

## **Anxiety and Mental Wellness for Students: Building a culture of mental health and wellness**

In this fast-paced, digital world our young people live in, opportunities for connection seem endless. Parents and caregivers know first-hand that many young people seem to struggle more than ever with anxiety and stress. How can parents and caregivers offer effective support? What kind of skills can young people develop to strengthen their resilience and ability to move through emotional storms?

The resources listed here include:

- local websites that provide programming and guidance for young people experiencing chronic anxiety or mental health issues.
- eBooks that WSD students can easily access from home or school, 24/7 to support mental health and wellness.



### **Selected Mental Health Websites for Parents:**

 **211 Manitoba** : <https://mb.211.ca/>

- Contact 211 Manitoba by phone or by webaddress.
- Enter your postal code and you will be given community organizations close to you, matching your area of concerns.
- “Mental Health & Addictions” includes groups that support Youth Mental Health or Children’s Mental Health. Other areas include information for Newcomers, Abuse & Assault, and Children & Parenting.

 **Anxiety Disorders Association of Manitoba.**  
[Childhood Anxiety Videos](http://www.adam.mb.ca/child-anxiety-videos) <http://www.adam.mb.ca/child-anxiety-videos>

- Childhood is full of growth and new experiences, and sometimes this can seem overwhelming to young people.
- How can parents tell when a normal fear is popping up, or whether sometimes more is happening?
- This site links to videos about common childhood anxiety problems from phobias, social anxiety, and school refusal. The larger ADAM site has many more resources for adults as well.



Winnipeg Regional Health Authority **Anxiety Disorders Service for Children and Youth. Winnipeg Regional Health Authority.** [http://www.wrha.mb.ca/prog/psychology/services\\_anxiety\\_youth.php](http://www.wrha.mb.ca/prog/psychology/services_anxiety_youth.php)

- The WRHA offers services for children and teens concerning assessment and treatments available for anxiety problems.



**Canadian Mental Health Association: Manitoba and Winnipeg**  
<https://mbwpg.cmha.ca/>

- Connect with resources for young people in the Youth Services section of CMHA's website: <https://mbwpg.cmha.ca/types-programs-services/youth-services/>
- Includes online self-help programs, and special transition programs for youth.



**Klinic Community Health. Crisis Support:** <http://klinik.mb.ca/crisis-support/>

- The Klinic Crisis Program operates a variety of crisis telephone lines and online support services providing free and confidential counselling, support and referrals for people who are suicidal, in crisis or struggling to cope.



**Mood Disorders Association of Manitoba :** <http://www.mooddordersmanitoba.ca/>

- The Mood Disorders Association of Manitoba is a self-help organization dedicated to providing support, education and advocacy for those living with a mood disorder or experiencing a mood disorder in their family, friend circle, or workplace.
- The [Family Navigation](#) program supports families struggling with mental illness and provides assistance in navigating the mental health care system.
- In the [Resources](#) section, find workshops and support groups for children and teens.

**NeedHelpNow.ca™** : [needhelpnow.ca](http://needhelpnow.ca)

(French version [here: https://needhelpnow.ca/app/fr/index](https://needhelpnow.ca/app/fr/index))

- Aimed for students 13 to 17 who are experiencing cyberbullying or harassment.
- Help removing a sexual picture/video from the Internet
- Help with cyberbullying and dealing with peers
- Help on how to talk to and support a youth in crisis
- Tips for helping a friend a student is worried about



**Resource Assistance for Youth (RaY) :** <http://rayinc.ca/>

- RaY is a non-profit agency working with street-entrenched and homeless youth up to the age of 29.
- RaY is non-judgmental and non-partisan, employing a harm reduction approach to all interactions with youth in need.
- Drop-in access to a community mental health worker is available Monday – Friday from 1:00 pm – 3:00 pm (<http://rayinc.ca/health-and-wellness/>)

**teen talk** TeenTalk : <http://teentalk.ca/>

- **Teen Talk** is a youth health education program, offered by partners Klinik Community Health Education and SERC (Sexuality Education Resource Centre MB).
- TeenTalk provide services for youth from a harm reduction, prevention education perspective and focuses on issues under the broad topics of sexual and mental health.
- They can also link youth to resources directly in their community.
- Specific support for teen [Mental Health](#) can be found on the site, as well as access to 24/7 crisis lines (<http://teentalk.ca/learn-about/mental-health-2/>).



