

## Resources for youth & caregivers of children who are struggling with stress or anxiety:

### For Youth:

[Anxiety Canada](#) – offers [Confidence Builders](#) and so much more! Feeling a bit shy or unsure in social situations? Stressing out before a test? Listen to these scripts when you need a confidence boost! Sports psychologists use this technique all the time with top athletes to help them visualize having a peak performance and winning.

[Breathr App](#) – Get started with mindfulness. Free app developed by the BC Children's Centre for Mindfulness and BC Children's Kelty Mental Health Resource Centre.

[MindShift App](#) – free app by Anxiety Canada. Some of what you'll find in the app:

- Healthy Habits – tips to set the stage to better manage anxiety
- Coping Cards – ease your anxiety in the moment
- Thought Journal – transform your worries into more balanced thinking patterns
- Chill Zone – audio recordings of guided relaxation and mindfulness
- CBT tools – interactive cognitive based tools and strategies

[Cognitive Behaviour Therapy with mindfulness for youth 12-17](#) – learn practical ways for youth to boost their mental well-being.

- Learn how to shift unhelpful thinking patterns into more helpful patterns
- Become aware of good quality self-help resources
- Learn how to respond to stress and worries in healthier ways
- Enhance self-esteem
- Improve communication and coping skills

[Child & Adolescent Services \(ierha.ca\)](#) – provides a great set of links for print resources, apps and videos.

Interlake-Eastern Regional Health Authority's Child & Adolescent Community Mental Health Program central intake

- Call 1-866-757-6205 toll free or
- In Selkirk and area, call 204-785-7752 Ext. 2

[Crisis/Help Services \(teentalk.ca\)](#)

[Kids Help Phone](#) Text 686868 or call 1-800-668-6868 (24 hours)

[Emergency call 911](#)

### For teachers, parents and other caregivers:

[Anxiety Canada Educator's Tool kit](#) for grades K-7 developed for Action Anxiety Day.

[Helping Anxious Kids](#): Practical Tips – video, about 18 minutes long.

[Coaching for Confidence](#) program by Anxiety Disorders Association of Manitoba – for parents of 12 and under (fee for the workbook).