

# ANXIETY, DEPRESSION, AND MENTAL HEALTH RESOURCES

## RESOURCES FOR ANXIETY DISORDERS

### Websites:

- [www.childanxiety.net](http://www.childanxiety.net)
- [www.anxietybc.com](http://www.anxietybc.com)
- [www.kidshealth.org](http://www.kidshealth.org)
- [www.aboutkidshealth.ca](http://www.aboutkidshealth.ca) -- Hospital for Sick Children website, many health topics, including mental health topics including anxiety
- [www.aacap.org/publications/factsfam/anxious.htm](http://www.aacap.org/publications/factsfam/anxious.htm) - American Academy of Child and Adolescent Psychiatry
- [www.cmha.ca](http://www.cmha.ca)- The Canadian Mental Health Association – a great resources for information on mental health, promotion of mental well-being, etc.

### Books for Parents and Teachers:

- *Keys to Parenting Your Anxious Child*, by Katharina Manassis (2008)
- *Freeing Your Child From Anxiety*, by Tamar E. Chansky (2004)
- *If Your Adolescent Has an Anxiety Disorder*, by Edna B. Foa and Linda Wasmer Andrews (2006)
- *SOS Help for Emotions, Managing Anxiety, Anger and Depression*, by Lynn Clark (2002)

### Books for Children and Adolescents:

- *My Anxious Mind- A Teen's Guide to Managing Anxiety and Panic*, by Michael A. Tompkins and Katherine Martinez
- *A Boy and a Bear- The Children's Relaxation Book*, by Lori Lite
- *Thinking about Thoughts*, by Leanne Matlow
- *What to Do When You're Scared and Worried- a guide for kids*, by James J. Crist
- *What to Do When You Worry Too Much- A Kid's Guide to Overcoming Anxiety*, by Dawn Huebner
- *When My Worries Get Too Big! A Relaxation Book for Children Who Live with Anxiety*, by Kari Dunn Buron
- *What You Must Think of Me- A Firsthand Account of One Teenager's Experience with Social Anxiety Disorder*, by Emily Ford, Michael R. Liebowitz and Linda Wasmer Andrews (2007)

## RESOURCES FOR DEPRESSION

### Websites:

- [www.aboutkidshealth.ca](http://www.aboutkidshealth.ca) – Hospital for Sick Children website, many health topics, including suicide prevention, signs and symptoms to look for, what to do if you are concerned, where to get help
- [www.kidsmentalhealth.ca/parents/mood.php](http://www.kidsmentalhealth.ca/parents/mood.php) - Children’s Mental Health Ontario, mood problems in children and adolescents
- **Your Life Counts!** [www.yourlifecounts.org](http://www.yourlifecounts.org)
- <http://www.mcf.gov.bc.ca/mental%5Fhealth/teen.htm> (PDF booklet on Dealing With Teen Depression) located on right column under More Resources
- [www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/Facts\\_for\\_Families\\_Pages/The\\_Depressed\\_Child\\_04.aspx](http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/The_Depressed_Child_04.aspx) - American Academy of Child and Adolescent Psychiatry
- [www.cmha.ca/mental\\_health/children-and-depression/#.VSf8nNLF9KI](http://www.cmha.ca/mental_health/children-and-depression/#.VSf8nNLF9KI) - Canadian Mental Health Association
- [www.nimh.nih.gov/health/topics](http://www.nimh.nih.gov/health/topics) - National Institute of Mental Health U.S. National Institutes of Health has links to information on many mental health disorders.
- <https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml> - NIMH website includes signs and symptoms to look for, risk factors, 5 actions steps for helping someone in emotional pain, other resources
- [www.suicideinfo.ca](http://www.suicideinfo.ca) - Canadian website with resources, education (online and workshops available), research, information for children, adolescents, youth, adults, and families

### Books for Parents and Youth:

- *Adolescent Depression: A Guide for Parents*, by Francis Mark Mondimore
- *Bipolar Disorder: A Guide for Patients and Families*, by Francis Mark Mondimore
- *Raising a Moody Child: How to Cope with Depression and Bipolar Disorder*, by Mary A Fristad
- *Depression and Your Child: A Guide for Parents and Caregivers*, by Deborah Serani (2015).
- *Rescuing Your Teenager from Depression*, by Norman T Berlinger (2006).
- *Helping Your Teenager Beat Depression: A Problem-Solving Approach for Families*, by Katharina Manassis (2004).
- *Adolescent Depression: A Guide for Parents*, by Francis Mark Mondimore (2002).
- *Your Adolescent: Emotional, Behavioral, and Cognitive Development from Early Adolescence Through the Teen Years*, by David Pruitt (2000).

### Books for Adolescents:

- *Beyond the Blues: A Workbook to Help Teens Overcome Depression*, by Lisa M. Schab (2008); appropriate for teenagers.
- *Eight Stories Up: An Adolescent Chooses Hope over Suicide*, by DeQuincy Lezine and David Brent (2008); appropriate for teenagers.
- *The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness*, by Mark Williams and John Teasdale (2007); appropriate for older teenagers.

### Therapy Referrals:

- Children's Mental Health Ontario - [www.kidsmentalhealth.ca](http://www.kidsmentalhealth.ca)
- School Counsellors
- Student Health and Wellness Center (through post-secondary education program, often in on-campus college/university student center)
- Private Therapy

**For Crisis: If your children and youth is experiencing a mental health emergency, call 911 or go to your local hospital emergency room**

### Crisis Numbers:

- **KidsHelpPhone:** Available to kids and youth across Canada can call to speak to a counsellor. **This service is free, anonymous, and confidential, and available 24/7. Toll-free: 1-800-668-6868.** There is also a live chat function, where kids and youth up to age 20 can live chat with a counsellor from the Kids Help Phone **website:** [www.kidshelpphone.ca](http://www.kidshelpphone.ca)
- **[1-800-273-TALK](tel:1800273TALK).** If you are in immediate crisis dial 911.
- **1-800-SUICIDE:** If you or someone you know is having thoughts of suicide, **call 1-800-SUICIDE (1-800-784-2433).** TTY (for individuals who are deaf or hearing-impaired): **1-866-872-0133**
- List of crisis telephone support lines across Canada visit **Centre for Suicide Prevention** <http://suicideprevention.ca/need-help/>
- If you live in Ontario, call Tele-health to talk to a registered nurse about your concerns. **Dial 1-866-797-0000.** A nurse can direct you to the nearest hospital and health care professional in your area. You can call access this service seven days a week, 24 hours a day.