

# **change your narrative**

Anxiety Matters Resources

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## Communities Which Offer Anxiety Support

**To Write Love On Her Arms -**

<https://twloha.com/find-help/>

Offers a search for free or low cost therapy options to connect with a therapist.

**7 Cups Of Tea -**

<https://www.7cups.com/depression-help-online/>

Offers chat rooms to begin a conversation, plus educational videos and when to seek professional help.

**Lifeline Crisis Chat -**

<https://www.contact-usa.org/chat.html>

Offers free, online chatting with trained individuals.

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## **Love Is Respect -**

<https://www.loveisrespect.org>

Offers education, support and advocacy to those facing complicated dating issues, along with a live chat feature connecting you to trained advocates.

## **Remedy Live -**

<https://www.remedylive.com/depression>

Offers a faith-based videos on mental health issues along with trained advocates who want to connect.

## **Anxiety And Depression Association Of America -**

<https://adaa.org/supportgroups>

Provides a listing of support groups, including a search feature to find a group near you.

## **Heads Up Guys -**

<https://headsupguys.org/take-action/>

Provides action points and support specifically for men from men.

## **OK2 Talk -**

<https://ok2talk.org>

Offers online support, education, and relatable stories for teens and young adults who battle mental health.

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## Anxiety Support Resources For Families

**The National Alliance On Mental Illness** has a directory of support groups for you and your family.

<https://www.nami.org/find-support/nami-programs/nami-family-support-group>

**The Society For Adolescent Health And Medicine** has a comprehensive listing of additional support options.

<https://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Mental-Health/Mental-Health-Resources-For-Parents-of-Adolescents.aspx>

**The Depression And Bipolar Alliance Support Alliance** offers connection to local chapters.

[https://secure2.convio.net/dabsa/site/SPageServer/PageServer?pagename=help\\_family\\_center\\_support](https://secure2.convio.net/dabsa/site/SPageServer/PageServer?pagename=help_family_center_support)

**Family Caregiver Alliance** provides a map of network help in your area.

<https://www.caregiver.org/family-care-navigator>

### Insight For Siblings

[https://www.huffpost.com/entry/sibling-mental-illness\\_n\\_59aeca9ee4b0dfaafcf2df44](https://www.huffpost.com/entry/sibling-mental-illness_n_59aeca9ee4b0dfaafcf2df44)

<https://www.bustle.com/articles/113804-7-signs-your-sibling-is-depressed>

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**The American Depression And Anxiety Association** of America has a screening tool for you to use and share with your child's doctor. It can be found here:

<https://adaa.org/living-with-anxiety/ask-and-learn/screenings/screening-anxiety-disorder-children>

## Identifying The Signs Of Anxiety In Children

<https://www.anxiety.org/causes-and-symptoms-of-anxiety-in-children>

Key indicators of anxiety, along with resources to help them.

## ReachOut.com Apps Collection

<https://au.reachout.com/tools-and-apps>

Hosts 53 different professionally-reviewed tools and apps which promote mental health.

## Anxiety Treatment Options

<https://www.anxiety.org/treatments>

Discusses the various forms of treatments, medications, and resources.

Additionally, the **Mayoclinic** and **CDC** have helpful guides which can come along side of you as you find your child the support they might need.

<https://www.cdc.gov/childrensmentalhealth/depression.html>

<https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/mental-illness-in-children/art-20046577>

**NBC News** created a check in with 14 questions to ask your child, if you wonder if they are anxious.

<https://www.nbcnews.com/better/lifestyle/mental-health-check-14-questions-ask-your-child-ncna1006936>

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## Mental Health Resources For Teenagers

### Time To Talk: Talking To Your Parents

<https://www.mhanational.org/time-talk-talking-your-parents>

Includes reactions to thoughts and feelings you might be having about talking with your parents and how you can build courage in order to find support.

### Tips For Talking About Your Mental Health

<https://www.mhanational.org/time-talk-tips-talking-about-your-mental-health>

Includes a letter template to help you get started with beginning an important conversation.

### How To Tell Your Parents You Are Suicidal

<https://themighty.com/2016/12/how-to-tell-your-parents-you-want-to-die/>

Key tips for having an important conversation.

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## Resources For Teachers

### Vantage Point Recovery

<https://vantagepointrecovery.com/students-with-mental-health-disorders/>

Guidance for teachers to help students who struggle with mental health disorders.

### Classroom Mental Health

<https://classroommentalhealth.org>

Provides insights for teachers to help guide students to navigate their mental health.

