

BOOKS

BOOKS (CONT.)

BLOGS



Raising Worry-Free Girls
by Sissy Goff

The Five Love Languages of Teenagers: The Secret of Loving Teens Effectively
by Gary Chapman

The Parent Cue:
"Helping Your Child Through Grief"

Under Pressure
by Lisa Damour, Ph.D.

The Whole Brain Child
by Daniel Siegel

The Parent Cue:
"4 Ways to Maintain Mental and Emotional Wellness During a Crisis"

Companion Conversation Guide to Under Pressure

The Parent Cue:
"How to Support Someone Through Grief"

Freeing Your Child From Anxiety
by Tamar Chansky

The Parent Cue:
"The Suicide Talk"

The Bipolar Disorder Survival Guide: What You and Your Family Need to Know
by David J. Miklowitz

The Parent Cue:
"Four Things You Can Do To Start The Conversation On Suicide With Your Middle Schooler"

The Bipolar Child
by Demetri Papolos, M.D. and Janice Papolos

The Parent Cue:
"I'm A Parent Who Struggles with Depression"

Building Bonds of Attachment: Awakening Love in Deeply Troubled Children
by Daniel Hughes, Ph.D.

The Parent Cue:
"Empathy is Tonic"

Attachment-Focused Parenting: Effective Strategies to Care for Children
by Daniel Hughes, Ph.D.

Orange Kids Blog:
"How to Make Elementary Schoolers Feel Safe and Loved"

The Power of Showing Up
by Daniel J. Siegel

YS Blog:
"Managing Fear and Anxiety During a Health Pandemic"

Untangled: Guiding Teenage Girls Through the Seven Transitions Into Adulthood
by Lisa Damour, Ph.D.

YS Blog:
"Mental Health + Families"

BLOGS (CONT.)

PODCASTS

WEBSITES

Fuller: "Naming Loss and Gratitude with Young People in These Uncertain Days"	Parent Cue Live: "Helping Kids Cope With Anxiety, Episode 21"	National Suicide Prevention Lifeline
Fuller: "Naming and Navigating Depression in the Lives of Teenagers"	Parent Cue Live: "How to Recognize the Signs of Teen Depression & Suicide, Episode 72"	Anxiety and Depression Association of America: "Suicide Prevention Tips for Kids and Teens"
Fuller: "Helping Adolescents Work Through the Rising Tide of Anxiety"	Parent Cue Live: "How To Teach Your Kids Patience in an Impatient World, Episode 71"	Anxiety and Depression Association of America: "Help Your Child Manage Traumatic Events"
Fuller: "What's the difference between stress and anxiety? 3 signs"	Parent Cue Live: "How To Recognize When Your Kid Is in Crisis, Episode 65"	Kids Health: "Childhood Stress"
Fuller: "7 strategies to respond to teenage girls' stress and anxiety"	Parent Cue Live: "Helping Kids Navigate Through Crisis, Episode 20"	Kids Health: "Depression"
Fuller: "Busting myths about teen girl anxiety"	Fuller: "Faith in an Anxious World Parenting Podcast, Episode 1"	Child Mind Institute: "Anxiety"
Fuller: "4 Steps to Help a Stressed Teenager"	Fuller: "Faith in an Anxious World Parenting Podcast, Episode 2"	Child Mind Institute: "Depression"
Fuller: "How do I help busy and stressed teenagers and young adults? Two new rules of thumb"	Fuller: "Faith in an Anxious World Parenting Podcast, Episode 3"	Child Mind Institute: "Suicide and Self-Harm"
	Fuller: "Faith in an Anxious World Parenting Podcast, Episode 4"	Child Mind Institute: "Trauma and Grief"
	Parent Tips: "Teen Anxiety with Jonathan and Dr. Kara Powell"	American Foundation for Suicide Prevention

WEBSITES (CONT.)

VIDEOS

Suicide— Read This First	YOU TUBE: "Presence, Parenting, and the Planet" by Dan Siegel	
American Association for Marriage and Family Therapy	TED Talk: Tackling the Mental Health Crisis in Our Youth	
American Counseling Association	TED Talk: Shattering the Silence: Youth Suicide	
The National Child Traumatic Stress Network	"Kids in the House: A Unique Approach to Parenting Teenagers" by Dan Siegel	
National Alliance on Mental Illness		
Substance Abuse and Mental Health Services Administration		
Depression and Bipolar Support Alliance (For parents)		