

BOOKS	BLOGS	BLOGS (CONT.)
<p>The Bipolar Disorder Survival Guide: What You and Your Family Need to Know by David J. Miklowitz</p>	<p>Orange Students Blog: "Processing Tragedy & Grief As a Student Ministry Leader"</p>	<p>DYM: "Take Care of Yourself"</p>
<p>Loving Someone with Bipolar Disorder by Julie A. Fast</p>	<p>Orange Students Blog: "What to Think When the Unthinkable Happens"</p>	<p>DYM: "How's Your Soul Doing?"</p>
	<p>Orange Leaders: "Suicide Prevention: Lies We Can Become Trapped In"</p>	<p>Orange Leaders: "How the Church can Help Those in Recovery"</p>
	<p>DYM: "When Anxiety of Leadership Comes"</p>	<p>Orange Leaders: "Setting Up a Counseling Center at your Church: Setting up for Success"</p>
	<p>Youth Specialties: "The Life of A Youth Worker Is Not Easy"</p>	<p>Orange Leaders: "What to Say When the Unthinkable Happens"</p>
	<p>Youth Specialties: "5 Personal Resources to Help You Become a Healthier Youth Worker"</p>	<p>Orange Leaders: "Getting Unstuck from Depression"</p>
	<p>Youth Specialties: "Being a Non-Anxious Youth Worker in the Age of Anxiety"</p>	
	<p>Youth Specialties: "A Youth Worker's Personal Climb Out of Darkness"</p>	
	<p>Youth Specialties: "When Mental Health Took Center Stage for Me"</p>	
	<p>Youth Specialties: "4 Reasons Why Youth Workers Should Go to Counseling"</p>	

PODCASTS

VIDEOS

WEBSITES

<p>DYM Lab: "Mental Health and Youth Workers"</p>	<p>TED Talk: "How Important Relationships Can Decrease Anxiety & Depression" Dr. Maxine Ruddock YouTube</p>	<p>National Suicide Prevention Lifeline</p>
<p>Orange Kids Podcast "OKP 014: To Burnout and Back - How to Stay Healthy as a Children's Ministry Leader"</p>	<p>TED TALK: "How childhood trauma affects health across a lifetime" by Nadine Burke Harris YouTube</p>	<p>American Psychological Association "Answers to Your Questions about Panic Disorder"</p>
<p>Rethinking Youth Ministry: "RYM 087: Taking Care of Your Own Mental Health as a Youth Ministry Leader"</p>	<p>"The Mind Explained" Netflix</p>	<p>American Foundation for Suicide Prevention</p>
<p>Psych Central "Cancelling Plans Due to Anxiety"</p>	<p>"The Cloud of Depression" Full Documentary YouTube</p>	<p>Suicide-Read This First</p>
		<p>American Psychological Association: "Depression"</p>
		<p>American Counseling Association</p>
		<p>Substance Abuse and Mental Health Services Administration</p>
		<p>Depression and Bipolar Support Alliance</p>
		<p>Psych Central "Ways to Overcome the Emotional Effects of Social Distancing"</p>
		<p>The Happiness Trap</p>

BOOKS

The Bipolar Child
by Demetri 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"**

BOOKS ETC.

BLOGS

BLOGS (CONT.)

<p>Orange Students Anxiety Toolkit</p>	<p>Orange Students Blog: "Four Key Things to Know about Dealing with Students and Trauma"</p>	<p>Orange Leaders: "Behind the Smile: What You Want Every SGL to Know"</p>
<p>Orange Students Curriculum: Trending for Middle School Students on Self-Harm and Suicide</p>	<p>Orange Students Blog: "Suicide Prevention Month: 3 Things to Remember"</p>	<p>Orange Leaders: "Leading Yourself Well Through Tough Ministry Seasons"</p>
<p>Orange Students Curriculum: I Have Questions for High School Students on Self-Harm and Suicide</p>	<p>Orange Students Blog: "What to Say When the Unthinkable Happens"</p>	<p>Orange Leaders: "In Times of Crisis: Create Space for Grace"</p>
<p>Caring for At Risk Students Orange Students Guide</p>	<p>Orange Students Blog: "High School Crisis Conversation Guides for Parents and SGLs" (Free download)"</p>	<p>Youth Specialties: "The Way We Were: Unlearning for the Future of Our Students"</p>
<p>Untangled: Guiding Teenage Girls Through the Seven Transitions Into Adulthood by Lisa Damour, Ph.D.</p>	<p>Orange Students Blog: "Handling Tragedies"</p>	<p>Youth Specialties: "Three Essentials for Students Remembering Faith in the Midst of Uncertainty"</p>
<p>The Five Love Languages of Teenagers: The Secret to Loving Teens Effectively by Gary Chapman</p>	<p>Orange Students Blog: "Four Key Things to Know About Dealing with Students and Trauma"</p>	<p>Youth Specialties: "5 Ways to Help Students Navigate Stress and Anxiety"</p>
<p>DYM: "Mental Illness Handbook"</p>	<p>Orange Leaders: "3 Keys to Addressing Mental Health and Suicide in Your Ministry"</p>	<p>Youth Specialties: "How I Talk to My Students About Mental Health"</p>
	<p>Orange Leaders: "4 Keys to Establishing a Recovery Program That Reaches Your Community"</p>	<p>Youth Specialties: "5 Simple Ways to Respond to Teens with Anxiety and Depression"</p>
	<p>Fuller: "We need to talk about anxiety"</p>	<p>Youth Specialties: "5 Levels to Navigating Tragedy as a Youth Worker"</p>
	<p>Orange Leaders: "3 Ways To Use Social Media For Outreach"</p>	<p>Youth Specialties: "3 Resources for Working with Kids Who Cut/Self-Harm"</p>

