

Supporting our Children:

WEATHERING THE MENTAL HEALTH STORM



Community Resources:

[Jewish Family Services](#)

[Jewish Together – Be Well –
A Program of JFNA](#)

[Kids Thrive 585](#)

[Monroe County Mental Health Resources](#)

[Monroe County Single Point of Access](#)

[National Alliance on Mental Illness – Rochester](#)

[Parenting Village](#)

[University of Rochester Pediatric
Behavioral Health and Wellness](#)

Books:

*Breaking Free of Child Anxiety and OCD:
A Scientifically Proven Program for Parents
Under Pressure* (Lisa Damour, Ph.D.)

*What to Do When You Worry Too Much:
A Kid's Guide to Overcoming Anxiety*
(Dawn Heubner & Bonnie Matthews)

Helping Your Anxious Child (Rapee, 2008)

*Getting Your Child to Say "Yes" To School: A
Guide for Parents of Youth with School Refusal
Behavior* (Kearney, 2007)

Mobile Apps:

Breathe, Think, Do with Sesame Street
(kids/free)

MindShift CBT (teens/free)

Headspace (teens and adults/free trial)

Breathe 2 Relax (any age/free)

Smiling Mind (any age/free)

Calm (any age/free trial)

Online Resources:

[Child Mind Institute](#)

[Center for Parent and Teen Communication](#)

[Anxiety in Teens](#)

[Teen Mental Health](#)

[The Youth Mental Health Project](#)

Helpful Phrases:

Can you tell me a bit more about
your worries?

I can see that you're feeling worried about
this. Would you like to do some deep
breathing together?

I'm here to help you.

I can't imagine what you must be feeling. I
am grateful you shared with me.

Let's talk about that together.

How can I help?

I know you feel anxious but I know you can
do this. I am here to support you.

It sounds like your worry brain is really loud
right now. Let's take a walk together and
calm down.

Let's refocus on what is within your control.

Let's brainstorm ways to help calm our
minds right now.

