

Helpful Websites

Help pages

Child Mind Institute

Dedicated to transforming the lives of children struggling with mental health and learning disorders.

Symptom Checker

The Symptom Checker analyzes your answers to give you a list of psychiatric or learning disorders that are associated with those symptoms.

Anxiety Basics

In this guide you'll learn the signs and symptoms of different anxiety disorders, and how they are treated.

Parents Guide to Getting Good Care

“In this guide we take you through the steps to finding the best professional (or team) for your child, and the most appropriate treatment for the disorder or disability.”

Teen Mental Health.org

Great resource on Teen Mental Health for teens and families

ok2Talk

A place where teens can share what's on their mind

National Suicide Prevention Lifeline

24-Hour Suicide Hotline

1-800-273-TALK (8255)

National Alliance on Mental Illness

The nation's largest grassroots mental health organization dedicated to building better lives

Community / Forums

ok2Talk

A place where teens can share what's on their mind

www.anxietyzone.com

Offers a nice community forum for questions and answers.

WebMD: What Are Support Groups for Anxiety?

Hearing from others who know what it's like can make you feel less isolated and help you find new ways to deal with nervous feelings.

www.stresscenter.com

Offers newsletter, on-line chats and other resources.

www.recovery-inc.org

Recovery, Inc. is a nonprofit mental health self-help organization that offers weekly group meetings for people suffering from various emotional and mental conditions.

www.panicsurvivor.com

This site offers news, survivor stories for all anxiety disorders, a bulletin board and forums.

Panic Disorders

Panic Disorder Basics

This guide explores the signs and symptoms of panic disorder, how it is diagnosed and the best treatments.

for the millions of Americans affected by mental illness.

National Institute of Mental Health (NIMH)

Transforming the understanding and treatment of mental illnesses.

Substance Abuse and Mental Health Services Administration (SAMHSA)

The agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation.

Behavioral Health Treatment Services Locator

A confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S.

Depression and Bipolar Support Alliance

DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders.

<http://kathyeugster.com/articles/article004.htm> **OCD**
Anxiety in Children

Generalized Anxiety Disorder Basics

In this guide you'll find common signs and symptoms of GAD, criteria used for diagnosis and up-to-date treatment options.

Acute Stress Disorder

Acute Stress Disorder is a less severe and long-lasting condition than the better-known post-traumatic stress disorder (PTSD).

Separation Anxiety Disorder Basics

In this guide you'll find information on how to recognize separation anxiety, how it's diagnosed and how it's treated.

<https://www.helpguide.org/SeparationAnxietyinChildren>

www.panicattacks.com.au

A straight-forward web site offering guidance for those with panic attacks from someone who has been there.

www.paniccure.com

Inspiration and guidance for those healing from panic disorder and agoraphobia.

www.panicend.com

Suggestions for responding to panic attacks from someone who's been there.

www.panicla.com

Offers definitions of terms regarding anxiety disorders and treatment options. Also find out about their book, Living with Panic Disorder.

www.panicattackhelper.com

Information and motivation for people who suffer from panic attacks and anxiety.

www.doyoupanic.co.uk

A personal case study of one person's recovery from obsessive panic.

Parents Guide: How to Help A Child with OCD

This guide explains the often confusing behaviors that can be associated with OCD in children, and the effective treatments for helping kids who develop it.

www.ocdcentre.com

Serving OCD sufferers and their families in the UK. Offering free and fee-based service.

www.ocdeducationstation.org

OCD Education Station" is a unique resource designed to educate school personnel on how to identify and assist students who may have symptoms of OCD Also a great tool for

<https://www.teenlife.com/category/therapeutic/> parents working with school personnel on Therapeutic Schools managing their child's OCD.

<http://anxieties.com/>
Links to Dozens of Anxiety Related Resources

<https://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>
Types of Treatment

ADAA.org
The Anxiety Disorders Association of America, the national non-profit organization for consumers, clinicians and researchers.

ADAA: Anxiety Screening Tools
Screen yourself or a family member for an anxiety disorder or depression.

American Psychological Association
How stress affects your health

Anxiety Australia
Helpful resources for those in Australia.

Anxiety Coach
Lots of good advice on several anxiety disorders from a leading expert.

Anxiety No More
Informational site from an ex-sufferer of anxiety.

Anxiety Recovery
Anxiety Disorder Treatment and Recovery in West Los Angeles.

