

**change your  
narrative**

**ANXIETY CAN BE  
HARD TO UNDERSTAND.  
WHAT SHOULD I KNOW ABOUT IT?**

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

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**α**  
PRESS

SHIFTING INCOMPLETE STORIES  
OF ANXIETY TOWARDS

TRUTH



# How To Use This Book

Depending on what you are looking for, you can use this book in a variety of ways. Feel free to skim, read every line, or just check out our videos.

We believe important topics call for important conversations which is why some of our material is presented via videos. In order to access the videos, you will need to click the link if you are reading via a digital device such as Kindle. If you have a physical copy of the book, you can access the links via QR codes.

A QR Code looks like this and can be scanned using your device's camera:



On an iOS device, simply open the camera app and point your camera over the code. A notification will pop up, asking if you would like to head to YouTube.

On an Android device, you will need to download a QR code app. Our team recommends several options, all of which are free as of this printing:

- QR & Barcode Scanner
- QR Code Reader
- Free QR Scanner by Avira
- QR DROID PRIVATE
- Kaspersky QR Scanner

## **I Am Glad You Are Here...**

The goal of this book is to create an environment of support along with hosting resource and tools which guide individuals who struggle with anxiety towards wholeness.

You might have picked up this booklet for numerous reasons.

You might have a friend or loved one who struggles, and you are seeking to learn more about what they are going through and how you can support them.

You also could be struggling with anxiety yourself and may wonder what to do.

No matter the reason you are here, you are welcome. We are glad you are reading this and hope to share insight which offers you guidance.

As you go through the next few pages, know I believe in your future and hope you find all of the tools you might be looking for to help you or someone you know to take action and fight back against anxiety which seeks to call the shots in life.

Because each of our stories—are far from over.

## Let's Admit, This Is Hard

I want to acknowledge its hard to know *how* to find ways to take healthy action steps.

Healing is not a one time event. It is a process. Throughout that process, there are numerous obstacles. This must be acknowledged. Yet, even with the challenge, I believe you or someone you care for has what it takes to make it through.

We are rooting for each of you out there, not only once someone completes a journey, but every step inside it.

If you or someone you care for is in danger of harm, please contact one of the numbers below or turn to the resource section at the back of this book for places to turn.

### For Immediate Help:

Covenant House- 1800-999-9999

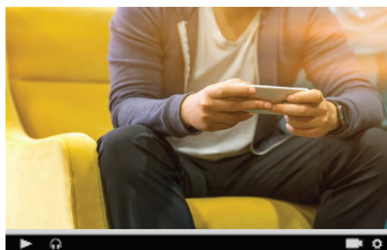
National Suicide Prevention Lifeline - 1-800-273-8255

Youth Crisis Line – 1800 Hit Home

Hopeline 1800-442-5673

<http://www.crisischat.org/chat>

Video: What Is Is Like To Call A Hotline?



<https://youtu.be/6IRGmusmp1M>





SHIFTING THE NARRATIVE  
*of lost hope*

# What Is Anxiety?

Anxiety is a natural, physical response to fear or stress. While everyone faces anxiety at various points in their life, and is quite normal, if prolonged symptoms such as rapid or racing heart, difficulty breathing, persistent, unsubstantiated worrying, or panic attacks—it may be time to consider consulting the advice of a professional to determine if you can receive help for an anxiety disorder.

The Mayo Clinic names common anxiety signs and symptoms as:

- Feeling nervous, restless or tense
- Having a sense of impending danger, panic or doom
- Having an increased heart rate
- Breathing rapidly (hyperventilation)
- Sweating
- Trembling
- Feeling weak or tired
- Trouble concentrating or thinking about anything other than the present worry
- Having trouble sleeping
- Experiencing gastrointestinal (GI) problems
- Having difficulty controlling worry
- Having the urge to avoid things that trigger anxiety<sup>1</sup>

The US Department Of Health And Human Services states the five most common forms of anxiety disorders are:

- Generalized Anxiety Disorder
- Obsessive-Compulsive Disorder (OCD)
- Panic Disorder
- Post-Traumatic Stress Disorder (PTSD)
- Social Phobia (or Social Anxiety Disorder)<sup>2</sup>

Though it may be scary to think about anxiety and how it could affect our everyday lives, looking into the causes, treatment options, and ways to manage anxiety can offer a sense of control many are looking for.

