References, Bibliography and Resources for Anxiety and Depression Sessions

For Jack Hirose 2020

# References for Managing Anxiety and Depression

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**Resources**

Options for excellent information obtainable over the Internet abound. They also change frequently; new resources are added at a remarkable pace. Therefore, the lists here are subject to change, but at least they are a place to start:

APPS FOR MOBILE DEVICES •

The Anxiety Depression Association of America (www.adaa.org) provides a review of new mobile apps that you might find helpful.

• An excellent resource from Northwestern University is IntelliCare— a review of mental health apps for all conditions. Their website (https://intellicare.cbits. northwestern.edu/) Here are some apps I like that have been around a while.

Breathing: • Breathe2Relax • MyCalmBeat • Relax Lite

Worry: Stop, Breathe & Think, • MindShift • SamApp • Breathing Bubbles

Meditation: • Calm • Headspace • Simply Being

Sleep: • CBT- i Coach

WEBSITES Several helpful websites contain mental health resources, including those of the major universities and treatment facilities where research and training occur.

National Websites Related to Mental Health:

• Anxiety and Depression Association of America: [www.adaa.org](http://www.adaa.org)

• American Psychiatric Association: [www.psychiatry.org](http://www.psychiatry.org)

• American Psychological Association: [www.apa.org](http://www.apa.org) www.Commonsensemedia.org

• National Library of Medicine: [www.medlineplus.gov](http://www.medlineplus.gov)

• National Alliance for the Mentally Ill: [www.nami.org](http://www.nami.org)

• National Institute of Mental Health: [www.nimh.nih.gov](http://www.nimh.nih.gov)

• Substance Abuse and Mental Health Services Administration: www.samhsa.gov

• The website of the American Academy of Sleep Medicine has significant information about sleep disorders: [www.aasmnet.org](http://www.aasmnet.org). If you want ideas for sleeping better, consult www.sleepeducation.com, which is sponsored by the American Academy of Sleep Medicine.

GUIDED IMAGERY AND RELAXATION

YouTube provides an endless array of choices for guided meditation and relaxation. I utilized video from www.princeea.com. You can also check out some of the authors who offer guided meditation: Barbara Frederickson (www.pusuit- of- happiness.org), Jon Kabat- Zinn (JKZ Series of Apps for Meditation in your Apps store), Kristin Neff (www.self- compassion.org), Daniel Siegel ([www.drdansiegel.com](http://www.drdansiegel.com)) and www.tarabrach.com