BluePages
Comprehensive, evidence-based information about depression and its treatment (including medical, psychological and alternative therapies). BluePages also includes interactive depression and anxiety quizzes, descriptions of the experience and symptoms of depression, a relaxation download, and

www.OCDHOTLINE.com
OCD Hotline of NY/NJ offers visitors the chance to submit their confidential questions and get a FREE reply within 24 hours, with no obligation.

www.ocduk.org
Developed to assist people in the United Kingdom who suffer from OCD.

www.oed-world.org.uk
information, advice and support to those with obsessive compulsive disorder

Social Anxiety

Social Anxiety Disorder Basics
Social Anxiety Disorder Basics

www.socialanxietyassist.com.au
Helpful resources on social anxiety in Australia

www.speakeeezi.com
Overcome stage fright with gradual exposure in manageable steps. The Public Speaking & Social Anxiety Clinic of New York

www.shakeyourshyness.com
A site dedicated to helping people overcome shyness through education.

www.shypassions.com
Free online community site for shy and socially anxious singles.

<http://personself.com/how-to-overcome-shyness/>
A great set of 24 actionable steps you can take to overcome social anxieties.

extensive resources for help. Participation is free and anonymous.

Calm Clinic

A website that shows anxiety sufferers where to start treating their anxiety. It covers topics such as treatment, symptoms, causes, methods, specific issues related to anxiety, diet considerations and many other topics.

Depression Guide

Guide to the entire range of mental health disorders. Shows that anxiety disorder has many different forms as well as degree of severity with treatment options.

Ecouch.anu.edu.au

e-hub's latest interactive self-help program includes modules for social anxiety, generalised anxiety and depression. It provides self-help training drawn from cognitive, behavioural and interpersonal therapies as well as relaxation and exercise. Participation is free and anonymous. Modules for panic disorder, bereavement and relationship breakdown will be deployed in 2010.

www.factsforhealth.org

Resources for social anxiety and PTSD from a non-profit organization.

www.healingwell.com

A guide to diseases, disorders and chronic illness. Go to "Conditions" and find the Anxiety-Panic Resource Center.

www.health-care-clinic.com

Online health care guide for family, men, women, child. Information on all diseases with their symptoms, treatment, causes and info on drugs starting from A to Z.

www.myanxietycompanion.com

Developed by women who suffers from an anxiety disorder who wants to impart her opinions, book reviews, and other self-help

www.helpguide.org/

Social Anxiety, Social Anxiety Disorder / Social Phobia: Symptoms, Types, Causes, Treatment, and Support

www.factsforhealth.org

Resources for social anxiety and PTSD from a non-profit organization.

PTSD

National Institute of Mental Health: Post-Traumatic Stress Disorder

PTSD is a disorder that develops in some people who have experienced a shocking, scary, or dangerous event.

www.factsforhealth.org

Resources for social anxiety and PTSD from a non-profit organization.

www.DivePsych.com

Information on panic and PTSD in scuba divers.

http://forterustreatment.com/ptsd/

Comprehensive set of pages, outlining the essence of PTSD and the various options for treatment.

www.giftfromwithin.org

A non-profit organization that is a resource for PTSD (post-traumatic stress disorder) survivors and caregivers.

http://www.onthewagon.org/mental-health-and-exercise/

Here is a solid, well-done summary about how exercise can help anxiety, PTSD and depression.

Specific Phobias

and consumer guidance for others with anxiety.

www.soberrecovery.com

Alcohol, drug abuse and recovery issues in general

www.total-health-care.com/

Advice on how to maintain a healthy lifestyle from infancy to old-age.

<https://www.tuck.com/anxiety-guide-sleep/>

An excellent resource for sleep and anxiety, and good sleep health.

<https://upgradedpoints.com>

This is a fine review of some basic but helpful resources for the fear of flying, including some newer apps and a high-quality, infographic.

www.way2hope.org/changing_mental-emotional_health.htm

Help with fear, anxiety, insecurity, panic, depression, grief, addictions, eating disorders, etc.

Waypoint Academy

A specialized boarding school of 36 students and is dually-licensed as an independent school and residential treatment center.

Mountain Valley Treatment Center

A unique, non-profit, short-term residential treatment center for adolescent boys and girls struggling with OCD and anxiety disorders.

Forefront

A Washington State nonprofit offering advances in innovative approaches to suicide prevention ... Goal: To reduce the suicide rate in Washington State by twenty percent by 2020.

