

### **Anxiety Videos**

**Anxiety Explained For Middle School/Teens**

<https://www.youtube.com/watch?v=rpolpKTWRp4>

**Relaxed Breathing For Middle School/Teens**

<https://www.youtube.com/watch?v=e2j7S8dy8j0>

**Anxiety Explained For Kids**

[https://www.youtube.com/watch?v=FfSbWc3O\\_5M](https://www.youtube.com/watch?v=FfSbWc3O_5M)

**Relaxed Breathing For Kids**

<https://www.youtube.com/watch?v=qLbK0o9Bk7Q>

### **Anxiety Books**

**When My Worries Get Too Big (Children)**

[https://www.amazon.com/When-Worries-Get-Too-Big/dp/1937473805/ref=sr\\_1\\_6?crid=2SR8F9BH7CQ8R&dchild=1&keywords=5+point+scale&qid=1616458291&srefix=5+point+scale%2Caps%2C560&sr=8-6](https://www.amazon.com/When-Worries-Get-Too-Big/dp/1937473805/ref=sr_1_6?crid=2SR8F9BH7CQ8R&dchild=1&keywords=5+point+scale&qid=1616458291&srefix=5+point+scale%2Caps%2C560&sr=8-6)

**The Incredible 5 Point Scale (Children)**

[https://www.amazon.com/Incredible-Point-Scale-Significantly-Understanding/dp/1937473074/ref=sr\\_1\\_2?dchild=1&keywords=5+point+scale&qid=1616520774&sr=8-2](https://www.amazon.com/Incredible-Point-Scale-Significantly-Understanding/dp/1937473074/ref=sr_1_2?dchild=1&keywords=5+point+scale&qid=1616520774&sr=8-2)

**Mindfulness for Teens in 10 Minutes a Day (Teens)**

[https://www.amazon.com/Mindfulness-Teens-Minutes-Day-Exercises/dp/1641524375/ref=asc\\_df\\_1641524375/?tag=hyprod-20&linkCode=df0&hvadid=385599638073&hvpos=&hvnetw=g&hvrnd=5998923287266856973&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9031931&hvtargid=pla-822997409199&psc=1&tag=&ref=&adgrpid=79288121035&hvpone=&hvptwo=&hvadid=385599638073&hvpos=&hvnetw=g&hvrnd=5998923287266856973&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9031931&hvtargid=pla-822997409199](https://www.amazon.com/Mindfulness-Teens-Minutes-Day-Exercises/dp/1641524375/ref=asc_df_1641524375/?tag=hyprod-20&linkCode=df0&hvadid=385599638073&hvpos=&hvnetw=g&hvrnd=5998923287266856973&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9031931&hvtargid=pla-822997409199&psc=1&tag=&ref=&adgrpid=79288121035&hvpone=&hvptwo=&hvadid=385599638073&hvpos=&hvnetw=g&hvrnd=5998923287266856973&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9031931&hvtargid=pla-822997409199)

### **Anxiety Websites**

**Saint Ignatius College Prep Anxiety Webpage (Teens)**

<https://sites.google.com/siprep.org/wellness/anxiety?authuser=0>

**Children's Health Council**

<https://www.chconline.org/clinicalservices/>

**One Life Counseling Center (Counseling Services for Children & Teens Individual & Group Therapy)**

<https://www.onelifecounselingcenter.com/>

**Daybreak Health (Online counseling for tweens/teens & Parent Resources)**

<https://www.daybreakhealth.com/>

**Anxiety Apps**

**Headspace App - guided mindfulness**

**Brian.FM App - focus, meditation, relaxation**

**Mind Shift CBT**

**Stop, Breathe, and Think**

**White Noise Lite App - for some white noise can help with sleep, increase focus, and reduce stress**

**Talkspace App - online therapy**

**Calm App - meditation and breathing**

**Crisis Support Lines**

**Crisis Text Line - Text LISTEN to 741741 - you will be connected to a crisis counselor to discuss anything you need support for.**

**Mental Health SF - Peer Run Warm Line**

**855-845-7415 (or online to chat)**

**Youth Talkline (LGTBQ Support)**

**1-800-246-Pride**

**SF Suicide Prevention**

**415-781-0500**