



Southborough LibGuide: Teen Mental Health

Website Resources:

Southborough Youth and Family Services

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

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

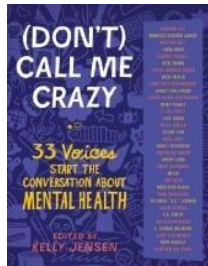
– MA <https://namimass.org/young-adults/>



Dinos and Comics

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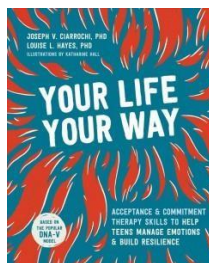
Books :



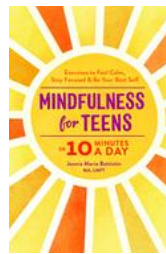
[\(Don't\) call me crazy : 33 voices start the conversation about mental health / edited by Kelly Jensen.](#)



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



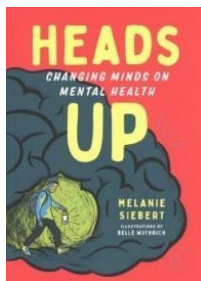
[Your life, your way : skills to help teens manage emotions, and build resilience / Joseph V. Ciarrochi & Louise L. Hayes ;](#)



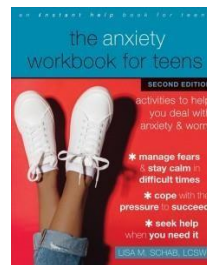
[Mindfulness for teens in 10 minutes a day : exercises to feel calm, stay focused & be your best self/ Battistin, Jennie Marie](#)



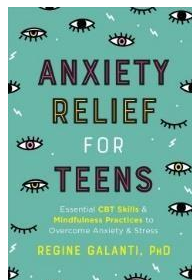
[Your brain needs a hug : life, love, mental health, and sandwiches / Rae Earl](#)



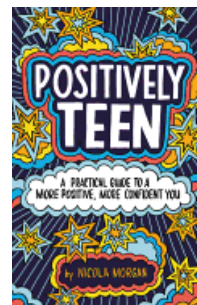
[Heads up : changing minds on mental health / Melanie Siebert](#)



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



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



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