

BOOK

WEBSITES

WEBSITES (CONT.)

Brave
by Lisa Barnes

National Suicide
Prevention Lifeline

**Suicide . . .
Read This First**

American Foundation for
Suicide Prevention


Depression and Bipolar
Support Alliance (For Teens)

BOOKS

**Braver Stronger Smarter:
A Girls Guide to
Overcoming Worry
& Anxiety**
by Sissy Goff

Brave
by Lisa Barnes

For Kids

BOOKS	BOOKS (CONT.)	BLOGS
 <p>Raising Worry-Free Girls by Sissy Goff</p>	<p>The Five Love Languages of Teenagers: The Secret of Loving Teens Effectively by Gary Chapman</p>	<p>The Parent Cue: "Helping Your Child Through Grief"</p>
<p>Under Pressure by Lisa Damour, Ph.D</p>	<p>The Whole Brain Child by Daniel Siegel</p>	<p>The Parent Cue: "4 Ways to Maintain Mental and Emotional Wellness During a Crisis"</p>
<p>Companion Conversation Guide to Under Pressure</p>		<p>The Parent Cue: "How to Support Someone Through Grief"</p>
<p>Freeing Your Child From Anxiety by Tamar Chansky</p>		<p>The Parent Cue: "The Suicide Talk"</p>
<p>The Bipolar Disorder Survival Guide: What You and Your Family Need to Know by David J. Miklowitz</p>		<p>The Parent Cue: "Four Things You Can Do To Start The Conversation On Suicide With Your Middle Schooler"</p>
<p>The Bipolar Child by Demetri Papolos, M.D. and Janice Papolos</p>		<p>The Parent Cue: "I'm A Parent Who Struggles with Depression"</p>
<p>Building Bonds of Attachment: Awakening Love in Deeply Troubled Children by Daniel Hughes, Ph.D</p>		<p>The Parent Cue: "Empathy is Tonic"</p>
<p>Attachment-Focused Parenting: Effective Strategies to Care for Children by Daniel Hughes, Ph.D</p>		<p>Orange Kids Blog: "How to Make Elementary Schoolers Feel Safe and Loved"</p>
<p>The Power of Showing Up by Daniel J. Siegel</p>		<p>YS Blog: "Managing Fear and Anxiety During a Health Pandemic"</p>
<p>Untangled: Guiding Teenage Girls Through the Seven Transitions Into Adulthood by Lisa Damour, Ph.D</p>		<p>YS Blog: "Mental Health + Families"</p>

BLOGS (CONT.)

PODCASTS

WEBSITES

Fuller: "Naming Loss and Gratitude with Young People in These Uncertain Days"	Parent Cue Live: "Helping Kids Cope With Anxiety, Episode 21"	National Suicide Prevention Lifeline
Fuller: "Naming and Navigating Depression in the Lives of Teenagers"	Parent Cue Live: "How to Recognize the Signs of Teen Depression & Suicide, Episode 72"	Anxiety and Depression Association of America: "Suicide Prevention Tips for Kids and Teens"
Fuller: "Helping Adolescents Work Through the Rising Tide of Anxiety"	Parent Cue Live: "How To Teach Your Kids Patience in an Impatient World, Episode 71"	Anxiety and Depression Association of America: "Help Your Child Manage Traumatic Events"
Fuller: "What's the difference between stress and anxiety? 3 signs"	Parent Cue Live: "How To Recognize When Your Kid Is in Crisis, Episode 65"	Kids Health: "Childhood Stress"
Fuller: "7 strategies to respond to teenage girls' stress and anxiety"	Parent Cue Live: "Helping Kids Navigate Through Crisis, Episode 20"	Kids Health: "Depression"
Fuller: "Busting myths about teen girl anxiety"	Fuller: "Faith in an Anxious World Parenting Podcast, Episode 1"	Child Mind Institute: "Anxiety"
Fuller: "4 Steps to Help a Stressed Teenager"	Fuller: "Faith in an Anxious World Parenting Podcast, Episode 2"	Child Mind Institute: "Depression"
Fuller: "How do I help busy and stressed teenagers and young adults? Two new rules of thumb"	Fuller: "Faith in an Anxious World Parenting Podcast, Episode 3"	Child Mind Institute: "Suicide and Self-Harm"
	Fuller: "Faith in an Anxious World Parenting Podcast, Episode 4"	Child Mind Institute: "Trauma and Grief"
	Parent Tips: "Teen Anxiety with Jonathan and Dr. Kara Powell"	American Foundation for Suicide Prevention

WEBSITES (CONT.)

VIDEOS

Suicide— Read This First		YOU TUBE: "Presence, Parenting, and the Planet" by Dan Siegel
American Association for Marriage and Family Therapy		TED Talk: Tackling the Mental Health Crisis in Our Youth
American Counseling Association		TED Talk: Shattering the Silence: Youth Suicide
The National Child Traumatic Stress Network		"Kids in the House: A Unique Approach to Parenting Teenagers" by Dan Siegel
National Alliance on Mental Illness		
Substance Abuse and Mental Health Services Administration		
Depression and Bipolar Support Alliance (For parents)		