

# MENTAL HEALTH MATTERS: SUPPORTING OUR KIDS AND OURSELVES

## Podcasts

- ❖ [Raising Good Humans](#) with Dr. Aliza Pressman
- ❖ [Ask Lisa: The Psychology of Parenting](#) with Dr. Lisa D'amour
- ❖ [The Just a Mom Podcast](#) with Susie Gurley
- ❖ [Raising Good Humans: Ep 95: Suicide Prevention](#) with Dr. Kelly Posner and Founder—Director of the Columbia Lighthouse Project.

## Books

- ❖ [Brainstorm: The Power and Purpose of the Teenage Brain](#) by Daniel J. Siegel
- ❖ [From Surviving to Vibing: Filling in the Gaps](#) by Dr. Caroline Danda and Carron Montgomery
- ❖ [Your Life, Your Way: Acceptance and Commitment Therapy Skills to Help Teens Manage Emotions and Build Resilience](#) by Joseph Ciarrochi and Louise Hayes
- ❖ [Don't Let Your Emotions Run Your Life for Teens](#) by Sheri Van Dijk
- ❖ [Put Your Worries Here: A Creative Journal for Teens with Anxiety](#) by Lisa Schab
- ❖ [Stuff that Sucks: A Teen's Guide to Accepting What You Can't Change and Committing to What you Can](#) by Ben Sedley
- ❖ [Depression: A Teen's Guide to Survive and Thrive](#) by Jacqueline Toner
- ❖ [Conquer Negative Thinking for Teens](#) by Mary Karapetian Alvord and Anne McGrath
- ❖ [Parenting in the Screen Age: A Guide for Calm Conversations](#) by Delaney Rushton

## Additional Resources

- ❖ Grief: [The Solace House](#) and [The Dougy Center](#)
- ❖ Meditations: [Insight Timer](#)
- ❖ App: [A Friend Asks](#) – designed to give kids confidence on how to talk to friends who are struggling
- ❖ [988: Suicide and Crisis Lifeline](#): chat or text with a crisis counselor online or by phone
- ❖ Social Media/Cell Phones: [Screen Sanity](#)