

BOOKS

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

Loving Someone with Bipolar Disorder
by Julie A. Fast

BLOGS

Orange Students Blog:
"Processing Tragedy & Grief As a Student Ministry Leader"

Orange Students Blog:
"What to Think When the Unthinkable Happens"

Orange Leaders:
"Suicide Prevention: Lies We Can Become Trapped In"

DYM:
"When Anxiety of Leadership Comes"

Youth Specialties:
"The Life of A Youth Worker Is Not Easy"

Youth Specialties:
"5 Personal Resources to Help You Become a Healthier Youth Worker"

Youth Specialties:
"Being a Non-Anxious Youth Worker in the Age of Anxiety"

Youth Specialties:
"A Youth Worker's Personal Climb Out of Darkness"

Youth Specialties:
"When Mental Health Took Center Stage for Me"

Youth Specialties:
"4 Reasons Why Youth Workers Should Go to Counseling"

BLOGS (CONT.)

DYM:
"Take Care of Yourself"

DYM:
"How's Your Soul Doing?"

Orange Leaders:
"How the Church can Help Those in Recovery"

Orange Leaders:
"Setting Up a Counseling Center at your Church: Setting up for Success"

Orange Leaders:
"What to Say When the Unthinkable Happens"

Orange Leaders:
"Getting Unstuck from Depression"

PODCASTS

VIDEOS

WEBSITES

DYM Lab:
"Mental Health and Youth Workers"

TED Talk: "How Important Relationships Can Decrease Anxiety & Depression"
Dr. Maxine Ruddock YouTube

National Suicide Prevention Lifeline

Orange Kids Podcast
"OKP 014: To Burnout and Back - How to Stay Healthy as a Children's Ministry Leader"

TED TALK: "How childhood trauma affects health across a lifetime"
by Nadine Burke Harris YouTube

American Psychological Association "Answers to Your Questions about Panic Disorder"

Rethinking Youth Ministry:
"RYM 087: Taking Care of Your Own Mental Health as a Youth Ministry Leader"

"The Mind Explained"
Netflix

American Foundation for Suicide Prevention

Psych Central
"Cancelling Plans Due to Anxiety"

"The Cloud of Depression"
Full Documentary YouTube

Suicide-Read This First

American Psychological Association: "Depression"

American Counseling Association

Substance Abuse and Mental Health Services Administration

Depression and Bipolar Support Alliance


Psych Central "Ways to Overcome the Emotional Effects of Social Distancing"

The Happiness Trap

BOOKS

BOOKS (CONT.)

BLOGS

 <p>Raising Worry-Free Girls by Sissy Goff</p>	<p>The Five Love Languages of Teenagers: The Secret to Loving Teens Effectively by Gary Chapman</p>	<p>The Parent Cue: "Helping Your Child Through Grief"</p>
<p>Under Pressure by Lisa Damour, Ph.D</p>	<p>The Whole Brain Child by Daniel Siegel</p>	<p>The Parent Cue: "4 Ways to Maintain Mental and Emotional Wellness During a Crisis"</p>
<p>Companion Conversation Guide to Under Pressure</p>		<p>The Parent Cue: "How to Support Someone Through Grief"</p>
<p>Freeing Your Child From Anxiety by Tamar Chansky</p>		<p>The Parent Cue: "The Suicide Talk"</p>
<p>The Bipolar Disorder Survival Guide: What You and Your Family Need to Know by David J. Miklowitz</p>		<p>The Parent Cue: "Four Things You Can Do To Start The Conversation On Suicide With Your Middle Schooler"</p>
<p>The Bipolar Child by Demitri Papolos, M.D. and Janice Papolos</p>		<p>The Parent Cue: "I'm A Parent Who Struggles with Depression"</p>
<p>Building Bonds of Attachment: Awakening Love in Deeply Troubled Children by Daniel Hughes, Ph.D</p>		<p>The Parent Cue: "Empathy is Tonic"</p>
<p>Attachment-Focused Parenting: Effective Strategies to Care for Children by Daniel Hughes, Ph.D</p>		<p>Orange Kids Blog: "How to Make Elementary Schoolers Feel Safe and Loved"</p>
<p>The Power of Showing Up by Daniel J. Siegel</p>		<p>YS Blog: "Managing Fear and Anxiety During a Health Pandemic"</p>
<p>Untangled: Guiding Teenage Girls Through the Seven Transitions Into Adulthood by Lisa Damour, Ph.D</p>		<p>YS Blog: "Mental Health + Families"</p>

