

## Mental Health Websites

### Anxiety

**Anxiety BC** - website and phone app from Canada which contains resources for adults and you on anxiety and how to cope with such. Their app, Mindshift, contains FAQs, a section to record situations which are anxiety-producing, inspirational messages, a self-check to track your anxiety level, “chill out” tools, etc. <https://www.anxietybc.com/>

**Anxiety Disorders** – National Institutes of Mental Health (NIMH) provides a listing of various types of anxiety disorders, signs and symptoms, and recommended treatment. <https://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>

**Anxiety.org** – breaks down anxiety by type, symptoms, causes, treatment, etc. <https://www.anxiety.org/>

### Depression

**Depression** – what is depression, statistics, causes, types, signs/symptoms, treatment. <https://www.psych.com/depression-test/>

**Depression in Teens** – dealing with adolescent pressures, recognizing adolescent depression, treatment, how to help, etc. <http://www.mentalhealthamerica.net/conditions/depression-teens> (includes screening tools for a number of disorders)

**How to Help Your Depressed Teen** – includes how to know if treatment isn't working <https://childmind.org/article/how-to-help-your-depressed-teenager/>

EXCELLENT ARTICLE! *Anxiety, Depression, and the Modern Adolescent*  
<http://time.com/magazine/us/4547305/november-7th-2016-vol-188-no-19-u-s/>

### Stress

**Stress** – why it happens and how to manage it <https://www.medicalnewstoday.com/articles/145855.php>

**De-Stress** – 20 scientifically backed ways to de-stress  
[https://www.huffingtonpost.com/2015/09/06/stress-relief-that-works\\_n\\_3842511.html](https://www.huffingtonpost.com/2015/09/06/stress-relief-that-works_n_3842511.html)

**American Psychological Association (APA)** – teen stress rivals adult stress  
<http://www.apa.org/monitor/2014/04/teen-stress.aspx>

### Self-Injury

**Alternatives to Self-Injury** – break-down by cause, how you're feeling, etc.  
<http://www.teenhelp.org/forums/f12-self-harm/t9418-alternatives-self-harm/#post97005>

**Good Therapy** – What to do when your teen is cutting <https://www.goodtherapy.org/blog/your-move-parent-what-to-do-when-your-teen-is-cutting-0908144>

**US News Health Report** – What to do if your child is cutting <https://health.usnews.com/health-news/health-wellness/articles/2014/02/28/what-to-do-if-your-child-is-cutting>

Amy Cannava, Ed.S., NCSP  
Nationally Certified School Psychologist  
Thomas S. Wootton High School  
Amy\_R\_Cannava@mcpsmd.org

## Mental Health Websites

### LGBTQ+

**Helping Families Support LGBT Children** [https://nccc.georgetown.edu/documents/LGBT\\_Brief.pdf](https://nccc.georgetown.edu/documents/LGBT_Brief.pdf)

**DC Metro PFLAG** - Parents, Families, and Friends of Lesbians and Gays <http://pflagdc.org/>

**Raising My Happy Rainbow** – adventures in raising a fabulous, gender creative son  
<https://raisingmyrainbow.com/tag/raising-gay-child/>

**Transparenthood** – experiences raising a transgender child <https://transparenthood.net>

**Rainstorms to Rainbows** – consulting company specializing in LGBTQ+ youth  
<http://rainstormstorainbows.weebly.com/>

### Crisis Lines

**The Trevor Project** – nation’s leading crisis prevention for LGBTQ+ youth (also includes resources for parents, youth, and educators) – offers phone, texting, chatting, and safe (monitored) social media site  
<https://www.thetrevorproject.org/get-help-now/> 1-866-488-7386; 202-304-1200 Texting

**Trans Lifeline** – only “warm” (not available 24/7) –line staffed only by trans persons 1-877-565-8860  
<https://www.translifeline.org/>

**Ally Moms** – offers trans youth the opportunity to speak to a supportive parent of a trans kid/adult  
<https://callhimhunter.com/ally-moms/>

**Montgomery County Crisis Line** – Crisis Center 24/7. 240-777-4000

**Suicide Prevention Lifeline** – national crisis hotline 1-800-273-8255  
<https://suicidepreventionlifeline.org/>

**Be The One** – Substance abuse and suicide prevention <http://www.montgomerycountymd.gov/btheone/>

### Communicating with Teenagers

**9 Tips for Communicating with Your Son** – not really gendered; applies to teens in general  
<https://www.psychologytoday.com/us/blog/hope-relationships/201404/9-tips-communicating-your-teenage-son>

**Secrets for Communicating with Teenagers** - <https://www.empoweringparents.com/article/5-secrets-for-communicating-with-teenagers/>

**Tips for Communicating with Your Teen** - <https://childmind.org/article/tips-communicating-with-teen/>

- Ask, don’t assume
- Keep it “chill” – conversation shouldn’t be a big deal
- Keep it short
- Express only genuine interest; don’t feign it
- Know their friends
- Leave the door open for conversation, but don’t shout through a closed door
- Practice empathy <https://www.youtube.com/watch?v=1Evwgu369Jw>

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