The Stability Network

A growing community of people who successfully live and work with mental health conditions. We openly share our own paths to

Miami Helicopter

This page gives a brief summary of suggestions to overcome the fear flying.

Fear of Flying School

This is a wonderful resource, providing a great deal of information, for free, to those who want to fly more comfortably.

Fear Free Flying

focuses on coping with flying anxiety and aerophobia.

Dental Fear Central

Self-help for anyone suffering with dental phobia, anxiety, or specific dental fears. Includes a support forum and dentist recommendations and reviews.

www.dentalphobia.co.uk

written by dentists who specialize in treating people with dental phobia. An excellent source of information and advice.

DivePsych

Information on panic and PTSD in scuba divers.

Hypnoperth

Nice brief overview about phobias and panic attacks and several methods of treatment.

Paruresis.org

A non-profit organization for anyone suffering from shy bladder.

Mindfulness

MindfulRecovery.com

Life-long anxiety reduction is taught in a 8 phase program that integrates Mindfulness Meditation and Cognitive Behavioral Therapy.

stability to inspire hope and help others find theirs.

Kelty Mental Health

A provincial resource centre that provides mental health and substance use information, resources, and peer support to children, youth and their families from across BC.

Anxiety BC

A leader in developing online, self-help, and evidence-based resources on anxiety and anxiety disorders.

Teen Mental Health (Dr. Stan Kutcher)

Works to create, develop and deliver nationally and internationally recognized research, education and clinical programs by collaborating with health care providers, policymakers, schools, the business community, non-profit organizations and the general public.

Foundry BC

Everyone feels anxious at times, but too much anxiety can get in the way of daily life. Anxiety can become a problem when it doesn't go away, gets worse and/or makes it hard for you to do the things you want to do.

Kids Health

What is anxiety?

Anxiety.org: 4 Steps to Finding the Right Therapist for You and Your Anxiety

This article will provide some suggestions for where to start and what sort of questions you should be asking when you evaluate a therapist.

Mental Health Resource Guide for College Students | Maryville Online

Whether you or a loved one is a student is seeking support, the following information and resources curated by Maryville University Online may help provide some insight and relief.

USC School of Social Work

USC School of Social Work's online MSW program provides a Mindfulness for Healthy Living Toolkit containing a list of mindfulness tips, tricks, and meditations which can support mental health recovery and act as an early intervention tool.

Susan Kaiser-Greenland

Susan Kaiser-Greenland is expert in mindfulness and education.

Mindfulness in schools

Mindfulness in schools

UK Mindfulness in schools

UK Mindfulness in schools

Koru Mindfulness

Mindfulness for College Students, twenty somethings

Inward Bound Mindfulness Education

Mindfulness retreats for teens

Cognitive Behavioral Therapy

(CBT)

www.moodgym.anu.edu.au

A popular interactive program that teaches cognitive-behaviour therapy skills for preventing and coping with depression. MoodGYM has been extensively researched and its effectiveness has been demonstrated in randomised controlled trials. Participation is free and anonymous.

www.cogbtherapy.com/about-cbt

This site provides great information for potential clients about the various forms of cognitive behavioral therapy and what a client can expect in treatment.

Find a CBT Therapist

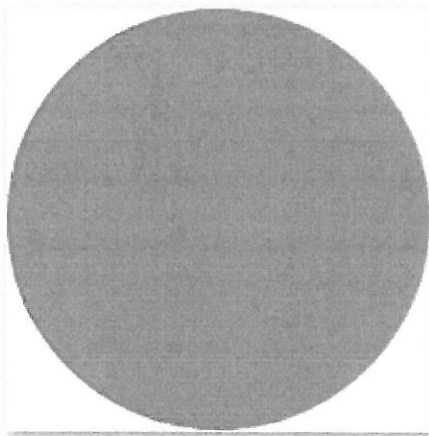
Find a Cognitive Behavioral Therapist

Apps



Tools For Peace

iOS, Android, Web
Daily Mindfulness



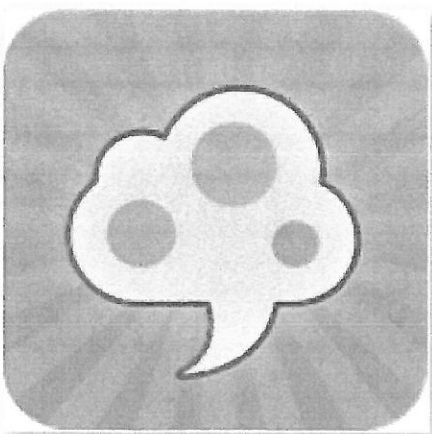
Headspace

iOS, Android, Web
Guided meditation sessions
and mindfulness training



What's Up?

iOS
Utilises some of the best
CBT (Cognitive Behavioural
Therapy) and ACT
(Acceptance Commitment
Therapy) methods to help
you cope with Depression,
Anxiety, Anger, Stress and
more.