Fear is a powerful thing. And while it is healthy as a short-term warning light—it serves as a terrible master.

We welcome you to come with us on a journey as we look at what it means to shift an incomplete story of anxiety towards truth.

## What Is Anxiety? - Video Discussion



<https://youtu.be/-tC1EQq-Low>

# Why Does Anxiety Happen?

Anxiety is a natural response to fear or stress. However, when an individual is constantly fearful, worried, or stressed—either due to current or past physical, mental, or emotional triggers, this has pushed beyond the boundaries of normal, everyday anxiety.

If that has occurring in your life, or in the life of someone you care for, know you are not alone—and there is no shame. This is a real situation happening in your life.

According to [Healthline.com](https://www.healthline.com)<sup>3</sup>, the primary causes of anxiety disorders include:

- Trauma
- Stress
- Genetics
- Personality
- Gender<sup>3</sup>

[Healthline.com](https://www.healthline.com)<sup>4</sup> also shares 11 triggers, which spark anxiety incidents in someone's life. These include:

- Health Issues
- Medications
- Caffeine
- Skipping Meals
- Negative Thinking
- Financial Concerns
- Parties Or Social Events
- Conflict
- Stress
- Public Events Or Performances
- Personal Triggers<sup>4</sup>

If you wonder if it is time to see a doctor, the Mayo Clinic<sup>5</sup> suggests involving healthcare professionals when:

- You feel like you're worrying too much and it's interfering with your work, relationships or other parts of your life
- Your fear, worry or anxiety is upsetting to you and difficult to control
- You feel depressed, have trouble with alcohol or drug use, or have other mental health concerns along with anxiety
- You think your anxiety could be linked to a physical health problem
- You have suicidal thoughts or behaviors — if this is the case, seek emergency treatment immediately<sup>5</sup>

If you do not believe it is time to consult professional guidance, but you do want private support, consider the ReachOut.com Apps Collection available at:

<https://au.reachout.com/tools-and-apps> which hosts 53 different professionally-reviewed tools and apps which promote mental health.

### **Why Does Anxiety Happen? - Video Discussion**



<https://youtu.be/-or3QV10u5o>



## How Many Individuals Struggle?

- Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or 18.1% of the population every year.<sup>6</sup>
- An estimated 31.9% of adolescents had any anxiety disorder.<sup>7</sup>
- According to the 2016 National Survey of Children's Health, an estimated 7% of children aged 3-17 have occurrences of anxiety each year.<sup>8</sup>
- During the fall of 2018, 29.5 percent of college students in the U.S. reported that they had felt overwhelming anxiety within the past 2 weeks, and 18.9 percent reported experiencing anxiety in the past year.<sup>9</sup>
- The Psychiatry & Behavioral Health & Learning Network shares that anxiety disorders may be grossly underreported, as one study<sup>10</sup> reports the discrepancy between retrospective self-reporting vs. diagnosis—showing number of cases was higher than patients previously discussed openly. See below:
  - ◇ Major depressive disorder: 4.5% vs 13.1%
  - ◇ Obsessive-compulsive disorder: 0.6% vs 7.1%
  - ◇ Panic disorder: 2.5% vs 6.7%
  - ◇ Social phobia: 12.6% vs 25.3%<sup>10</sup>

# Guilt Versus Shame

I want to take a moment to share something personal. I believe that both guilt and shame can be triggers for negative head space and dark thoughts. Because of this, it is important for me to share how I see guilt and shame, and how we can work through them.

