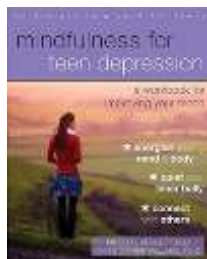


Depression for Resources for Parents

WORKBOOKS

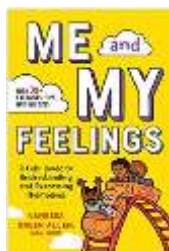
Mindfulness for Teen Depression



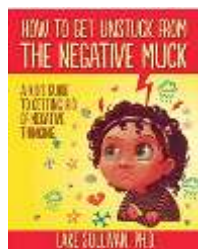
Don't Let your Emotions Run your Life for teens



Me and my feelings



How to get unstuck from the negative muck



Workbooks can greatly help your child learn about depression, what it may feel like and how they can re-direct their thoughts and actions to calm themselves. **This is NOT a substitute for finding a counselor.** Please ask for our list of recommended counselors and/or visit psychologytoday.com to review counselor bio's.

RECOMMENDED APPS

Stop, Breath & Think

- This app guides you to STOP what you are doing, check in with what you are thinking and how you are feeling.

Pacifica

- Provides daily tools for handling stress, anxiety and depression
- Mood and thought tracker
- Daily goals & habit tracking

What's Up

- Immediate resource for calming & coping strategies
- Tools including diary, habit list and notes section
- Uplifting quotes and affirmation

Daylio Diary and Mood Tracker

- Rate your day
- Keep stats and has a useful calendar view for moods

Headspace

- 10 minute FREE sessions on how to meditate and practice mindfulness.
- Short videos with good visualization
- Kids section organized by age group

WEB RESOURCES

- AACAP
- Nemours Kidshealth
- American Psychological Association
- Anxiety & depression Association of American

OTHER HELPFUL INFO

- Stay active. Regular exercise is good for physical & emotional health and can help release "feel good" endorphins. Aim for 45min per day.
- Ditch caffeine and energy drinks
- Consistent bedtimes and routines for bedtime – aim for at least 7-10hr of sleep per night. Melatonin can be helpful.
- Eat a healthy diet – try to get away from the processed foods especially carbs and sugar. Aim for a clean diet with plenty of protein.
- Try aromatherapy such as jasmine, sandalwood, ylang ylang, clary sage, basil, bergamot, rose, geranium.

EMERGENCY RESOURCES

- Suicide Prevention Hotline: 1-800-273-TALK
- Crisis Text line: 741-741 text "HOME" to be connected to a counselor 24/7