

Online Resources, Apps, and Books for Managing Stress and Anxiety

WEBSITES

Anxiety Canada

<http://youth.anxietycanada.com/>

www.anxietycanada.com

Sometimes anxiety can overwhelm us and significantly interfere with the quality of our lives. This website gives information, programme's and videos for you to begin to help reduce excess anxiety in yourself and your loved ones. In addition to home management strategies, there are numerous professionals who can provide additional help.

There are many free of charge, self-help, downloadable resources to support management of anxiety for children and young people.

Anxiety UK

www.anxietyuk.org.uk

www.moodcafe.co.uk/

Helpline: 08444 775 774 (Mon-Fri 9.30-5.30)

Offers support and information. Provides therapeutic services and can put you in touch with therapists and reduced cost therapy and helplines. Instant messaging service for support.

Mind

www.mind.org.uk

08457 660 163

Offers information on where to find support groups in your area. Also provides information on where to go for more help.

Teens in Crisis (tic+) – a counselling service for young people aged between 9-21, providing face to face and online support via chat and text message service.

www.ticplus.org.uk

Text: 07520 634063

Tel: 01594 372777

Email: admin@ticplus.org.uk

The Mix

www.themix.org.uk

Freephone number to contact 0808 808 4994 and 1-2-1 chat online

Online resource aimed at supporting young people through a range of difficulties, including exam stress.

Young Minds

www.youngminds.org.uk

Mental health for young people and advice of where to seek support.

Rethink – self harm helpline and website

<http://www.gloucestershireselfharm.org/>

Tel: 0808 801 0606

Support for Panic

www.nopanic.org.uk

Youth Helpline 0330 606 1174 (for 13-20 year olds, 3pm-6pm, Mon-Fri (landline rates apply))

No Panic is a registered charity which helps people who suffer from panic attacks, phobias, Obsessive Compulsive Disorders.

Moodjuice

<http://www.moodjuice.scot.nhs.uk/>

Online self-help to promote positive emotional wellbeing.

Get Self Help

www.getselfhelp.co.uk/selfhelp

Cognitive Behaviour Therapy (CBT) has been proven to help mental health problems. This website provides CBT self-help and therapy resources, including worksheets and information sheets and self-help mp3s.

www.stressandanxietyinteenagers.com

What causes stress and how to manage it.

SELF HELP BOOKS FOR CHILDREN:

- ***Bedtime Meditations for kids (Calm Kids)*** by Christiane Kerr
- ***Making friends is an art (Happy to be, You and Me)*** by Julie Cook
- ***Morris and the Bundle of Worries*** by Jill Seeney and Rachel Fuller
- ***My Anxious Mind*** by Michael Tompkins and Katherine Martinez
- ***Overcoming Anxiety: A Self-Help Guide Using CBT*** by Helen Kennerley
- ***The Anxiety Survival Guide for Teens*** by Jennifer Shannon
- ***The Huge Bag of Worries*** by Virginia Ironside
- ***The Wise Mouse*** by Virginia Ironside
- ***The Worry Tree*** by Marianne Musgrove
- ***What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety*** by Dawn Huebner
- ***Your Feelings: I'm Worried*** by Brian Moses and Mike Gordon

HELPFUL BOOK FOR PARENTS:

- ***Overcoming Your Child's Fears and Worries: A self-help guide using cognitive behavioural techniques*** by Cathy Creswell and Lucy Willetts. London: Constable & Robinson. (book for parents to help their children using CBT techniques)

APPS

Calm



Calm can help you meditate, sleep, relax and much more.

Happijar



HappiJar allows you to record music, text and images on beautifully crafted HappiButtons® which you can then store in your HappiJar. Whenever you feel down, shake your jar and one of your previous buttons will pop out to pick you right back up.

Headspace



This “gym membership for your mind” features meditation and mindfulness techniques to help manage stress and anxiety, improve well-being, and become happier overall. The series of guided meditations is designed to train your brain in just 10 minutes a day, with the ability to track and reward yourself for progress, along with a buddy system so that you can stay motivated and help others do the same.

Mindful Gnats



Mindful Gnats is an app designed to teach young people simple mindfulness and relaxation skills. It can be used to help mindfulness practice when playing the Mindful Gnats desktop game (see www.peskygnats.com for details) or as a stand alone aid to mindful practice. These skills can help to reduce stress, and improve awareness of your body.

MindShift



Struggling with anxiety? Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life. **MindShift** is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.