Guilt is the aftermath of an action. It can be healthy—as it lets us know *what we did* was wrong. Shame, on the other hand, is the cruel rebranding of our identity. It suggests that because of an action—we are somehow a different person. It seeks to stake a claim on *who we are*.

Guilt can be healthy. Our words, actions, and behaviors have consequences. Guilt helps us to take ownership, learn, and grow. Shame, however, doesn't offer a solution. It just grips our thoughts & emotions in a vice.

How do we escape the trap of shame? I want to continue this critical conversation in the video below.

## Guilt Versus Shame - Video Discussion



<https://youtu.be/sRzXXuxH-XE>



YOU'RE BRAVER  
THAN YOU BELIEVE,  
AND STRONGER  
THAN YOU SEEM,

**AND**

SMARTER THAN  
YOU THINK.  
A.A. MILNE

## **Is It Okay To Talk About Anxiety?**

Yes. It is absolutely okay to talk about anxiety. There is no reason let a sense of shame or guilt silence you or someone you care for.

The reasons why individuals face anxiety range from short-term incidents to life altering events. Some of these are internal. Others are external.

The reason, cause, or longevity behind each story affected by anxiety is valid—and we acknowledge mental health can create major hurdles on the path to seeking wholeness. But that does not mean we do not fight—and fight well.

One of the ways we do that—is to talk about it.

<https://youtu.be/17pHApZEFqM>

### **Four Individuals Who Said Its Okay:**

**Michael Phelps** Olympic Athlete - Video: [https://www.youtube.com/watch?v=iQGEc-JD3\\_g](https://www.youtube.com/watch?v=iQGEc-JD3_g)

**Patti Murin**, “Frozen’s Anna on Broadway” - Video: <https://www.youtube.com/watch?v=nNKJhfLvgc0>

**Kristen Bell** - Actress - Video: [https://www.youtube.com/watch?v=mYUQ\\_nIzgWE](https://www.youtube.com/watch?v=mYUQ_nIzgWE)

**Chris Evans** – Actor - Video: <https://www.youtube.com/watch?v=HqSoxMOrVeE>

# When, Where, & How To Talk About Anxiety

Opening up about a struggle with anxiety is a big step. The best way to move through what it means to share with a skilled professional. I cannot take their place, and do not seek to, yet—I have learned a few personal steps which helped me in moments when I needed to share something I felt shaky about.

When thinking about talking about a struggle, it is important to consider the when, what, and how of sharing. When is the right time to open up? Consider a few checkpoints first. The video explains what each of these bullet points mean. So check it out.

## When It Is Good To Share:

- After you have told yourself the story first.
- In a distraction-free moment.
- When you are ready.
- When it is critical.

## When To Share? - Video Discussion



[https://youtu.be/yTyZS\\_ORsJo](https://youtu.be/yTyZS_ORsJo)

# What To Share About Anxiety

Just like the question, “When is it good to share?” Many might wonder exactly *what* to share. When there is a lot going on inside our heads and heart, it can feel overwhelming to quiet those enough to decide what to talk about.

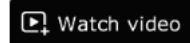
Just as in the “When To Share” video, I have a full conversation which discusses “What to share?” below.

But for starters, let’s consider a few key points.

It is good to share:

- What we think and feel right now.
- What we have thought and felt recently.
- What the source might be.
- And what we would like to do next.

## What To Share? - Video Discussion



<https://youtu.be/H3Hrz6oZu-c>

## How To Talk About Anxiety

If you or someone you know are not in immediate danger or harm, and would like to take it a bit slower before opening up, consider these steps to begin walking towards reaching out to a loved one or professional support individual:

### 4 ways to practice taking about anxiety:

- Practice telling yourself the story.
- Practice telling an anonymous advocate.
- Practice telling someone who cares about you.
- Practice telling someone who can be with you when you take action or consult a professional.

Each step comes with opportunities for courage.

And yes, each step could face obstacles. So, let's explore those in more detail next.