SAM App

iOS, Android
An application to help you



Whil

iOS, Android
A digital mindfulness app for
schools and companies



Max Impact TBI app

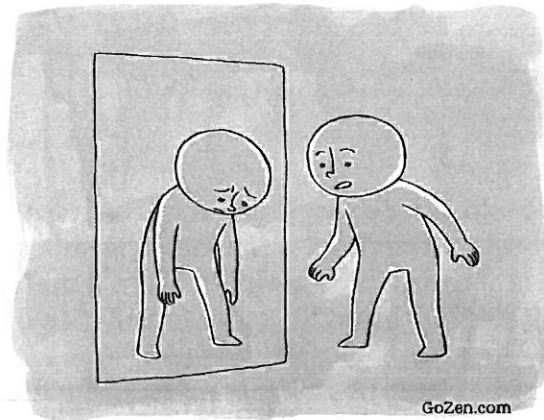
How to Stop Automatic Negative Thoughts

All kids blow up or jump to conclusions at times, but consistently distorting reality is innocuous.

"I didn't get invited to Julie's party... I'm such a loser."

"I missed the bus... nothing ever goes my way."

"My science teacher wants to see me... I must be in trouble."



These are the thoughts of a high school student named James. You wouldn't know it from his thoughts, but James is actually pretty popular and gets decent grades.

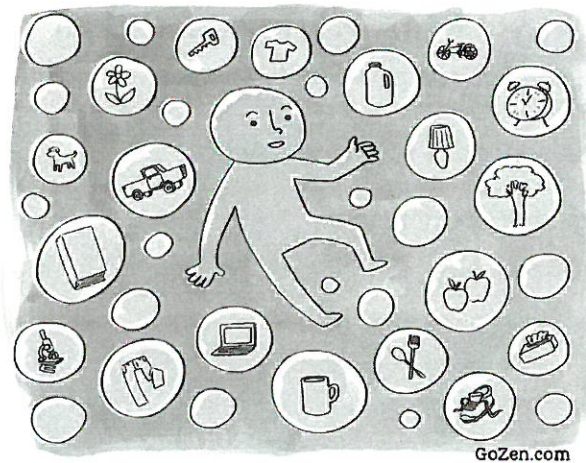
Unfortunately, in the face of adversity, James makes a common error; he falls into what I like to call "thought holes." Thought holes, or cognitive distortions, are skewed perceptions of reality. They are negative interpretations of a situation based on poor assumptions. For James, thought holes cause intense emotional distress.

Here's the thing, all kids blow things out of proportion or jump to conclusions at times, but consistently distorting reality is not innocuous. Studies show self-defeating thoughts (i.e., "I'm a loser") can trigger self-defeating emotions (i.e., pain, anxiety, malaise) that, in turn, cause self-defeating actions (i.e., acting out, skipping school). Left unchecked, this tendency can also lead to more severe conditions, such as depression and anxiety.

Fortunately, in a few steps, we can teach teens how to fill in their thought holes. It's time to ditch the idea of positive thinking and introduce the tool of accurate thinking. The lesson begins with an understanding of what causes inaccurate thinking in the first place.

We Create Our Own (Often Distorted) Reality

One person walks down a busy street and notices graffiti on the wall, dirt on the pavement and a couple fighting. Another person walks down the same street and notices a refreshing breeze, an ice cream cart and a smile from a stranger. We each absorb select scenes in our environment through which we interpret a situation. In essence, we create our own reality by that to which we give attention.



Why don't we just interpret situations based on all of the information? It's not possible; there are simply too many stimuli to process. In fact, the subconscious mind can absorb 20 million bits of information through the five senses in a mere second. Data is then filtered down so that the conscious mind focuses on only 7 to 40 bits. This is a mental shortcut.

