

Tween Mental Health Resource List

Created by the Belmont Public Library

How to distinguish “typical” versus concerning behaviors

Websites:

- HandHoldMA.(n.d.). *HandHoldMA*. <https://handholdma.org/>
- Mental Health America. (n.d.) *Depression in teens*. <https://www.mhanational.org/depression-teens-o>
- Belmont Wellness Coalition. (n.d.). *Mental health resources*. <https://belmontwellness.org/resources/mentalhealth/>

Books:

- *The Teenage Brain: A Neuroscientists Survival Guide to Raising Adolescents and Young Adults* by Frances E. Jensen and Amy Ellis Nutt

Screen Time and Mental Health

Articles:

- Moyer, M. (2022). Kids as young as 8 are using social media more than ever, study finds. *New York Times*. <https://www.nytimes.com/2022/03/24/well/family/child-social-media-use.html>
- Berthold, J. (2022). Elevated tween screen time linked to disruptive behavior disorders. *University of California San Francisco*. <https://www.ucsf.edu/news/2022/07/423256/elevated-tween-screen-time-linked-disruptive-behavior-disorders#:~:text=Tweens%20who%20spend%20more%20time.Child%20Psychology%20and%20Psychiatry%20found.>
- American Academy of Pediatrics. (2022). Constantly connected: How media use can affect your child. https://www.healthychildren.org/English/family-life/Media/Pages/adverse-effects-of-television-commercials.aspx?_ga=2.122757256.24476763.1666020887-1008834387.1666020887&_gl=1*35l74h*_ga*MTAwODgzNDM4NjY2MDIwODgz*_ga_FD9D3XZVOQ*MTY2NjAyMDg4Ni4xLjEuMTY2NjAyMDkzNS4wLjAuMA..

Books:



- *Screenwise* by Dr. Devorah Heitner

Empathy

Articles:

- Reiner, A. (2022). We teach our son to be empathetic. Are we setting him up for heartache? *Washington Post*. <https://www.washingtonpost.com/parenting/2022/02/28/teaching-empathy-children/>

Videos:

- Dr. Brené Brown on Empathy: <https://www.youtube.com/watch?v=1Evwgu369Jw>
- Dr. Helen Wiess on The Power of Empathy:  The power of empathy: Helen Riess at TEDxMiddlebury
- Pixar’s Inside Out – Empathetic Listening:  Communication Skills: Empathetic Listening - Inside Out, 2015

Books:

- *The Gentle Parenting Book* by Sarah Ockwell-Smith
- *Thrivers: The Surprising Reason Why Some Kids Struggle and Others Shine* by Michele Borba, specifically the chapter on Empathy

Mental Health Resource List

BELMONT

PUBLIC

LIBRARY

- *How To Talk So Kids Will Listen & How To Talk So Teens Will Listen* by Adele Faber and Elaine Mazlish

One Caring Adult

Videos:

- One Caring Adult by Josh Shipp: [Opening Keynote Address: The Power of One Caring Adult](#)
- Kids at Hope: [Kids at Hope | Rick Miller | TEDxHerndon](#)

How to talk with your kids about mental health

Videos:

- Talking to Your Kids Playlist:
<https://youtube.com/playlist?list=PLc6AkojTJuJJX7S2Pz-rl7G1KOMVcLOWW>

Articles:

- Active listening: <https://samaritanshope.org/grief-support-services/tip-of-the-month-active-listening/>
- Mental Health Communication Guide:
<https://psychhub.com/wp-content/uploads/2021/12/Psych-Hub-Communication-Guide-Q4-2021.pdf>
- Keep an Eye on your Student's Mental Health This Back to School Season:
<https://www.wbur.org/npr/1118485445/keep-an-eye-on-your-students-mental-health-this-back-to-school-season>
- How to Talk About Mental Health with Your Child and Their Pediatrician:
<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/How-to-Talk-with-Your-Child-and-Their-Pediatrician-About-Mental-Health-Concerns.aspx>

Apps:

- <https://www.samhsa.gov/talk-they-hear-you/mobile-application>

Self harm versus suicidal ideation: they're not the same!

Articles:

- Tip Sheet for Addressing Self-Harm:
<https://samaritanshope.org/blog/addressing-self-harm-in-youth/>
- High-stress environments impact on suicide rates:
Arsenault, M. (2018). After suicides in Acton and Boxborough, a communion of sorrow. Boston Globe.
<https://www.bostonglobe.com/metro/2018/12/16/communion-sorrow/MYpGPXjdUoIBaJwxi8h98N/story.html>

Videos:

- Mental Health Safety Playlist:
<https://www.youtube.com/watch?v=AecNqFk8glo&list=PLc6AkojTJuJJX7S2Pz-rl7G1KOMVcLOWW>

When your child is in crisis: creating/executing a crisis plan

Articles:

- Samaritans Hope: <https://samaritanshope.org/our-services/24-7-helpline/>

Mental Health Resource List

BELMONT

PUBLIC

LIBRARY

- Mental Health Crisis Planning for Children:
https://namimn.org/wp-content/uploads/sites/188/2019/02/NAMI_MentalHealthCrisisPlanChild2019_FINAL_CROP.pdf
- Crisis Plan Template:
https://medschool.cuanschutz.edu/docs/librariesprovider95/default-document-library/13-crisis-plan-document-06-07.pdf?sfvrsn=5096a8b9_0
- Tips for Creating a Mental Health Crisis Plan for Your Family:
<https://escholarship.umassmed.edu/cgi/viewcontent.cgi?article=1155&context=pib>

Videos:

- What is a Mental Health Crisis: <https://www.youtube.com/watch?v=NOGemNxtQcA>
- How to Use My Mental Health Crisis Plan (App - see below):
<https://www.youtube.com/watch?v=MmHp6XbeDMA>

Apps:

- My Mental Health Crisis Plan: [Apple App Store](#) and [Google Play Store](#)

Resources to Help Underserved Communities

- BIPOC Mental Health Resources & Anti-Racist Actions for Allies:
https://docs.google.com/document/d/1AGLEONitQ1J17MvQXZxrpEbAvr42r5RwjO_iXaKtE/edit#
- LGBTQ+ Mental Health Resources & Actions for Allies:
<https://docs.google.com/document/d/1MaigqRhSdOH82Sucg86c1SORx3T7ivL8zOktr4OeTO/edit#>

Middle Grade Fiction That Explores Mental Health

- *Guts* by Raina Telgemeier
- *Living With Viola* by Rosena Fung
- *The Miscalculations of Lightning Girl* by Stacy McAnulty
- *The List of Things That Will Not Change* by Rebecca Stead
- *Starfish* by Lisa Fipps
- *Hazel Bly and the Deep Blue Sky* by Ashley Herring Blake
- *The Girl Who Never Made Mistakes* by Mark Pett and Gary Rubenstein

Non-Fiction That Explores Mental Health

- *Superpowered: Transform Anxiety into Courage, Confidence, and Resilience* by Renee Jain and Dr. Shefali Tsabary
- *Breathe Like Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere* by Kira Willey
- *The Worry Workbook: A Kid's Activity Book for Dealing With Anxiety* by Imogen Harrison
- *Me and My Feelings: A Kid's Guide to Understanding and Expressing Themselves* by Vanessa Green Allen
- *Just Feel: How to be Stronger, Happier, Healthier, and More* by Mallika Chopra
- *The Feelings Book: The Care & Keeping of Your Emotions* by Dr. Lynda Madison