### How To Share? - Video Discussion



<https://youtu.be/8yYr55aO0Lg>

**CREATE A**  

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**TRAINING PLACE**  

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**AND STRATEGY SPACE**

## What Kind Of Help Exists?

Due to the possible intensive nature of anxiety and the fact it speaks to deep internal struggles, finding help for mental health usually begins by sharing with a skilled professional. This often happens after someone tells a trusted individual life who can help them connect with that skilled professional.

If you are the individual they turn to, be sure to encourage them. Reiterate that anything which is locked inside of their thoughts and feelings deserves a place to be processed in a safe environment which can give them actionable guidance and tools.

Additionally, there are a host of tools which can help you both find steps to taking action. These include:

- Apps Which Offer Mental Health Support
- Communities With Offer Support
- Finding A Professional

### What Kind Of Help Exists? - Video Discussion



<https://youtu.be/A7CNzHsrg0M>



## **Apps Which Offer Support**

**TalkLife** offers online support similar to group therapy. Share anonymously or with your name.

**Moodpath** offers 14 days of check ins, providing an overview of your emotional well-being. Plus 100+ exercises.

**Happify** includes games and activities which elevate mood and build resilience through CBT, mindfulness and positivity.

**What's Up** aids individuals in discovering the cause of feelings and thoughts through guided questioning.





**Self-Help For Anxiety Management (SAM)** offers an anxiety toolkit which tracks thoughts and behaviors, while also offering tools to combat negativity.

**Panic Relief** provides coping strategies, exercise, and breathing techniques to help move through a moment of panic.

**PTSD Coach** provides ways to understand PTSD along with how to find additional help.

**BeyondBlue App** provides tools to build and implement a safety plan.



## **Communities Which Offer 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.

**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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A thousand disappointments  
IN THE PAST CANNOT

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equal the power of

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**ONE POSITIVE**

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**action right**

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NOW. GO AHEAD

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**& go for it.**

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**UNKNOWN AUTHOR**

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## **A Conversation On Anxiety Medication And Natural Remedy**

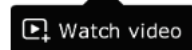
When thinking about sharing a story with a support professional, we may believe the first thing they will do is prescribe talk therapy or medication.

This is likely to be true. If that concerns us, it might help to do a little bit of research in order to understand what it means to take medication, the side effects, and what you can expect when considering options.

In the video below, we have links to articles and voices which are more qualified to share.

**Please note:** In the instance of anxiety, it is likely individuals could need more guidance and tools than depression or anxiety medication alone. This conversation is only offered as a means of alleviating the unknowns about medication and alternative options. Please consult with a medical doctor for all decisions regarding health and mental well-being.

### **What Is The Right Type Of Help? - Video Discussion**



<https://youtu.be/Vnch5AvmWAM>

## Reiterating Why You Offer Support

When an individual struggles with anxiety, they often are caught in a mental battle of wondering why they are worth your time, effort, or love.

The question in their mind constantly is, “Why someone would want to help me?”

They may also believe help will be temporary until someone sees them as a burden or as a person who is just “too much.”

Because of these factors, It is important for those offering support to be a continual source of reassurance in why you want to support them—why you want to see them reach a place of wholeness.

This does not mean they dictate our lives or we cater to every whim. That is not what I am talking about. Healthy boundaries are important in every relationship, even ones which have serious complications in the midst.

Yet, I believe one of the best things we can do for someone who is struggling with mental health is to continuously and consistently reiterate *the why* behind our actions.

So, “Why would anyone want to help someone who is fighting to shift the story of anxiety?”

I wholeheartedly believe it is because our care for that person gives us compassion and insight into three things: their future, their pathway, and their value.

## **Their Future**

You have an intrinsic belief that as someone you care for walks a path of wholeness and healing—they have a future.

## **Their Pathway**

You may not have the professional skill to offer the treatment or healing needed, yet you want to be with them on their pathway as they seek it out. You want to offer tangible guidance and see them win in the journey.

