

Anxiety & Depression

Websites:

Anxiety Disorders – KidsHealth.org:
<http://bit.ly/1RCuQu9>

Anxiety in Teens – Inspiration,
Information and community support:
<http://anxietyinteens.org/>

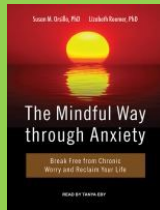
Teen Line for Teens(call, text and
email): <https://teenlineonline.org/>

Apps:

- * Self-help anxiety management
(Google Play)
- * Pacifica (Apple Store)

Books @ Public Library:

- * *The Mindful Way
Through Anxiety*



Books @ CeHS:

- * *Coping With Anxiety
and Panic Attacks* (Jordan Lee)
- * *Coping with Depression and Other
Mood Disorders* (Amy Gelman)

Phone Numbers:

- * Teen Lifeline:(800) 248-6336
- * Tumbleweed:(602) 271-9904 or
(866) 723-3703 *24 hour crisis line

Support on campus:

Peer Counselors,
School Counselors



Self-Improvement

Websites:

Ways to Improve Yourself –

Lifehack.org: <http://bit.ly/1eXGoBA>

Dealing With Anger – KidsHealth.org:
<http://bit.ly/1VBeRhu>

Apps:

- * Rage Eraser
(Apple Store)
- * How to control anger
(Google Play)



Books @ public library:

- * *Life on Purpose: how living for
what matters most changes every-
thing* (Victor J. Strecher.)
- * *The Better Man Project*
(Bill Phillips)

Books @ CeHS:

- * *Coping With Anger* (Paul J Gelinas)
- * *Coping Through Self-Control*
(Sandra Lee Smith)
- * *Coping With Aggression*
(Patricia Emanuele)
- * *Coping With Decision-Making*
(Sandra Lee Smith)

Phone Numbers:

Teen Lifeline: Available 24-hours:
(602) 248-8336

Support on campus:

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Confidence

Websites:

63 Ways to Build Self-Confidence:
<http://bit.ly/1NgtS2x>

Ways to Improve Self-Esteem:
<http://bit.ly/1RSrGPT>

3 Ways to Increase Positive Emotion:
<http://bit.ly/1qwPORw>

Apps:

- * I am (Apple Store)
- * Self Confidence Tips (Google Play)

Books @ Public Library:

- * *Swing high* (Gunn, Anthony)
- * *Fearless at work* (Michael Carroll)

Books @ CeHS:

- * *Increasing confidence*
(Philippa Davies)
- * *Positive Thinking* (Susan Quilliam)
- * *Coping Through Self-Esteem*
(Rhoda Mcfarland)
- * *Coping With Your Inner Critic*
(Matthew Ignoffo)

Phone Numbers:

- * One-n-Ten: Community dedicated
to helping students with their self-
esteem and acceptance of who they
are: (602) 279-0894

Support on campus:

Peer Counselors,
School Counselors



Healthy Relationships

Websites:

Guide to Healthy Relationships:

<http://www.pamf.org/teen/abc/>

Importance of Healthy Relationships:

<http://kaitysway.org/>

Ways to Maintain a Healthy

Relationship: <http://bit.ly/1CWEbbm>

Books @ public library:

- * *The Couple's Guide to Financial Compatibility* (Jeff Motske)
- * *The Lessons of Lifelong Intimacy* (Gurian, Michael)



Books @ CeHS:

- * *How to Start a Conversation and Make Friends* (Don Gabor)
- * *Coping Through Friendship* (Sharon Carter)

Phone Numbers:

- * BLOOM for Healthy Relationships (602) 524-9607
- * Eve's Healthy Relationships (623) 414-3971
- * Kaity's Way (602) 740-2734

Support on campus:

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School Counselors



Family Stress

Websites:

Faith-Based Teen and Family Support:

<http://www.Azteenchallenge.org>

Managing Family Stress:

<http://bit.ly/JyvBVH>

Effective Decision-Making:

<http://bit.ly/1zmfq6>

Books @ Public Library:

- * *Bradshaw on the Family* (John Bradshaw)
- * *Healing the Hurt, Restoring the Hope* (Marta, Suzy Yehl)

Books @ CeHS

- * *Coping with Family Stress* (Gooden, Kimberly Wood)
- * *Coping with Family Expectations* (Margaret Hill)
- * *Coping with Sibling Rivalry* (Shari Cohen)

Phone Numbers:

- * Teen Challenge (Faith Based): (800) 346-7859
- * AZ Family Resource Counseling Center: (602) 843-0000
- * Family Involvement Center: (602) 412-4095

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Motivation

Websites:

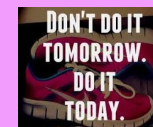
7 Incredibly Motivational Websites:

<http://tcat.tc/1MAdmcm>

Motivation and the Power of Not Giving

Up – KidsHealth.org:

<http://bit.ly/1S07bD6>



Apps:

- * Way of Life – The Ultimate Habit Maker & Breaker (Apple Store)
- * Goal Tracker (Google Play)

Books @ Public Library:

- * *How to be here: a guide to creating a life worth living* (Bell, Rob)
- * *Smarter faster better* (Duhigg, Charles)

Books @ CeHS:

- * *Motivation* (Madeline Hunter)
- * *What Do You Really Want?* (Bachel K Beverly)
- * *Activating the Desire to Learn* (Robert Sullo)

Phone Numbers:

- * Kickstart Mentorship Academy: Community that challenges and inspires youth: (602) 568-9548

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Peer Counselors, School Counselors



Daily Stress

Websites:

Tips on Managing your Daily Stress:

<http://bit.ly/1cRAUgx>

Stress Management:

<http://bit.ly/11kMZGg>

Stress Managing Tips:

<http://bit.ly/1mTPlZS>

Apps:

- * Stress Reliever-Letting Go (Google play)
- * 3 Minute Mindfulness (Apple Store)

Books @ Public Library:

- * *50 More Ways to Soothe Yourself Without Food* (Albers, Susan)
- * *Defeating Stress and Anxiety* (Staley, Erin)

Books @ CeHS:

- * *Too Stressed to Think?: A teen guide to staying sane when life makes you crazy* (Annie Fox)
- * *Managing Stress: From morning to night* (Time-Life Books)
- * *The Stress of Life* (Hans Selye)

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