

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"**