Shortcuts keep us sane by preventing sensory overload. Shortcuts help us judge situations quickly. Shortcuts also, however, leave us vulnerable to errors in perception. Because we perceive reality based on a tiny sliver of information, if that information is unbalanced (e.g., ignores the positive and focuses on the negative), we are left with a skewed perception of reality, or a thought hole.

Eight Common Thought Holes

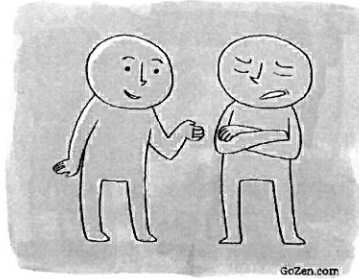
Not only are we susceptible to errors in thinking, but we also tend to make the same errors over and over again. Seminal work by psychologist Aaron Beck, often referred to as the father of cognitive therapy, and his former student, David Burns, uncovered several common thought holes as seen below.

- **Jumping to conclusions:** judging a situation based on assumptions as opposed to definitive facts
- **Mental filtering:** paying attention to the negative details in a situation while ignoring the positive
- **Magnifying:** magnifying negative aspects in a situation
- **Minimizing:** minimizing positive aspects in a situation
- **Personalizing:** assuming the blame for problems even when you are not primarily responsible
- **Externalizing:** pushing the blame for problems onto others even when you are primarily responsible
- **Overgeneralizing:** concluding that one bad incident will lead to a repeated pattern of defeat
- **Emotional reasoning:** assuming your negative emotions translate into reality, or confusing feelings with facts

Going from Distorted Thinking to Accurate Thinking

Once teens understand why they fall into thought holes and that several common ones exist, they are ready to start filling them in by trying a method developed by GoZen! called the 3Cs:

- *Check* for common thought holes
- *Collect* evidence to paint an accurate picture
- *Challenge* the original thoughts



Let's run through the 3Cs using James as an example. James was recently asked by his science teacher to chat after class. He immediately thought, "I must be in trouble," and began to feel distressed. Using the 3Cs, James should first *check* to see if he had fallen into one of the common thought holes. Based on the list above, it seems he jumped to a conclusion.

James's next step is to *collect* as much data or evidence as possible to create a more accurate picture of the situation. His evidence may look something like the following statements:

"I usually get good grades in science class."

"Teachers sometimes ask you to chat after class when something is wrong."

"I've never been in trouble before."

"The science teacher didn't seem upset when he asked me to chat."

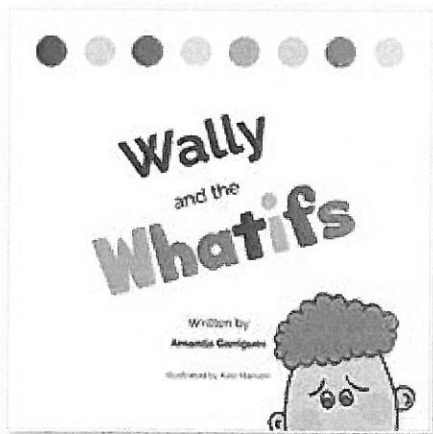
With all the evidence at hand, James can now *challenge* his original thought. The best (and most entertaining) way to do this is for James to have a debate with himself.

On one side is the James who believes he is in big trouble with his science teacher; on the other side is the James who believes that nothing is really wrong. James could use the evidence he collected to duke it out with himself! In the end, this type of self-disputation increases accurate thinking and improves emotional well-being.

Let's teach our teens that thoughts, even distorted ones, affect their emotional well-being. Let's teach them to forget positive thinking and try **accurate thinking** instead. Above all, let's teach our teens that they have the power to choose their thoughts.

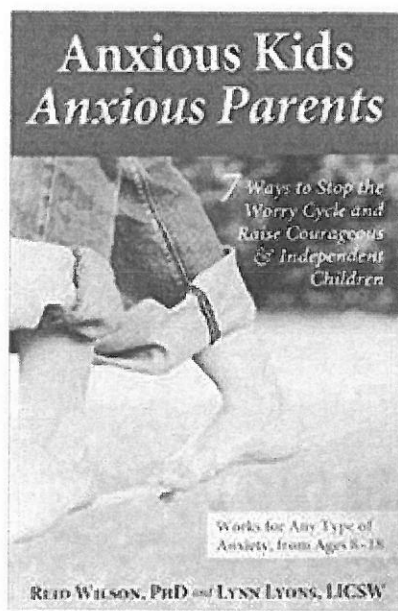
As the pioneering psychologist and philosopher, William James, once said, "The greatest weapon against stress is our ability to choose one thought over another."

