

References

Anxiety / Depression

<u>APPS</u>	MindShift CBT 7cups	Calm FearTools	Insight Timer	MoodTools
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<u>Websites</u>	Interactive anxiety website:	www.MyCompass.org.au
	Online self-help for anxiety/depression:	https://moodgym.com.au/
	Anxiety in children & adolescents:	www.worrywisekids.org
	Post Partum Depression Support:	www.albanyfamilylifecenter.org www.postpartum.net

Books

The Anxiety & Work Workbook (David Cook)
Dare: The New Way to End Anxiety and Stop Panic Attacks Fast (Barry McDonagh)

Relaxation, Meditation & Mindfulness

<u>APPS</u>	Breath2relax Stop, Breathe & Think Headspace Sleep Cycle	GPS for the Soul Happify 10% Happier WhiteNoise (timer)	Insight Timer Booster Buddy (teens & 20y/o) SleepBot
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<u>Websites</u>	Free mindfulness based stress reduction course: https://palousemindfulness.com/
	Free audio for relaxation: http://74.62.111.169/kaiser/download/download_relaxationAndWellness.asp
	Free stress & relaxation exercises: http://stressremedy.com/audio/
	Free guided meditations: http://marc.ucla.edu/mindful-meditations
	Health & wellness: http://www.fammed.wisc.edu/category/media/mindfulness/

Abuse

RAINN's National Sexual Assault Hotline	1-800-656-HOPE (4673)
National Domestic Abuse Hotline	1-800-799-7233
National Child Abuse Hotline	1-800-422-4453
National Teen Dating Abuse Hotline	1-866-331-9474
Violence/Bullying Tip Line	1-800-420-1479

<u>Websites</u>	Hotline National Domestic Violence hotline: https://www.thehotline.org/
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Medical Issues

<u>APPS</u>	Migraine Buddy Menstrual Cycle Trackers: Clue	Blood Pressure Monitor Eve Flo	Cara: Food, Mood, Poop Tracker for IBS
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<u>Websites</u>	ADHD website for adults, parents, educators & professionals: www.CHADD.org
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Books

- You mean I'm not Lazy, Stupid or Crazy?! (Kate Kelly) – Adult ADHD

COVID Emotional Support 1-844-863-9314

Addiction

Websites Alcoholics Anonymous: <https://www.aa.org/>
Narcotics Anonymous: <https://www.na.org/>

Healthy Living – Food & Fitness

NEDA (National Eating Disorder Association) Helpline 1-800-931-2237

APPS MyFitnessPal MapMyRun 7 Minute Workout
DietBet Lose It! 30 Day Fitness Challenge

Websites www.hungry-girl.com (search for “fast food survival guide”)

Healthy Premade Meal Services

Macro NU	www.macronu.com	518-832-2732
The Healing Meals	www.thehealingmeals.com	518-469-5871
Food Therapy	www.foodtherapymeals.com	330-603-0612

CDPHP Fitness Connect (you DO NOT have to be a CDPHP member to join)

Register at <https://www.cdphp.com/members/wellness/fitness-discount-programs/fitness-connect>

LGBTQ

Trevor Helpline Crisis Intervention for LGBTQ Youth: 1-800-850-8078

Websites Family Acceptance Project: <http://familyproject.sfsu.edu>
Crisis Intervention & Suicide Prevention for LGBTQ youth: www.thetrevorproject.org
Hudson Valley LGBTQ support: <http://lgbtqcenter.org/tag/groups/>

Parenting / Children’s Behavior / Learning Disabilities

Parent Network of the Capital Region (assists with school relationships to ensure appropriate education for the child, and help with getting correct resources)

1190 Troy Schenectady Rd Latham, NY (518)640-3320 info@pncrny.org www.pncrny.org

Websites Learning, attention, dyslexia, dysgraphia & learning disabilities
www.understood.org/en (English) or <https://www.understood.org/es-mx> (Spanish)
American Academy of Child & Adolescent Psychiatry
https://www.aacap.org/AACAP/Families_and_Youth/
Symptom Identification & Screening Resources for Specific Learning Disabilities
ProjectTEACH rating scale library <https://projectteachny.org/rating-scales/>
Child Mind Institute Symptom Checker <https://childmind.org/symptomchecker/>
Behavior Issues www.thinkkids.org
Learning Disabilities Association of America <https://ldaamerica.org/>
Response to Intervention Action Network <http://www.rtinetwork.org/>

Books

- SOS: Help for Parents (Lynn Clark)
- No Bad Kids (Janet Lansbury)