**Winnipeg Public Library. Mental Health and Addictions Info Guide:**

<https://guides.wpl.winnipeg.ca/mentalhealthaddictions>

- Winnipeg Public Library's guide on Winnipeg area resources for a variety of mental health and wellness needs.
- Includes books, websites, and phone numbers covering topics like suicide prevention, anxiety, post-partum depression and more.

## Selected Mental Health eBooks for WSD Families:



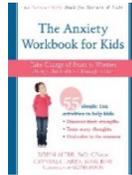
Winnipeg School Division Digital Library: <https://winnipegdsdca.libraryreserve.com/>

Check out these eBooks from the [WSD Digital Library](#). Search for these books by title or author or subject. You'll find the WSD Digital Library all year round on the WSD Homepage, [www.winnipegdsd.ca](http://www.winnipegdsd.ca). Look for the link **Visit the WSD Online Library**, at the very bottom of the page.

Students can borrow these books anytime 24/7 all year round, by logging in with:

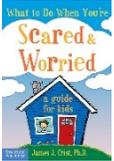
- their WSD Library Card Number = their WSD student number,
- their password = last 4 digits of their student number.

## eBooks For Younger Students (K- 6)



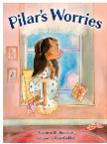
Alter, Robin. **The Anxiety workbook for kids : take charge of fears and worries using the gift of imagination.** 2016. [Downloadable eBook.](#)

This fun and unique workbook is grounded in evidence-based practices to help children understand their anxious thoughts within a positive framework—a perspective that will allow kids to see themselves as the highly imaginative individuals they are, and actually appreciate the role imagination plays in their anxiety. Grades K – 6.



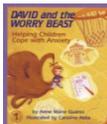
Crist , James. **What to do when you're scared and worried : a guide for kids.** 2017. [Downloadable eBook.](#)

From a dread of spiders to panic attacks, kids have worries and fears, just like adults. This is a book kids can turn to when they need advice, reassurance, and ideas. They'll find out where fears and worries come from, practice Fear Chasers and Worry Erasers, and learn to seek help for hard-to-handle fears they can't manage on their own. Grades 4 – 6.



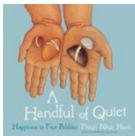
Golden, Jess. **Pilar's worries.** 2018. [Downloadable eBook.](#)

Pilar loves to dance. She plies while brushing her teeth. She leaps when hurrying to ballet class. But when tryouts for her favorite ballet are held, Pilar is anxious. Auditioning makes her whole body feel scared. But by using some of the coping techniques she's learned and focusing on her love for ballet, she is able to persevere. This gentle story is a great tool for children dealing with anxiety. Grades K – 3.



Guanci, Anne Marie. **David and the worry beast: helping children cope with anxiety.** 2007. [Downloadable eBook.](#)

David could not stop thinking about the basket he had missed at the end of the big game. He was worried that his teammates would be angry with him. He worried about an upcoming math test. In fact, David was worried a lot. Luckily, David finally confided in his parents and school nurse, both of whom gave him support and techniques for controlling the worry beast within him. Grades K-5



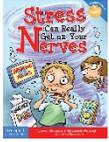
Nhat Hanh, Thich. **A handful of quiet: Happiness in four pebbles.** 2012. [Downloadable eBook.](#)

Pebble meditation is a ground-breaking and unique technique to introduce children to the calming practice of meditation. Contains complete instructions for pebble meditation designed to involve children in a hands-on and creative way that touches on their interconnection with nature. All ages.



Potter, Molly. **What's worrying you?** 2018. [Downloadable eBook.](#)

We all have worries now and then, but sometimes worries can feel like they're getting bigger and bigger, like you can't control them any more. What do you do then? This book helps children understand their worries, and what to do when they feel overwhelmed by their thoughts and feelings. Grades K – 4.

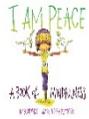


Romain, Trevor. **Stress can really get on your nerves.** 2019. [Downloadable eBook.](#)  
With jokes, fun illustrations, and plenty of authentic examples, this book helps kids understand what stress is—and gives tons of tips to cope. Grades 3 – 8.

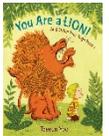


Silver, Gail. **Anh's anger.** 2009. [Downloadable eBook.](#)  
Five-year-old Anh becomes enraged when his grandfather asks him to stop playing and come to the dinner table. The grandfather helps Anh fully experience all stages of anger by suggesting that he go to his room and, "sit with his anger." Children can learn to acknowledge anger when it arises, understand the cause of their anger, and ultimately feel safe expressing themselves and accepting accountability for their actions when appropriate.