Books



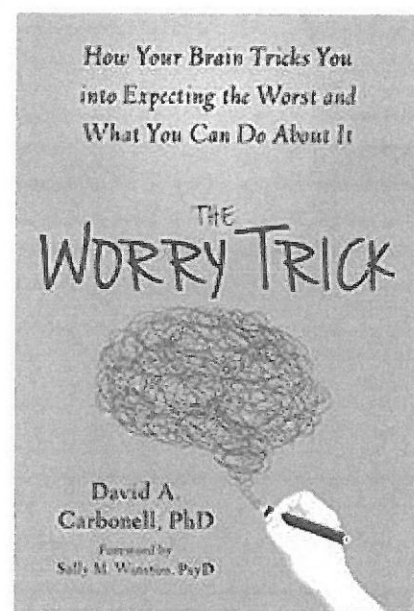
Wally and the Whatifs: A children's book about a little boy who faces intense anxiety And how he manages to work through it.

by Amanda Garrigues and illustrated by Kate Hanson



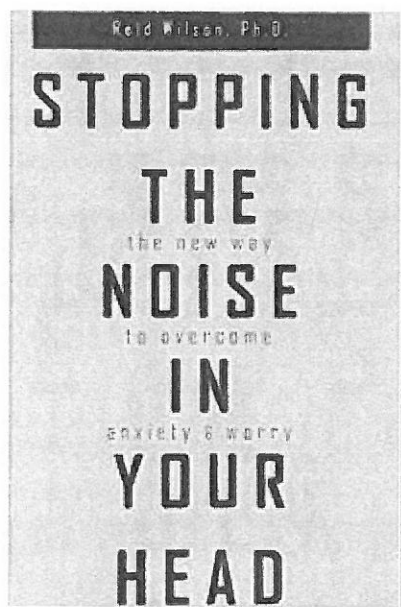
Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise courageous & Independent Children

by Reid Wilson and Lynn Lyons

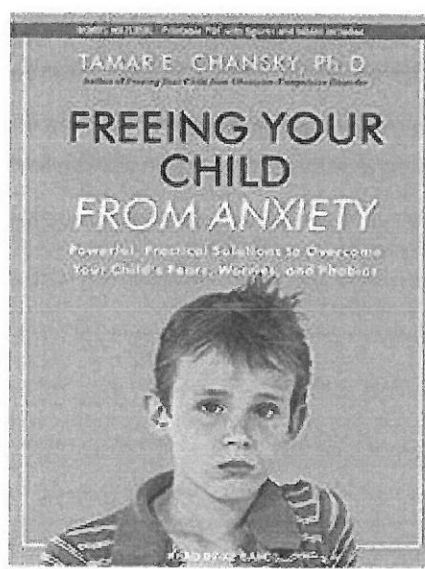


The Worry Trick: How Your Brain Tricks You into Expecting the Worst and What You Can Do About It

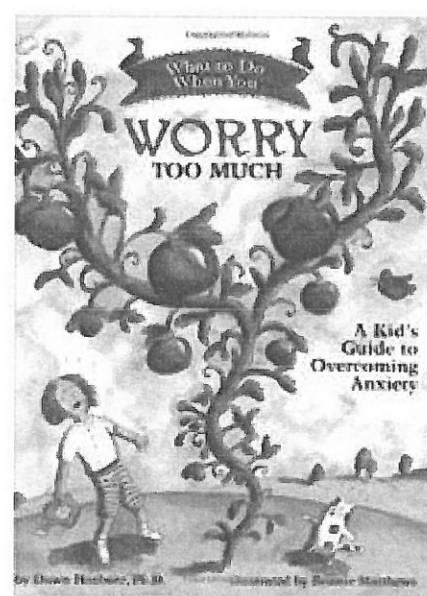
by David A Carbonell PhD



Stopping the Noise in Your



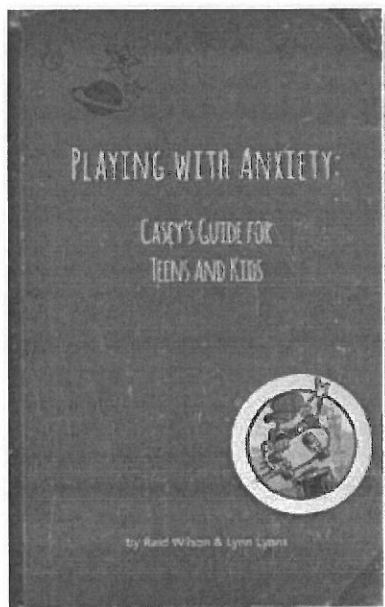
Freeing Your Child From Anxiety: Powerful,



