

Helpful Resources

- **Websites and Videos**

- Sick Kids Children's Mental Health -

<https://www.sickkidscmh.ca/ABC/Parent-Resource/Mental-Health-for-All-Children-and-Youth.aspx>

- CMHA (Child and Youth Anxiety info):

<https://ontario.cmha.ca/documents/understanding-and-finding-help-for-anxiety/>

- Teen Mental Health - <http://teenmentalhealth.org/>

- Sharon Shelby, Anxiety Podcast Episode

<https://michellechalfant.com/podcast/123>

- Info on anxiety - <https://mentalhealthliteracy.org/mental-disorders/generalized-anxiety-disorder/>

Helpful Resources

- **Apps**

- Insight Timer – guided meditations, music and talks
- Headspace – guided meditations, can help improve focus, exercise mindfulness and relieve anxiety (on Netflix and Nike App)
- Calm – relaxation and mindfulness for stress reduction

Helpful Resources

- **Books**

- Get Out of My Life: A Parent's Guide to the New Teenager – Anthony Wolf
- The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress – Gina Biegel
- The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time (Dzung Vo)
- Brainstorm: The Power and Purpose of the Teenage Brain – Dan Siegal