

# RESOURCES FOR KIDS

## ANXIETY AND DEPRESSION

### BOOKS

- Depression: A Teen's Guide to Survive and Thrive by Jacqueline B. Toner , Claire A. B. Freeland
- Outsmarting Worry (An Older Kid's Guide to Managing Anxiety) by Dawn Huebner
- What to Do When You're Cranky & Blue: a Guide for Kids by James Crist,
- Can I Tell You about Anxiety? A Guide for Friends, Family, and Professionals by Lucy Willetts & Polly Waite,
- Guts by Raina Telgemeier

### YOUTUBE

- 5 Ways to Talk about Depression with Your Parents (psych2go)
- Things people with Anxiety want their friends to know (The mighty)

### APPS

- Calm
- Mindshift CBT

### WEBSITES

[www.ok2talk.org](http://www.ok2talk.org)

### TED TALKS

- Don't suffer from your depression in silence
- Rethinking anxiety: Learning to face fear | Dawn Huebner

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