT
- The Mindfulness Journal for Teens: Prompts and Practices to Help You Stay Cool, Calm and Present by Jennie Marie Battistin, MA
- Conquer Negative Thinking for Teens: A Workbook to Break the Nine Thought Habits That Are Holding You Back by Mary Karapetian Alvord, PhD and Anne McGrath, MA
- Depression: A Teen's Guide to Survive and Thrive by Jacqueline B. Toner, Ph.D. and Claire Freeland, PhD
- The Depression Workbook for Teens: Tools to Improve Your Mood, Build Self-Esteem, and Stay Motivated by Katie Hurley, LCSW
- The Ultimate Self-Esteem Workbook for Teens: Overcome Insecurity, Defeat Your Inner Critic, and Live Confidently by Megan MacCutcheon, LPC

ORGANIZATIONS & RESOURCES

- [Worry Wise Kids](#) - Comprehensive website with information on anxiety disorders in children and adolescents. Includes book recommendations and ideas for school accommodations.
- [Think:Kids](#) at Massachusetts General Hospital - Teaches a Collaborative Problem Solving approach to improving communication between parents and their children). Offers an online blog and training videos to help families of children and adolescents with emotional and behavioral issues.
- [Texas Parent to Parent](#) - Provides parent conferences, a parent mentorship.
- [Parents Helping Parents](#) - Provides free educational material, a monthly newsletter, assistive technology information, consultation with educational specialists, and parent support groups for families.
- [Navigate Life Texas](#) - Free videos, blog, newsletter and resources for the families of special needs individuals, including advice on implementing IEP and 504 Plans for individuals in the public school system.
- [Mental Health America of Greater Dallas \(MHA\)](#) - Offers mental health education programs and events, as well as support groups, for children and their families.
- [National Alliance on Mental Illness \(NAMI\)](#) - An organization dedicated to helping individuals and their families cope with the effects of mental illness. Provides a helpline (800-950-NAMI), as well as support groups, seminars, and advocacy training for individuals affected by mental illness and their caregivers. NAMI's local chapter is located in Dallas: [NAMI - North Texas](#).
- [The National Institute of Mental Health \(NIMH\)](#) - Provides clinical research publications related to mental illnesses. Free handbooks about a variety of mental health topics are also available for order.
- [Help Starts Here](#) - Provides articles and professional advice on a wide variety of topics, including mental illness and suicide prevention. Families can also be connected to social work resources in their community.
- [The National Suicide Prevention Lifeline](#) - Open 24 hours per day at (800)-273-8255 and online.

RECOMMENDED APPS

- *Calm: Meditation* by [calm.com](#). Mindfulness and meditation app to help improve sleep and emotional well-being.
- *Headspace: Meditation* by Headspace Meditation Limited. Provides daily guided meditations and mindfulness exercises.
- *Stop, Breathe & Think* by Stop, Breathe & Think. A guided meditation and mindfulness app.
- Youper by Youper, Inc. A well-being assistant that offers a mood tracker, journal for logging emotions, and mindfulness exercises.