## **Their Value**

You have a foundational belief—that the person you care for has value. When you speak with them—it is directly tied into a personal reason why you believe they matter, have importance, and that the outcome of their life is important to you.

### **Reiterating Why You Offer Support - Video Discussion**



<https://youtu.be/fP4Xpr9jDz0>

# The Obstacles In Offering Help

It is fair to talk about the obstacles someone you care for may meet along their journey. It is incredibly tough to watch them face one or all of the following. I acknowledge the fact these moments can create tremendous setback or make it difficult for them, or maybe even you, to want to continue to fight for wholeness. I encourage you to continue to seek support and encouragement for yourself as you journey alongside of them. May you have the strength to continue to fight on.

- Help Seems Hopeless
- A Question Of Worth
- Lack Of Energy
- Disappointing Attempts

*For a more in-depth discussion about these points, including guidance on how to overcome them, check out the video below.*

## The Obstacles In Offering Help - Video Discussion



<https://youtu.be/P3DTsdnz8hA>



## **Am I A Failure If Someone I Care For Won't Stop Thinking This Way?**

If someone you care for is engaging in nonstop anxiety, it can be incredibly painful.

You likely have noticed your own sense of worry, fears, and emotions for that person. This is natural, because you love them and want them to be healthy.

But the one thing we don't talk about is the fact that beneath all of this, you may also feel a sense of failure.

If you feel as if you have failed at being a good friend or supportive loved one because the individual you care for has not changed, I want you to know I understand. Your feelings are valid. But, you are not a failure.

In this instance, we need to change the parameters for what true success and failure really are. Let's continue the conversation in the video below:

### **Fighting The Feeling Of Failure - Video Discussion**



<https://youtu.be/KvOKPCbUjY8>

**FAILURE IS AN EVENT, NEVER  
XXX a person. XXX**

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**◀◀◀ *dale carnegie* ▶▶▶**

# What To Do When A Loved One Pushes Back

Getting push back when you try to help, is frustrating. As you engage with them, remember it is important to:

1. Go at their pace.
2. Own what is yours.
3. And yet, know this may not be about you.

Recognize push back is often overcome by:

- Being consistent.
- Stating why you are for them.
- Reaffirming them.
- Apologizing for previous disappointments.

Lastly, be honest. It might be good to share how their behavior made you feel.

*For a more in-depth discussion about these points, and how to overcome them, check out the video below.*

## When A Loved On Pushes Back - Video Discussion



<https://youtu.be/RZvb4ZRt6rA>

# Building A Mental Health Safety Plan

If you are taking a stand against anxiety, you know it often fights back. Taking action each time is a battle which is not easy. Yet, we hope having a pathway to fight back helps you continue to seek wholeness.

**Please note:** Even with the best of plans, there are times in which a crisis is stronger than our plan. In those moments, seek immediate, professional help. The following ideas on how to fight back are not intended to take the place of professional help.

One such resource which has a fantastic list of tools and resources for creating a safety plan is *Challenge The Storm*. You can check out their advice here: <http://challengethestorm.org/safety-plans-mental-health/>

They even have a sample plan that any of us are able to use to help us learn how to build our own plan. You can check that out here: <http://www.knowresolve.org/docs/safety-plan-web.pdf>

## Building A Safety Plan - Video Discussion



<https://youtu.be/XEAR7EFKZYU>

## **Safety Plan Resources**

**BeyondBlue App** provides tools to build and implement a safety plan.

### **Suicide Prevention Lifeline – Safety Plan Template.**

[https://suicidepreventionlifeline.org/wp-content/uploads/2016/08/Brown\\_St StanleySafetyPlanTemplate.pdf](https://suicidepreventionlifeline.org/wp-content/uploads/2016/08/Brown_St StanleySafetyPlanTemplate.pdf)

1 page safety plan print off with space to write in warning signs, coping strategies, and more.

### **Get Self-Help**

<https://www.getselfhelp.co.uk/docs/SafetyPlan.pdf>

Offers a second safety plan print off, with tools and resources from the UK.

