

Anxiety and Depression Tips and Resources:



JMA Pediatrics
Jeffers, Mann & Artman

Good self-care is important! Here are some tips for self-care success:

- Stay physically active.
- Spend time outside.
- Schedule pleasant activities.
- Eat balanced meals with healthy foods.
- Spend time with people who can support you, including friends and family.
- Consider spiritual activities.
- Spend time volunteering for a cause that is important to you.
- Get at least 8 hours of sleep at night.
- Spend time relaxing (e.g. reading, writing in a journal, deep breathing, or muscle relaxation).
- Set small goals for yourself and decide on simple steps to accomplish them.

Coping Tools:

store.copingskillsforkids.com/pages/free-printables
www.plantlovegrow.com/anxiety-insecurity
anxietycanada.com
www.therapistaid.com

Mindfulness Apps:

Calm: Provides assistance with mindful meditation. Free with upgrade options.

Stop, Breathe, & Think: Guidance for mindful meditation and relaxation. Free with upgrade options.

HeadSpace: Teaches stress management, relaxation, and meditation techniques. Free with upgrade options.

Insight Timer: Guided meditations, relaxation techniques, and sleep guides. Free with upgrade options.

Onemindpsyberguide.org: Provides comparison & ratings of mental health Apps

Books for Parents:

What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety
by Dawn Huebner

The Childhood Depression Sourcebook
by Jeffrey Miller

Books for Children and Adolescents:

- *Wemberley Worried* by Kevin Henkes
- *Wilma Jean the Worry Machine* by Julia Cook
- *When My Worries Get Too Big! A Relaxation Book for Children Who Live With Anxiety* by Kari Dunn Buron
- *Taking Depression to School* by Kathy Khalsa (for young children)
- *When Nothing Matters Anymore: A Survival Guide for Depressed Teens* by Bev Cobain and Elizabeth Verdick

Websites:

Guidelines for Adolescent Depression in Primary Care Toolkit (Family Guide pp. 127-161, patient handouts)
www.thereachinstitute.org/guidelines-for-adolescent-depression-primary-care

Healthy Children: Emotional Wellness
www.healthychildren.org/english/healthy-living/emotional-wellness/Pages/default.aspx

NIMH Teen Depression Brochure
www.nimh.nih.gov/health/publications/teen-depression

SPRC Parents Guide to Recognizing and Treating Depression in Your Child
sprc.org/sites/default/files/resource-program/YSSPparents-guide-to-depression.pdf

Children's mental health information.
[Childmind.org](https://www.childmind.org)

NAMI (National Alliance on Mental Illness) RESOURCES
[nami.org/getattachment/Press-Media/Press-Releases/2010/NAMI-Releases-Family-Guide-on-Adolescent-Depressio/FamilyGuide2010.pdf](https://www.nami.org/getattachment/Press-Media/Press-Releases/2010/NAMI-Releases-Family-Guide-on-Adolescent-Depressio/FamilyGuide2010.pdf)

Safety Proof Home Brochure:
helplinecenter.org/wp-content/uploads/Suicide-Proof-Your-Home-Brochure_Final.pdf

Find a therapist

www.psychologytoday.com [nacbt.org](https://www.nacbt.org)
Click CBT referrals www.abct.org
Please contact your insurance provider to find a list of mental health providers in network.

Mental Health Crisis Centers and Hotlines:

National Crisis Hotline: 1-800-784-2433
National Suicide Prevention Lifeline: 1-800-273-8255

Holly Hill Hospital in Raleigh – Free Assessment 24/7 [hollyhillhospital.com](https://www.hollyhillhospital.com)
Call 1-800-447-1800

Crisis Text Line: www.crisistextline.org Text HOME to 741741 for free 24/7 availability of trained crisis counselors for teens and adults.

If your child is expressing suicidal thoughts, seek care immediately in the closest emergency room or mental health crisis center (resources listed directly above).



Medical records access



Request an appointment



Ask our staff



Prescription refill requests



Fill out forms in advance

ONLINE RESOURCES AT [WWW.JEFFERSANDMANN.COM](https://www.jeffersandmann.com)

Find us on

Raleigh (919) 786-5001
Clayton (919) 359-3500
Cary (919) 852-0177
West Cary (919) 388-7520
Wake Forest (919) 453-5363
Holly Springs (919) 586-0050

WE ARE HERE TO HELP

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