

Suggested Readings and Resources

Making changes is never easy and the more support and the more resources you can draw upon to help you, the more likely it is that you will be successful. There are often a number of difficult issues that accompany a sleep problem, so below are a variety of resources, including helplines, informational websites, self-help books and self-help apps.

Crisis Resources

Crisis Help Lines/Chats

It is very important to seek help immediately if you are having thoughts about hurting yourself. An important immediate plan for safety is to go to the nearest emergency room. If you do not feel able to do that, calling 911 is an appropriate alternative to going to the emergency room. Some teens are embarrassed or worried about what will happen if they go to the emergency room, however, the focus for the psychiatrist on call is to assess risk for immediate harm, and ensure there is a plan in place for safety. A plan for safety include having you call someone you trust to pick you up and stay with you, and then come up with a plan for ongoing treatment. You do not have to be thinking of harming yourself, to feel like you need immediate support. There are a variety of options for hotlines for immediate support in North America. Here are just a few:

National Suicide Prevention Lifeline (USA): 1-800-273-8255

Canada Suicide Prevention Service (Crisis Services Canada): 1-833-456-4566

Kid's Help Phone (Canada) 1-800-668-6868 or text: 686868

National Alliance on Mental Illness Helpline (USA) 1-800-950-NAMI or text “NAMI” to 741741

Crisis apps

Always There: it is free, confidential and anonymous for young adults living in Canada.

*The Kid’s Help Line resources can be reached via a Live Chat on the website: kidshelpphone.ca

Not ok: it’s free and connects you to your trusted support and sends your GPS coordinates so that you can get immediate help.

Sleep Resources

Since the focus of this book is on teens, we will focus on a sleep-specific app called DOZe since it was developed by the author, and is meant as a companion to this book.

Sleep app: doze

Delivering online zzz’s (doze) is an app I designed in collaboration with teens, other healthcare providers and Pivot health. It was funded by the Canadian Institutes of Health Research and is free to download on www.dozeapp.ca. It is a self-management tool that allows you to track your sleep on your phone, receive feedback about your sleep, access information about how to sleep well and set goals for sleeping better. The tracking feature can be used instead of the paper Sleep Tracker provided in this book. Your personal sleep information from the app can be used to

accompany this book. There is more information in this book than the app, so the app should be seen as a helpful companion to this book.

Sleep Websites

American Academy of Sleep Medicine: www.aasmnet.org

Canadian Sleep Society www.css-scs.ca

Chronic Pain resources

Chronic Pain Apps

- **iCanCope:** This app was designed for young people to help manage chronic pain.

Chronic Pain Self Help Books

Zoffness, R. (2019). *The Chronic Pain and Illness Workbook for Teens: CBT and Mindfulness-Based Practices to Turn the Volume Down on Pain* Oakland, CA: New Harbinger.

Chronic Pain Web Resources

- National Pain Foundation: www.painconnection.org
- American Pain Foundation: www.painfoundation.org
- American Chronic Pain Association: www.theacpa.org
- National Institute of Arthritis and Musculoskeletal and Skin Diseases: www.niams.nih.gov
- Exercise: A Guide from the National Institute on Aging: <http://weboflife.ksc.nasa.gov/exerciseandaging/cover.html>
- The American Pain Society: www.ampainsoc.org
- The International Association for the Study of Pain: www.iasp-pain.org

- The American College of Rheumatology: www.rheumatology.org

Depression and Anxiety Resources

Depression and Anxiety Apps

- **Code Blue:** provides support for teens struggling with depression or bullying, allows users to add contacts to a support group (which can be notified when the user needs help)
- **What's Up:** uses CBT and ACT principles to promote coping with depression, anxiety, stress, and more
- **CBT Thought Record Diary:** document emotions, analyze errors in thinking, re-evaluate thoughts
- **Mind Shift:** designed for young adults with anxiety to change how you think about anxiety
- **iMoodJournal:** personal journal and mood tracker
- **Happify:** mood-training program, including games, activity suggestions and gratitude prompts to overcome negative thoughts
- **MoodTools:** support for depression including videos, thought logs, develop suicide safety plan
- **Breathe2Relax:** build skills in diaphragmatic breathing
- **Catch It:** CBT-based app to deal with feelings of anxiety, depression, anger, and confusion (essentially just thought records)
- **Day to Day:** create and implement small steps to improve mood
- **Self-Help for Anxiety Management:** includes symptom tracking, educational articles and links, relaxation techniques, coping skills
- **Calm:** mindful meditation
- **CalmHarm:** manage self-harm by encouraging skill building in distraction, self-soothing, alternative strategies for emotional release
- **Daylio:** record and track moods over time
- **Headspace:** mindfulness meditation to improve concentration and mood, reduce anxiety, increase productivity
- **MindMax:** includes training sessions to build resilience and wellbeing, and an online community to “share successes and triumphs”
- **Mood Mission:** guides users through missions to target and manage experiences of anxiety and depression
- **MoodKit:** symptom tracking and skill building to challenge difficult thoughts
- **nOCD:** provides mindfulness and exposure and response prevention for managing symptoms of Obsessive-Compulsive Disorder
- **Pacifica:** five CBT-based modules to teach skills to reduce intensity and frequency of anxiety, worry or panic. Modules allow users to log moods, thoughts, activities
- **Personal Zen:** arcade-style game to shift attention away from fears/anxieties

