

## Youth Mental Health Libguide



### Websites:

Southborough Youth and Family Services <https://www.southboroughtown.com/youth-and-family-services/pages/mental-health-support-and-therapy-referral-services>

Behavioral Health Help Line - 833-773-2445

<https://www.mass.gov/info-details/behavioral-health-help-line-bhhl-faq>

Wayside Youth and Family Services

<https://www.waysideyouth.org/aboutus/ourservicesoverview/>

NAN Project

<https://www.thenanproject.org/>

Boston Public Library

<https://www.bpl.org/mental-health-resources-for-teens/>

National Institute Mental Health

<https://www.nimh.nih.gov/get-involved/digital-shareables/shareable-resources-on-child-and-adolescent-mental-health>

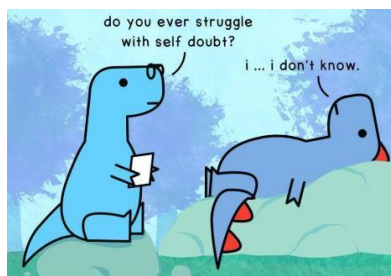
Helpguide <https://www.helpguide.org/articles/depression/teenagers-guide-to-depression.htm>

Mental Health America

<https://www.mhanational.org/depression-teens-0>

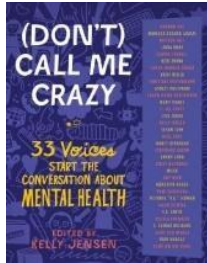
National Alliance on Mental illness - MA

<https://namimass.org/young-adults/>



*Dinos & Comics*

**Books :**



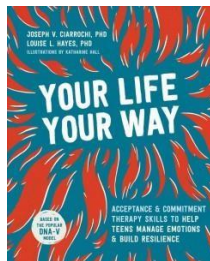
[\(Don't\) call me crazy : 33 voices start the conversation about mental health / edited by Kelly Jensen.](#)

**YA 616.89 JENSEN**



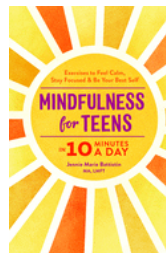
[Social anxiety relief for teens : a step-by-step CBT guide to feel confident & comfortable in any situation / Bridget Flynn Walker, PhD ; foreword by Michael A. Tompkins, PhD.](#)

**YA 618.928 WALKER**



[Your life, your way : skills to help teens manage emotions, and build resilience / Joseph V. Ciarrochi & Louise L. Hayes ;](#)

**YA 305.235 CIARROCHI**



[Mindfulness for teens in 10 minutes a day : exercises to feel calm, stay focused & be your best self/](#)

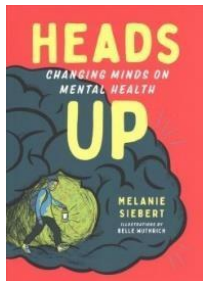
[Battistin, Jennie Marie](#)

**YA 158.13 BATTISTIN**



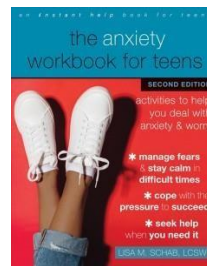
[Your brain needs a hug : life, love, mental health, and sandwiches / Rae Earl](#)

**YA 616.89 EARL**



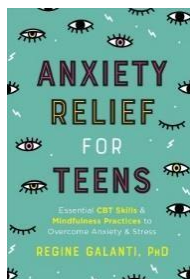
[Heads up : changing minds on mental health / Melanie Siebert](#)

**YA 616.89 SIEBERT**



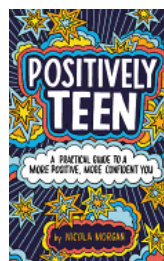
[The anxiety workbook for teens :activities to help you deal with anxiety & worry / Lisa M. Schab,](#)

**YA 155.5 SCHAB**



[Anxiety Relief for Teens : essential CBT skills and mindfulness practices to overcome anxiety and stress](#)

**YA 616.85 GALANTI**



[Positively teen : a practical guide to a more positive, more confident you / Nicola Morgan.](#)

**YA 158.1 MORGAN**