

Mental Health Resources

Websites:

NAMI-National Alliance on Mental Illness: <https://www.nami.org/>

National Institute of Mental Health: <https://www.nimh.nih.gov/index.shtml>

American Academy of Child and Adolescent Psychiatry:
http://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Home.aspx

MindPeace: <http://www.mindpeacecincinnati.com/index.php>

Worry Wise Kids/Children's Center for OCD and Anxiety: <http://www.worrywisekids.org/>

Mental Health America: <http://www.nmha.org/>

Meditation, Breathing, and Guided Imagery websites and Apps:

Smiling Mind: <http://smilingmind.com.au/>

Headspace: <https://www.headspace.com/>

Stop Breathe Think: <http://stopbreathethink.org/>

Health Journeys: <http://www.healthjourneys.com/>

Breathe2Relax App

Books:

Kids Guide to Taming Worry Dragons by Sandra Clark, Ph.D & Jane Garland, M.D.

The Coping Cat Workbook by Phillip Kendall and Christina Hedtke

What to Do When You Worry too Much: A Kid's Guide to Overcoming Anxiety by Dawn Huebner

When my Worries Get too Big by Kari Buron

Worry Busters: Activities for kids who Worry too much by Susan Weaver