What to Do When You

Head: The New Way to Overcome Anxiety and Worry

by Dr. Reid Wilson

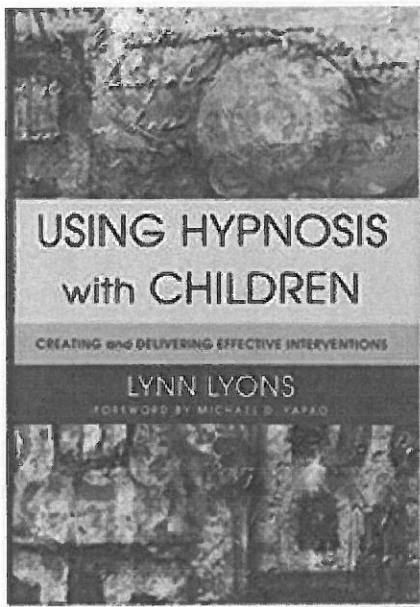


Playing With Anxiety: Casey's Guide for Teens and Kids

by Reid Wilson and Lynn Lyons

Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias

by Tamar Chansky Ph.D.

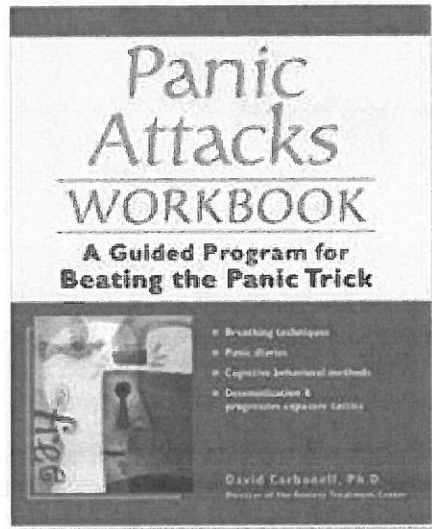


Using Hypnosis with Children: Creating and Delivering Effective Interventions

by Lynn Lyons

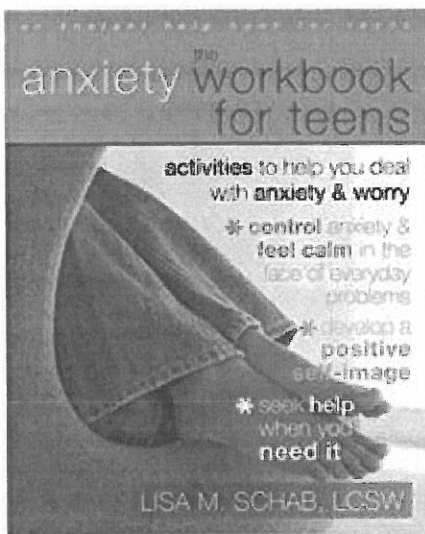
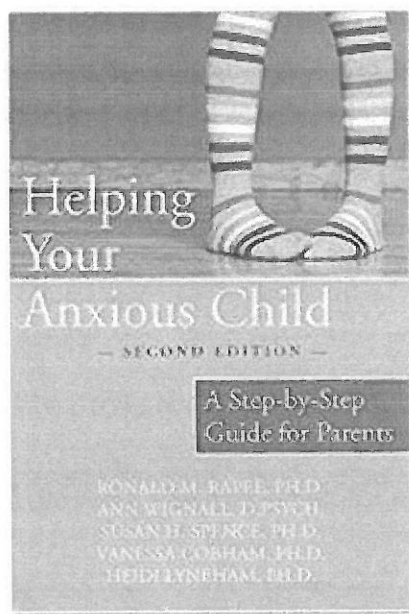
Worry Too Much: A Kid's Guide to Overcoming Anxiety

by Dawn Huebner



Panic Attacks Workbook: A Guided Program for Beating the Panic Trick

by David A Carbonell PhD



The Anxiety Workbook for