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)

BOOKS ETC.

BLOGS

BLOGS (CONT.)

Orange Students
Anxiety Toolkit

Orange Students Blog:
"Four Key Things to
Know about Dealing with
Students and Trauma"

Orange Leaders:
"Behind the Smile: What You
Want Every SGL to Know"

Orange Students Curriculum:
Trending for Middle
School Students on
Self-Harm and Suicide

Orange Students Blog:
"Suicide Prevention Month:
3 Things to Remember"

Orange Leaders:
"Leading Yourself Well Through
Tough Ministry Seasons"

Orange Students Curriculum:
I Have Questions for
High School Students on
Self-Harm and Suicide

Orange Students Blog:
"What to Say When the
Unthinkable Happens"

Orange Leaders:
"In Times of Crisis: Create
Space for Grace"

Caring for At Risk Students
Orange Students Guide

Orange Students Blog:
"High School Crisis
Conversation Guides
for Parents and SGLs"
(Free download)"

Youth Specialties:
"The Way We Were: Unlearning
for the Future of Our Students"

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

Orange Students Blog:
"Handling Tragedies"

Youth Specialties:
"Three Essentials for Students
Remembering Faith in the
Midst of Uncertainty"

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

Orange Students Blog:
"Four Key Things to Know
About Dealing with
Students and Trauma"

Youth Specialties:
"5 Ways to Help Students
Navigate Stress and Anxiety"

DYM:
"Mental Illness Handbook"

Orange Leaders:
"3 Keys to Addressing
Mental Health and Suicide
in Your Ministry"

Youth Specialties:
"How I Talk to My Students
About Mental Health"

Orange Leaders:
"4 Keys to Establishing a
Recovery Program That
Reaches Your Community"

Youth Specialties:
"5 Simple Ways to Respond
to Teens with Anxiety
and Depression"

Fuller:
"We need to talk about anxiety"

Youth Specialties:
"5 Levels to Navigating
Tragedy as a Youth Worker"

Orange Leaders:
"3 Ways To Use Social
Media For Outreach"

Youth Specialties:
"3 Resources for Working with
Kids Who Cut/Self-Harm"

BLOGS (CONT.)

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Youth Specialties:
"Surviving the Ups and
Downs of Youth Ministry"

Youth Specialties:
"What to Do with Sensitive
Information from Students"

Youth Specialties:
"Trauma Informed
Youth Ministry"

Youth Specialties:
"When Mental Illness
Becomes An Identity:
3 Things You Can Do"

Youth Specialties:
"5 Steps for Referring
Students to Professionals"

Youth Specialties:
"Mental Health + Church"

Youth Specialties:
"Mental Health + Youth Worker"

Youth Specialties:
"Mental Health + Students"

Youth Specialties:
"Replacing Tragedy with Hope"

Youth Specialties:
"5 Things to Avoid When
a Student Comes to
You With a Crisis"

Youth Specialties:
"Suicide Grief: Living in the
Aftermath of Suicide"

Youth Specialties:
"Preparing for the Unthinkable"

Youth Specialties:
"6 Strategies for Engaging
the Hurting Teen"

Youth Specialties:
"Trauma and Adolescents"

Youth Specialties:
"Leading Through Brokenness"

Youth Specialties:
"5 Things You Should
Know About Self-Harm"

