

Helpful Resources

- 1) **Anxiety Canada.** This resources has helpful anxiety management plans for children, youth and parents to do together. They also have some COVID-19 specific resources

https://www.anxietycanada.com/?_ga=2.232411999.1315666561.1587571532-1217590127.1587046805&_gac=1.182700434.1587046804.EA1aIQobChMIuQhZLt6AIVBVYMCh3WPALoEAAYASAAEgJoHvD_BwE

- 2) **Center for Clinical Interventions.** This website has various self-help workbooks for teens and adults. They are categorized by diagnosis. The ones under Generalized Anxiety and Worry, Depression and Anxiety have been particularly helpful during this pandemic.

<https://www.cci.health.wa.gov.au/Resources/Overview>

- 3) **Mindshift CBT App:** This app can be downloaded and is extremely user friendly. It allows people to log symptoms, provides psychoeducation materials and tools to manage in the moment anxiety.
- 4) **Stop.Breathe.Think app.** This app is free to download. It does have some in-app purchases but there is plenty of useful free material. It allows users to input the symptoms they are experiencing in the moment and the app will analyze and provide them with some helpful tools to try.
- 5) **NIDA for teens.** This is a resource for youth around substance use. It provides accurate information and has an interactive face that teens can engage with. There is also a useful section for parents and teachers.

<https://teens.drugabuse.gov/teens>

- 6) **Harm Reduction Coalition.** This is a useful website for clinicians to find harm reduction guidelines and publications.

<https://harmreduction.org/our-resources/>

- 7) **CATIE.** Catie is also a harm reduction website with myriad of resources and helpful publications around harm reduction, HIV, substance use, mental health, HEP C. They will ship any materials you order for free.
- 8) **Doxy.me.** This is a free, secure, telehealth service for clients. The free version allows clinicians to do secure videoconferencing with clients. There is a featured waiting room where clinicians can see if their clients have arrived

<https://doxy.me/>

- 9) **Child mind Institute.** Great resource for parents, kids and teens for information on talking to kids about and coping with COVID-19

- 10) **CARD coping.** Resource from Anxiety Canada. Card system that gets kids and youth coping with anxiety using a card system.

<https://www.anxietycanada.com/wp-content/uploads/2020/04/CARD-for-Individuals.pdf>

- 11) **Autism Cape Breton.** This one is specific for Cape Breton and Autism.

<https://www.facebook.com/autismcapebreton/>

- 12) **Best Ideas for Kids.** This is a link to fun indoor activities to play.

<https://www.thebestideasforkids.com/indoor-activities-for-kids/>

- 13) Yoga with Adrienne.** This is a youtube channel for yoga practice and is also available as an app. She does free yoga classes with benji the dog as well as a few meditation videos. Presently, there are yoga specific playlists for COVID-19

<https://www.youtube.com/user/yogawithadriene>

- 14)** Lots of worksheets - categories listed on right-hand side such as DBT

- 15)** www.behavioraltech.org/resources

Linehan Institute

- 16)** <https://www.therapistaid.com/>

Lots of resources on every mental health topic

- 17)** <https://www.getselfhelp.co.uk/index.html>

Even more great resources

- 18)** Teen Mental Health - the whole website is good. This is a link to the toolbox

<http://teenmentalhealth.org/toolbox/>

<https://www.psychologytools.com/downloads/cbt-worksheets-and-therapy-resources/>

- 19)** DBT

<https://positivepsychology.com/dbt-dialectical-behavior-therapy/>

- 20)** ACT Coach

<https://www.mobile.va.gov/app/act-coach>

- 21)** Good for everyone, not just veterans

<https://www.mobile.va.gov/appstore/mental-health>

- 22)** SleepLife App

<https://www.sleepfoundation.org/sleep-solutions/sleeplifer>