### When Something's Wrong – Strategies For Teachers

<https://www.cmho.org/documents/res-cprf-teachers-2007.pdf>

A Free PDF handbook for teachers

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## **Tips For Talking About Your Mental Health**

<https://www.mhanational.org/time-talk-tips-talking-about-your-mental-health>

Includes several prompts which help students get started with beginning an important conversation, including a letter template. Can be used to young people frame the discussion.

## **Mental Health First Aid**

<https://www.mentalhealthfirstaid.org>

Offers intensive, 8-hour trainings worldwide on topics of mental health.

## **National Association Of Mental Illness, Community Presentation**

<https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Ending-the-Silence>

[From their site:] NAMI Ending the Silence presentations include two leaders: one who shares an informative presentation and a young adult with a mental health condition who shares their journey of recovery.

## **My Younger Self – Videos:**

<https://childmind.org/myyoungerself/>

The Child Mind Institute created the #MyYoungerSelf campaign which seeks to begin a conversation for children struggling with mental health. Offers short video clips of influencers who share their journey.

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## Resources For Ministry Leaders

**How to Build Education, Understanding & Community Around Someone Who Is Struggling**

<https://www.youtube.com/watch?v=xF3kXLz2MQs>

Life.Church

Offers a roundtable discussion of how to be supportive of someone who struggles.

**Tips For Students – How To Talk About Mental Health**

<https://www.mhanational.org/time-talk-tips-talking-about-your-mental-health>

Includes several prompts which help students get started with beginning an important conversation, including a letter template. Can be used to helping young people frame the discussion.

**10 Free Ways Your Church Can Stop Mental Health Stigma**

<https://churchandmentalhealth.com/10-free-ways-your-church-can-stop-mental-health-stigma/>

Offers actionable steps to create a haven of support within your community.

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## **How To Create A Suicide Prevention Policy**

<https://churchandmentalhealth.com/creating-a-church-suicide-prevention-policy/>

Offers your leaders a template for drafting policy and procedures when an individual shares suicidal thoughts with them.

## **Helping Young People Know How To Talk With Parents**

<https://childmind.org/article/how-to-talk-to-your-parents-about-getting-help-if-you-think-you-need-it/>

## **Integrate Mental Health Awareness Into Your Programs:**

<http://orangeblogs.org/orangeleaders/2018/09/20/mental-health-suicide/>

<https://youthministry.com/helping-students-with-mental-health-issues/>

## **Crisis Conversation Guides High School.**

[http://orangeblogs.org/orangeleaders/wp-content/uploads/sites/6/2018/09/CrisisCG\\_HS.pdf](http://orangeblogs.org/orangeleaders/wp-content/uploads/sites/6/2018/09/CrisisCG_HS.pdf)

## **Rethinking Youth Ministry Podcast: Navigating Mental Health And Suicide In Your Ministry**

<http://orangeblogs.org/xp3students/rym-012-navigating-mental-health-and-suicide-in-your-ministry/>

## **Helping Parents And Youth Workers Understand The Basics Of Mental Health Illness. Free PDF.**

<https://www.downloadyouthministry.com/mental-illness-handbook>

## **How To Help A Student Struggling With Mental Health**

<https://www.youthworker.com/articles/ministry-to-youth-with-mental-illness/>

## **7 Reasons Why Young People With Depression & Anxiety Don't Go To Church**

<https://mentalhealthgracealliance.org/christian-mental-health-and-mental-illness/what-keeps-teens-with-mental-illness-from-coming-to-church52018>

## **A Letter To Youth Pastors About Mental Health.**

<https://themighty.com/2016/05/letter-to-youth-pastors-about-mental-health/>

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## Mental Health Resources For Men - Depression & Anxiety

### Heads Up Guys

<https://headsupguys.org/mens-depression/suicide/>

Site offers male-specific action steps.

### Man Therapy

<https://mantherapy.org>

Site uses humor to discuss difficult topics.

### Suicide Prevention Resource Center

<https://www.sprc.org/populations/men>

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## **Male Depression And Suicide: The Barbers Trying To Get Men To Talk About Their Mental Health**

Channel 4 News

<https://www.youtube.com/watch?v=68Xq2gh-hQ4>

## **Face It Foundation**

<https://www.faceitfoundation.org>

Provides guidance to overcome depression

## **Your Head: An Owner's Manual PDF Resource**

<https://up2sd.org/wp-content/uploads/2016/04/ownersmanual-1.pdf>

Printable PDF filled with resources and tools for those wanting to learn more about male mental health issues.

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