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AISNE HEALTH & WELLNESS SYMPOSIUM
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Selected Resources for Educators and Students

Worried, Sad or Mad: Anxiety and Depression in Children and Teenagers
Educators as First Responders: Mental Health in the Classroom

FOR EDUCATORS

Books

Kagan, Jerome (2010) *The temperamental thread: How genes, culture, time and luck make us who we are*. Dana Press. New York.

Porter, Susan Eva (2009) *Relating to adolescents: Educators in a teenage world*. Rowman and Littlefield Education. New York.

Reilly, Nadja (2015) *Anxiety and depression in the classroom*. Norton. New York.

Solomon, Andrew (2012) *Far from the tree: Parents, children, and the search for identity*. Scribner. New York.

Steele, Claude (2010) *Whistling vivaldi: how stereotypes affect us and what we do*. Norton. New York.

Tatum, Beverly (1997) *Why are all the black kids sitting together in the cafeteria? And other conversations about race*. Basic Books. New York.

Turkle, Sherry (2015) *Reclaiming conversation: the power of talk in a digital age*. Penguin Books. New York.

Web sites

National Association of School Psychologists <https://www.nasponline.org/>

American Psychological Association <http://www.apa.org/>

American Academy of Child and Adolescent Psychology <https://www.aacap.org/>

American Association of Suicidology <http://www.suicidology.org/>

American Foundation for Suicide Prevention <https://afsp.org/>

FOR HIGH SCHOOL STUDENTS

Books

Cobain, Bev (2007) When nothing matters anymore: a survival guide for depressed teens. Free Spirit Publishing. Golden Valley, MN.

Solomon, Andrew. (2001) The noonday demon: An atlas of depression. Scribner Division: Simon and Schuster. New York.

Towery, Jacob (2016) The antidepressant book: a practical guide for teens and young adults to overcome depression and stay healthy. (Self-published). San Francisco.

Websites

Erika's Lighthouse <http://www.erikaslighthouse.org/>

The Trevor Project (specifically for LGBTQ youth) <http://www.thetrevorproject.org/>

National Suicide Prevention Lifeline <http://suicidepreventionlifeline.org/>

Apps

These apps for your phone or tablet are quick, accessible ways to get some relief from a difficult mood at any time of day, no matter where you are. They are available on iTunes store or on Google Play for Android devices.

Based in cognitive behavioral therapy techniques, **MindShift** offers help with generalized anxiety, test/performance anxiety, panic, and "riding out intense emotions." It helps users change thought patterns and confront feared situations.

www.anxietybc.com

Recent research shows that meditation is an *extremely effective* intervention for depression and anxiety. It can help quiet your thoughts and has proven significant physiological effects that reduce anxiety and improve mood. These apps are simple and straightforward to use. No formal meditation training or experience required.

Buddhify: <http://buddhify.com/> (meditation for any situation -- select the one that applies) \$2.99

Headspace: www.headspace.com (mood tracking and meditation, anxiety reduction) Free 10-day trial, then pricier than most (monthly subscription rate of \$5)

Meditation oasis: www.meditationoasis.com/ Free to \$3.99, depending on the individual app.
Also good for sleep.

down dog: <https://www.downdogapp.com/> Free or modestly priced, depending on the individual app. Marketed to teens. Good for doing basic yoga moves at home, for stress reduction, relaxation or sleep.

Video re: how (not) to respond to a depressed friend

“12 things not to say to depressed people and why”

<https://www.youtube.com/watch?v=rzPMZ36KNKs>

Crisis Hotlines

The Trevor Project <http://www.thetrevorproject.org/> offers a telephone hotline, as well as text message and online instant chat service with trained suicide prevention volunteers. The Trevor Project hotline is the only crisis intervention hotline for LGBTQ youth that is accredited by the American Association of Suicidology.

You do not need to be suicidal to call. Many teenagers call, text or chat because they are going through a difficult time or just need to talk to someone who understands LGBTQ issues..

Trevor Lifeline: 866-488-7386 (24 hours/day, 7 days/week)

The National Suicide Prevention Lifeline (<http://suicidepreventionlifeline.org/>) offers a telephone hotline and online chat service with trained suicide prevention volunteers.

National Suicide Prevention Lifeline: 800-273-8255 (24 hours/day, 7 days/week)

Their Website also has a very useful page with contact information for or direct access to **social media safety teams** <http://suicidepreventionlifeline.org/help-someone-else/> for

Instagram

Twitter

Youtube

Facebook

that you can contact if someone online is posting suicidal thoughts or intentions.

