



Parent Cue- Anxiety Resources

2022

Mental Health Resources

(Anxiety/Grief/Depression/Suicide/Loneliness/Stress)

For Teenagers

BOOK



Brave
by Lisa Barnes

WEBSITES



National Suicide
Prevention Lifeline

WEBSITES (CONT.)



**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

For more resources like this go to [OrangeLeaders.com](https://www.OrangeLeaders.com).



Mental Health Resources

(Anxiety/Grief/Depression/Suicide/Loneliness/Stress)

For Parents

BOOKS

BOOKS (CONT.)

BLOGS



Raising Worry-Free Girls
by Sissy Goff



The Five Love Languages of Teenagers: The Secret to Loving Teens Effectively
by Gary Chapman



The Parent Cue:
"Helping Your Child Through Grief"



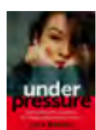
Under Pressure
by Lisa Damour, Ph.D.



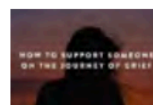
The Whole Brain Child
by Daniel Siegel



The Parent Cue:
"4 Ways to Maintain Mental and Emotional Wellness During a Crisis"



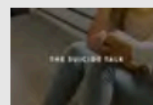
Companion Conversation Guide to Under Pressure



The Parent Cue:
"How to Support Someone Through Grief"



Freeing Your Child From Anxiety
by Tamar Chansky



The Parent Cue:
"The Suicide Talk"



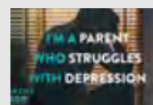
The Bipolar Disorder Survival Guide: What You and Your Family Need to Know
by David J. Miklowitz



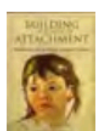
The Parent Cue:
"Four Things You Can Do To Start The Conversation On Suicide With Your Middle Schooler"



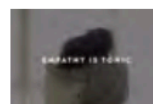
The Bipolar Child
by Demetri Papolos, M.D. and Janice Papolos



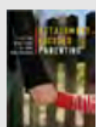
The Parent Cue:
"I'm A Parent Who Struggles with Depression"



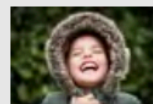
Building Bonds of Attachment: Awakening Love in Deeply Troubled Children
by Daniel Hughes, Ph.D.



The Parent Cue:
"Empathy is Tonic"



Attachment-Focused Parenting: Effective Strategies to Care for Children
by Daniel Hughes, Ph.D.



Orange Kids Blog:
"How to Make Elementary Schoolers Feel Safe and Loved"



The Power of Showing Up
by Daniel J. Siegel



YS Blog:
"Managing Fear and Anxiety During a Health Pandemic"



Untangled: Guiding Teenage Girls Through the Seven Transitions Into Adulthood
by Lisa Damour, Ph.D.



YS Blog:
"Mental Health + Families"

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Mental Health Resources

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For Parents

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"



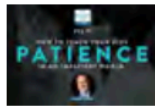
Parent Cue Live:
"How to Recognize the
Signs of Teen Depression
& Suicide, Episode 72"



Anxiety and Depression
Association of America:
"Suicide Prevention Tips
for Kids and Teens"



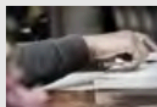
Fuller:
"Helping Adolescents
Work Through the
Rising Tide of Anxiety"



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"



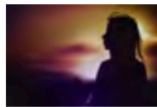
Fuller:
"What's the difference
between stress and
anxiety? 3 signs"



Parent Cue Live:
"How To Recognize
When Your Kid Is in
Crisis, Episode 65"



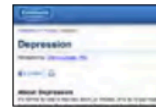
Kids Health:
"Childhood Stress"



Fuller:
"7 strategies to respond
to teenage girls' stress
and anxiety"



Parent Cue Live:
"Helping Kids Navigate
Through Crisis,
Episode 20"



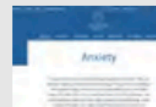
Kids Health:
"Depression"



Fuller:
"Busting myths about
teen girl anxiety"



Fuller:
"Faith in an Anxious
World Parenting
Podcast, Episode 1"



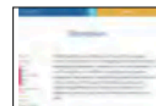
Child Mind Institute:
"Anxiety"



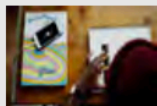
Fuller:
"4 Steps to Help a
Stressed Teenager"



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"



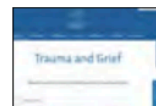
Fuller:
"Faith in an Anxious
World Parenting
Podcast, Episode 3"



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

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Mental Health Resources

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For Parents

WEBSITES (CONT.)

VIDEOS



Suicide—
Read This First



YOU TUBE:
"Presence, Parenting,
and the Planet"
by Dan Siegel



American Association for
Marriage and Family Therapy



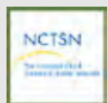
TED Talk:
Tackling the Mental Health
Crisis in Our Youth



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

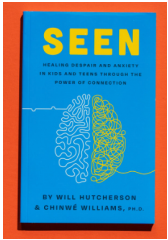


Depression and Bipolar
Support Alliance (For parents)

For more resources like this go to [OrangeLeaders.com](https://www.OrangeLeaders.com).



Other resource recommendations:



Books-

Seen-Healing Despair And Anxiety In Kids And Teens Through The Power Of Connection

https://store.thinkorange.com/products/seen-healing-despair-and-anxiety-in-kids-and-teens-through?_pos=1&_sid=8045c7334&_ss=r

Websites:



Worry Wise Kids

worrywisekids.org