Grades K- 6.



Verde, Susan. **I am peace: a book of mindfulness.** 2017. [Downloadable eBook.](#)  
When the world feels chaotic, find peace within through an accessible mindfulness practice. Express emotions through direct speech. Find empathy through imagination. Connect with the earth. Wonder at the beauty of the natural world. Breathe, taste, smell, touch, and be present. All ages.



Yoo, Taeun. **You are a Lion! And other fun yoga poses.** 2012. [Downloadable eBook.](#)  
With simple instructions and bright, clear illustrations, the author invites children to enjoy yoga by assuming playful animal poses. Yoga is great for kids because it promotes flexibility and focus - and it's relaxing good fun!  
Grade K – 4.

## WSD eBooks for Older Students (Grade 7 – 12)



Biegel, Gina M. **The stress reduction workbook for teens: mindfulness skills to help you deal with stress.** 2017. [Downloadable eBook.](#)

The author, a psychotherapist who specializes in Mindfulness-Based Stress Reduction, shows overwhelmed and stressed-out teen readers how mindfulness skills can help them relax, prioritize, and keep calm during stressful times. Grades 7 +



Bocci, Goali Saedi and Gina Biegel. **The Social Media Workbook for Teens: Skills to Help You Balance Screen Time, Manage Stress, and Take Charge of Your Life.** 2019. [Downloadable eBook.](#)

Social media has an important place in your life—but it shouldn't rule your life. It's also important to remember that the "highlight reels" you see of your friends' lives aren't necessarily the "real" truth. If you're ready to reduce social media stress, gain confidence in yourself, and become more engaged in the world around you, this workbook will show you how. Grade 7 +



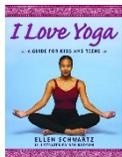
Lohmann, Raychelle. **The bullying workbook for teens : activities to help you deal with social aggression and cyberbullying.** 2013. [Downloadable eBook.](#)

When young people learn anti-bullying strategies, build constructive communication skills to help them express their feelings and manage their emotions, they will gain confidence in themselves and their interactions with others, and become less susceptible to online pressures. Grades 7 +.



Micco, Jamie A. **The worry workbook for teens: effective CBT strategies to break the cycle of chronic worry & anxiety.** 2017. [Downloadable eBook.](#)

This fun, practical workbook offers effective, easy-to-understand cognitive behavioral therapy (CBT) exercises to help you understand your chronic worrying, toss "junk mail" thoughts, and manage your fears in a constructive way. Grades 7 +.



Schwartz, Ellen. **I love Yoga: a guide for kids and teens.** 2011. [Downloadable eBook.](#)

The author presents the history of yoga, different styles, yoga benefits, concerns, cautions, misconceptions, equipment, and basic postures in a teen-friendly way. There is information for those with physical disabilities and tips on yoga as part of a lifestyle – even for those who do not use the poses – especially to de-stress. Grades 5 +



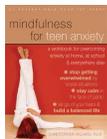
Skeen, Michelle. **Communication Skills for Teens: How to Listen, Express, and Connect for Success.** 2016. [Downloadable eBook.](#)

In an age of social media, texting, and ever-evolving technology, it's easy to forget how to engage in real, face-to-face communication, a critical skill for your future success! By following the practical, skills-based tips in each chapter of this book, you'll learn powerful communication techniques to last a lifetime. Grades 7 +



Shannon, Jennifer. **The anxiety survival guide for teens: CBT skills to overcome fear, worry and panic.** 2015. [Downloadable eBook.](#)

This engaging resource helps teens skillfully work through situations that cause anxiety so they can focus on their goals. By identifying the part of their brain where anxious thoughts arise, teens will start to feel more independent, more confident, and ready to take on the world. Grades 7 +



Willard, Christopher. **Mindfulness for teen anxiety: a workbook for overcoming anxiety at home, at school, and everywhere else.** 2014. [Downloadable eBook.](#)

Being a teen is hard enough without anxiety getting in the way. If you suffer from panic attacks, chronic worry, and feelings of isolation, it can be very difficult to meet your goals and succeed. The good news is that there are real, powerful ways that you can take control of your anxiety. Through mindfulness-based practices you can learn to identify what triggers anxiety, and how to feel more calm at home, at school, and with friends. Grades 7 +

For support using eBooks, please contact WSD Library Support Services at [wllslibrary@wsd1.org](mailto:wllslibrary@wsd1.org), year-round. We're happy to help!