BLOGS (CONT.)

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Youth Specialties:
**"Surviving the Ups and
Downs of Youth Ministry"**

Youth Specialties:
**"Suicide Grief: Living in the
Aftermath of Suicide"**

Fuller:
**"What's the difference between
stress and anxiety? 3 signs"**

Youth Specialties:
**"What to Do with Sensitive
Information from Students"**

Youth Specialties:
"Preparing for the Unthinkable"

Fuller:
"We need to talk about anxiety"

Youth Specialties:
**"Trauma Informed
Youth Ministry"**

Youth Specialties:
**"6 Strategies for Engaging
the Hurting Teen"**

Fuller:
**"7 strategies to respond
to teenage girls' stress
and anxiety"**

Youth Specialties:
**"When Mental Illness
Becomes An Identity:
3 Things You Can Do"**

Youth Specialties:
"Trauma and Adolescents"

Fuller:
**"Busting myths about
teen girl anxiety"**

Youth Specialties:
**"5 Steps for Referring
Students to Professionals"**

Youth Specialties:
"Leading Through Brokenness"

Fuller:
**"Facing our Losses: Leaders
Learning to Grieve"**

Youth Specialties:
"Mental Health + Church"

Youth Specialties:
**"5 Things You Should
Know About Self-Harm"**

Fuller:
"Ministry of Presence"

Youth Specialties:
"Mental Health + Youth Worker"

Fuller:
**"Naming Loss and Gratitude
with Young People in
These Uncertain Days"**

Fuller:
**"4 Steps to Help a
Stressed Teenager"**

Youth Specialties:
"Mental Health + Students"

Fuller:
**"Naming and Navigating
Depression in the
Lives of Teenagers"**

Fuller:
**"In The Aftermath of
Teen Suicide"**

Youth Specialties:
"Replacing Tragedy with Hope"

Fuller:
**"Helping Adolescents
Work Through the Rising
Tide of Anxiety"**

Fuller:
**"In The Aftermath of
Teen Suicide, Part 2"**

Youth Specialties:
**"5 Things to Avoid When
a Student Comes to
You With a Crisis"**

Fuller:
**"Serving today's anxious
generation; 5 ministry
perspectives"**

PODCASTS	WEBSITES	WEBSITES (CONT.)
Rethinking Youth Ministry: "RYM 012: Navigating Mental Health and Suicide in Your Ministry"	Child Mind Institute: "Anxiety"	National Alliance on Mental Illness
Rethinking Youth Ministry: "RYM 099: What's Going on in a Teenager's Brain in Moments of Despair and Grief"	Child Mind Institute: "Depression"	Substance Abuse and Mental Health Services Administration
Rethinking Youth Ministry: "RYM 011: What to do when a student self-harms"	Child Mind Institute: "Suicide and Self-Harm"	Depression and Bipolar Support Alliance
Rethinking Youth Ministry: "RYM 076: What can we do about student anxiety as youth ministry leaders?"	Child Mind Institute: "Trauma and Grief"	
Rethinking Youth Ministry: "RYM 080: What to do when real life collides with youth ministry"	National Suicide Prevention Lifeline	VIDEOS
DYM Podcast: "Kara Powell on Teens & Anxiety"	Anxiety and Depression Association of America: "Suicide Prevention Tips for Kids and Teens"	TED Talk: "Tackling the Mental Health Crisis in Our Youth"
DYM Podcast: "Caring for Hurting Students"	American Foundation for Suicide Prevention	TED Talk: "Shattering the Silence: Youth Suicide"
	Suicide— Read This First	TED TALK: "Overcoming Anxiety" Jonas Kolker
	American Counseling Association	TED TALK: "Conquering depression: how I became my own hero" Hunter Kent
	The National Child Traumatic Stress Network	