

Resources on Anxiety & Depression

Books by Nancy Kislin, LCSW

- *LOCKDOWN: Talking to Your Kids about School Violence*

Other Books:

- *The Anxiety Workbook for Teens* by Lisa M. Schab, LCSW
- *Beyond the Blues* by Lisa M. Schab, LCSW
- *Don't Let Emotions Run Your Life for Teens* by Sheri Van Dijk, MSW
- *Who Moved My Cheese?* By Spencer Johnson, M.D.
- *Anxious Kids, Anxious Parents* by Reid Wilson, Ph.D. & Lynn Lyons, LICSW
- *The Whole Brain Child* by Daniel Siegel, M.D.
- *The Explosive Child* by Ross Greene, Ph.D.

Websites

- Nancy Kislin Website: www.nancykislins.com
- Headspace App: www.headspace.com
- Calm App: www.calm.com
- Child Mind Institute: www.childmind.org
- Families for Depression Awareness: www.familyaware.org
- WorryWiseKids: www.worrywisekids.org

Other Resources

- National Suicide Prevention Lifeline – 1-800-273-8255