Fuller:
"Naming Loss and Gratitude
with Young People in
These Uncertain Days"

Fuller:
"Naming and Navigating
Depression in the
Lives of Teenagers"

Fuller:
"Helping Adolescents
Work Through the Rising
Tide of Anxiety"

Fuller:
"Serving today's anxious
generation; 5 ministry
perspectives"

Fuller:
"What's the difference between
stress and anxiety? 3 signs"

Fuller:
"We need to talk about anxiety"

Fuller:
"7 strategies to respond
to teenage girls' stress
and anxiety"

Fuller:
"Busting myths about
teen girl anxiety"

Fuller:
"Facing our Losses: Leaders
Learning to Grieve"

Fuller:
"Ministry of Presence"

Fuller:
"4 Steps to Help a
Stressed Teenager"

Fuller:
"In The Aftermath of
Teen Suicide"

Fuller:
"In The Aftermath of
Teen Suicide, Part 2"

PODCASTS

WEBSITES

WEBSITES (CONT.)

Rethinking Youth Ministry: "RYM 012: Navigating Mental Health and Suicide in Your Ministry:"	Child Mind Institute: "Anxiety"	National Alliance on Mental Illness
Rethinking Youth Ministry: "RYM 099: What's Going on in a Teenager's Brain in Moments of Despair and Grief"	Child Mind Institute: "Depression"	Substance Abuse and Mental Health Services Administration
Rethinking Youth Ministry: "RYM 011: What to do when a student self-harms"	Child Mind Institute: "Suicide and Self-Harm"	Depression and Bipolar Support Alliance
Rethinking Youth Ministry: "RYM 076: What can we do about student anxiety as youth ministry leaders?"	Child Mind Institute: "Trauma and Grief"	
Rethinking Youth Ministry: "RYM 080: What to do when real life collides with youth ministry"	National Suicide Prevention Lifeline	VIDEOS
DYM Podcast: "Kara Powell on Teens & Anxiety"	Anxiety and Depression Association of America: "Suicide Prevention Tips for Kids and Teens"	
DYM Podcast: "Caring for Hurting Students"	American Foundation for Suicide Prevention	
	Suicide— Read This First	
	American Counseling Association	
	The National Child Traumatic Stress Network	
		TED Talk: "Tackling the Mental Health Crisis in Our Youth"
		TED Talk: "Shattering the Silence: Youth Suicide"
		TED TALK: "Overcoming Anxiety" Jonas Kolker
		TED TALK: "Conquering depression: how I became my own hero" Hunter Kent

BOOKS

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

**Braver Stronger Smarter:
A Girls Guide to
Overcoming Worry
& Anxiety**
by Sissy Goff

WEBSITES

National Suicide
Prevention Lifeline

Anxiety and Depression
Association of America:
**"Suicide Prevention Tips
for Kids and Teens"**

Child Mind Institute:
"Anxiety"

Child Mind Institute:
"Depression"

Child Mind Institute:
"Suicide and Self-Harm"

Child Mind Institute:
"Trauma and Grief"

American Foundation
for Suicide Prevention

American Counseling
Association

The National Child
Traumatic Stress Network

VIDEO

TED Talk:
**"Tackling the Mental Health
Crisis in Our Youth"**

TED Talk:
**"Shattering the Silence:
Youth Suicide"**

PODCAST

Orange Kids Podcast:
**"OKP 022: Helping Kids
Navigate Anxiety - Naming
the Worry Monster"**

BLOG

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

BOOK

WEBSITES

WEBSITES (CONT.)

Brave
by Lisa Barnes

National Suicide
Prevention Lifeline

Suicide . . .
Read This First

American Foundation for
Suicide Prevention

Depression and Bipolar
Support Alliance (For Teens)

BOOKS

Braver Stronger Smarter:
A Girls Guide to
Overcoming Worry
& Anxiety
by Sissy Goff

Brave
by Lisa Barnes

For Kids