### **Therapist Aid**

<https://www.therapistaid.com/therapy-worksheets/suicide/none>

Offers free worksheets for building a self-harm safety plan, suicide assessment, and warning signs.

### **Nick's Experience With Using A Safety Plan**

[https://youtu.be/jW2Hvv\\_vN40](https://youtu.be/jW2Hvv_vN40)

One young man's story of how he uses a safety plan in times which feel challenging.

## The Goal Is Wholeness

Wholeness is about a state of contentment and peace in a life. It doesn't eliminate the past or any previous pain, instead it acknowledges how that pain has affected us—all while striving to form a new narrative.

Wholeness is about freedom—and I believe it is possible for each individual to discover for themselves.

Is it easy? Not at all. The pathway can be long and come with obstacles which may make us feel as if we may not make it.

But with the right support and tools—I intrinsically believe we can.

I welcome you, and those you care for, to find it.

### The Goal Is Wholeness - Video Discussion



<https://youtu.be/tG18UzeL26w>

## Identity Goes Beyond The Struggle

In the core of who I am—I am convinced none of us are defined by our struggles. Our identity goes far beyond what anyone stole from us, did to us, or how they disappointed us.

While it may be true you or someone you love has faced a deep struggle or have been treated in ways they did not deserve, I believe it does not have to be the key identifier of what makes an individual—them.

Wholeness is still available. Though it requires a journey, it's a pathway to be free of pain's influences—as if it was the only thing to define a life. I believe each of us still have life in front of us and it is filled with the ability for hope, the ability to make a difference in other's lives, and the ability to go out there and have positive and meaningful impact.

### Identity Goes Beyond The Struggle- Video



<https://youtu.be/CnMJlc8PIRE>





## Your Invitation To Shift The Story

If you, or someone you care for, are looking for a way to walk a journey to shift an incomplete story towards truth, you are invited to change your narrative.

Come on a journey through twenty video-based pathway markers which offer guidance on how you or someone you care for can seek wholeness. Change Your Narrative believes everyone has the right to be able to take back the pen of your story.

## Come On A Journey To Find Wholeness...



<https://www.youtube.com/watch?v=ThTdleKhcCY&t=6s>

## **Please Note:**

All statements and views within this book, the **change your narrative** website, and the videos on our YouTube channel are strictly opinion based. They are not intended to be utilized as professional treatment or care. If you or someone you care for struggles with mental illness, depression, suicidal thought or destructive life choices, I highly recommend seeking out professional help.

**If you are in immediate harm or danger call 911.**

## **Additional Resources:**

24/7/365 Crisis Call Center Hotline:  
1 (1800) 273-8255

National Suicide Prevention Lifeline  
1 (1800) 273-8255

Text "Answer" to 839863

Chat with a Soul Medic:

<http://remedylive.com/soulmedics/>



## **Resource Guide:**

Apps Which Offer Support  
Communities Which Offer Support

### **Resources For:**

Parents  
Families  
Ministry Leaders  
Teachers  
Men  
Teenagers Who Struggle



## **Apps Which Offer Support**

**TalkLife** offers online support similar to group therapy. Share anonymously or with your name.

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<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.



## Resources for Parents

**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>



Scan Here For Tool



## 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>

## Support 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>

# Community Training Tools

## **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. Their page hosts short video clips of actors, athletes, and influencers who share messages of their own journey to wholeness.



## **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 utilized as a means for 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, along with links to get started.

## **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/>

Additionally, those within teaching roles inside of ministry positions may find some of the resources within the “Teachers” section of use for their roles.

## 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

### **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**

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# Resources For Men

## **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>

Male-centered mental health resources.

## **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.

# Resources For Teenagers Who Struggle

## **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.

# change your narrative

## The Place Where The Discussion Continues...

THE SAFE PLACE TO TALK ABOUT THE **ISSUES THAT MATTER** TO YOU



[ImChangingIt.com](http://ImChangingIt.com)





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