

Resources for Parents and Teens

Books:

- Boys Adrift (Sax, 2009) – or - Girls on the Edge (Sax, 2011)
- Helping Teens Who Cut: Understanding and Ending Self-Injury (Hollander, 2008)
- Screen-Smart Parenting: How to Find Balance and Benefit in Your Child's Use of Social Media, Apps, and Digital Devices (Gold, 2014)
- Taking Charge of ADHD: The Complete, Authoritative Guide for Parents (Barkley, 2013)
- Teen Brain, Teen Mind (Clavier, 2005)
- Your Defiant Teen (Barkley & Robin, 2014)

Web-based resources:

Anxiety, Depression & Other Emotional Difficulties

Canadian Mental Health Association: <http://www.cmha.ca/mental-health/your-mental-health/youth/>

Education and resources for Parents: <http://www.teenmentalhealth.org>

Teen Depression: A Guide for Parents: http://www.helpguide.org/mental/depression_teen.htm

Society for the Prevention of Teen Suicide: <http://www.sptsusa.org/parents/>

Substance Use Problems & Addictions

Drug Prevention: <http://www.justice.gov/dea/pr/multimedia-library/publications/prevention4teens.pdf>

Understanding Addiction: <http://www.projectknow.com/research/drugs-and-alcohol>

Learning Disabilities and Academic Problems

Resources and learning opportunities for kids with special needs: <http://www.snow.idrc.ocad.ca/>

Crisis support:

- COAST - <http://mentalhealthhelpline.ca>
- Kid's Help Phone - <http://kidshelpphone.ca>

For more information and helpful resources, or to learn about our services, please visit our website:

www.mindfullivingcentre.ca

