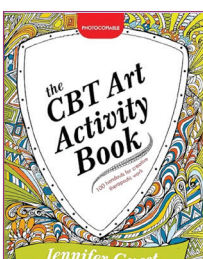
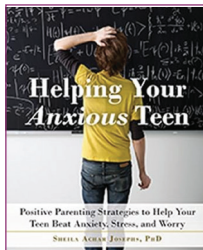
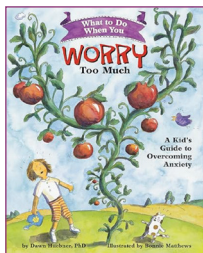
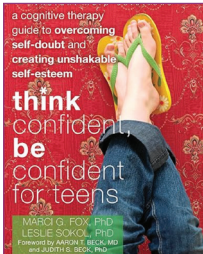
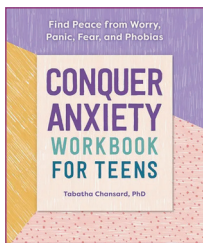
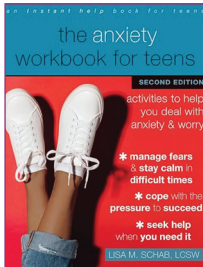




Workbooks



Recommended Apps

Self Help for Anxiety Management

- Self-monitoring of anxiety with graphical display.
- 25 self help options covering: information about anxiety, thinking and anxiety, physical relaxation, and mental relaxation.
- Guidance on putting self-help into practice.
- Closed social network of users



7 Cups

- Offers free, anonymous 24/7 emotional support and
- Counseling from trained active listeners.
- Community forums and chat rooms to share what users are feeling/going through.
- Communication with other teens who understand and can relate.



Moodtrack Social Diary.

- Helps them identify their mood and tracks their mood swings in a graph.
- Option to chat anonymously with other users to form a support group.
- Saves all posts in timeline form of date/time.
- Sense of community among users.



Headspace

- 10 minute FREE sessions on how to meditate and practice mindfulness.
- Short videos with good visualization.
- Kids section organized by age group.



Web Resources

[American Academy of Child and Adolescent Psychology \(AACAP\)](https://www.aacap.org)

[Nemours Kidshealth](https://kidshealth.org)

[American Psychological Association](https://www.apa.org)

[Anxiety and Depression Association of America](https://www.adaa.org)

PEDIATRICA.COM