

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