MAYO CLINIC

Pediatric Self-Help Resources

Department of Psychiatry and Psychology

BOOKS FOR TEENS:

- Bailey, A., Ciarrochi, J., & Hayes, L. (2012). *Get out of your mind and into your life for teens: A guide to living an extraordinary life*. New Harbinger Publications.
- Biegel, G. M. (2017). *The stress reduction workbook for teens: Mindfulness skills to help you deal with stress*. New Harbinger Publications.
- Purcell, M. C., & Murphy, J. R. (2014). *Mindfulness for Teen Anger: A Workbook to Overcome Anger and Aggression Using MBSR and DBT Skills*. New Harbinger Publications.
- Schab, L. M. (2010). *The anxiety workbook for teens: Activities to help you deal with anxiety and worry*. ReadHowYouWant. com.

BOOKS FOR KIDS:

- Huebner, D. (2006). *What to do When you Grumble too Much: A Kid's Guide to Overcoming Negativity.* Magination Press.
- Huebner, D. (2005). *What to Do When you Worry Too Much.* American Psychological Association.
- Miles, B. S. & Patterson, C.A. (2016). *Move Your Mood!* Magination Press.
- Moser, A. & Pilkey, D. (1988). *Don't Pop Your Cork on Mondays.* Landmark Editions.

INTERNET RESOURCES:

- American Psychological Association: https://www.apa.org/practice/programs/dmhi/research-information/pandemics
- Association for Behavioral and Cognitive Therapies: http://www.abct.org/Home/
- Anxiety and Depression Association of America: https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources
- American Academy of Pediatrics: https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/American-Academy-of-Pediatrics-Offers-Resources-for-Families-on-Coronavirus.aspx
- National Child Traumatic Stress Network: https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019
- Centers for Disease Control and Prevention: https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html
- National Public Radio: https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus

FREE MENTAL HEALTH APPS:

Mental health apps can be cost-effective, portable ways to learn and strengthen coping skills. Apps are not meant to serve as a substitute for psychological therapy. Listed below are a number of mental health apps that may be helpful. Look for apps that have a recently updated version history.

Reviews for Mental Health Apps

- One Mind PsyberGuide: https://onemindpsyberguide.org
- Anxiety and Depression Association of America: https://adaa.org/finding-help/mobile-apps

For Caregivers/Teens

- Mayo Clinic Anxiety Coach
- BellyBio
- CALM
- Headspace
- Relax Melodies

For Kids

- SuperBetter
- Breath, Think, Do With Sesame