- **PTSD Coach:** provides information about PTSD, symptom tracking, skills for managing symptoms, and resources for obtaining support (clinical provider is not necessary to use the app but is highly recommended)
- **ReachOut WorryTime:** designed to guide teens through coping skills to manage anxiety, intrusive thoughts, or excessive worry
- **Stigma: Mood Tracker & Journal:** journal and mood tracking app to aid with anxiety and mood disorders, includes social network to connect with ‘pen pals’
- **T2 Mood Tracker:** track emotions over time (creates graphs that can be printed/shared)
- **Tactical Breather:** mindfulness and breathing
- **Thought Challenger:** recognize and challenge unhelpful thoughts
- **Woebot:** AI-powered chatbot that guides users through management of distressing thoughts and feelings using principles of CBT
- **Bipolar Disorder Connect:** online community of people with BD, mood tracking tools

Depression and Anxiety Websites

- Depression and Bipolar Support Alliance: www.dbsalliance.org
- National Alliance on Mental Illness: www.nami.org
- Mood Disorder Society of Canada: www.moooddisorderscanada.ca
- www.anxietycanada.com: Resources for adults and youth, including online self help resources/modules.

Depression and Anxiety Self Help Books

Burns, D.D. (1999). *Feeling Good: The New Mood Therapy*. Revised Edition. New York: Avon.

Greenberger, D. and Padesky, C.A. (2017). *Mind Over Mood: Change How You Feel by Changing the Way You Think, Second Edition*. New York: Guilford Press.

Schab, L. M. (2013). *The Self-esteem Workbook for Teens: Activities to Help You Build Confidence and Achieve Your Goals*. Oakland: New Harbinger Publications.

Eating Disorder Resources

Eating Disorder apps

- **Rise Up + Recover:** app for individuals with eating disorders to track progress and share with treatment providers

Eating Disorder Websites

- National Association of Anorexia Nervosa and Eating Disorders: (USA) 630-577-1330: <http://www.anad.org>
- National Eating Disorders Association: <http://www.nationaleatingdisorders.org>
- National Eating Disorder Information Centre (Canada) has information and also support lines 1-866-NEDIC-20: www.nedic.ca
- Kids Health: The teen tab provides resources for young adult eating disorders <https://kidshealth.org/en/teens/eat-disorder.html>

Eating Disorder Crisis hotlines

- Crisis Call Center 1-800-273-8255 or text ANSWER to 839863 (Twenty-four hours a day, seven days a week), <http://crisiscallcenter.org/crisisservices-html/>
- Crisis Text Line (U.S. only). Text HELLO to 741741 or message at [facebook.com/CrisisTextLine](https://www.facebook.com/CrisisTextLine) to chat with a Crisis Counselor (Twenty-four hours a day, seven days a week)
- HopeLine. Call or text 919-231-4525 or 1-877-235-4525. <https://www.hopeline-nc.org/>
- Kids Help Phone (Canada only) 1-800-668-6868 (Twenty-four hours a day, seven days a week) <http://www.kidshelpphone.ca>
- Ontario Online and Text Crisis and Distress Service (ONTX). Text 741741 from 2 p.m. to 2 a.m. daily (Twenty-four hour distress and crisis lines: 416-408-HELP (4357))
- TeenLine 1-310-855-HOPE (4673) or 1-800-TLC-TEEN (852-8336) (U.S. and Canada only) or text TEEN to 839863 (6 p.m. to 10 p.m. Pacific Time, every night) <https://teenlineonline.org>

Eating Disorder Self-Help books

Schab, L. (2010). *The Bulimia Workbook for Teens, Activities to Help You Stop Bingeing and Purging*. Oakland: New Harbinger Publications.

Alcohol, smoking and drug resources

There are many effective treatments for quitting smoking, and a good resource is your family doctor. There should be many local support groups in your area.

Substance Use and Abuse Websites

- The National Alcohol and Substance Abuse Information Center: <http://www.addictioncareoptions.com>
- www.leavethepackbehind.org: online information for youth adults about tobacco and resources for quitting smoking
- National Institute on Alcohol Abuse & Alcoholism: <http://www.niaaa.nih.gov>
- An online smoking cessation support group: www.quitsmokingsupport.com
- Al-Anon/Alateen <https://al-anon.org/newcomers/teen-corner-alateen/>

Alcohol, smoking and drug apps

- **SayingWhen:** self-help for problem drinking
- **Quit That!:** track and monitor progress to quit drinking alcohol, smoking or using drugs

Addiction hotlines

- The National Alcohol and Substance Abuse Information Center: Open twenty-four hours a day, seven days a week 1 (800) 784-6776
- National Institute on Alcohol Abuse & Alcoholism 800-662-HELP (4357): Available twenty-four hours a day, seven days a week
- Addiction, mental health, and problem gambling treatment services (Canada) Crisis Line: 1-866-531-2600
- Al-Anon/Alateen 1 (888) 425-2666

Strong Emotions resources

Eddy, B. & Hunter, M. (2017). *Dating Radar: Why Your Brain Says Yes to "The One" Who Will Make Your Life Hell*. Unhooked Books. Scottsdale, AZ.

Lohmann, R. C. (2019). *The Anger Workbook for Teens: Activities to Help You Deal with Anger and Frustration*. Oakland, CA: New Harbinger.

Van Dijk, S. (2011). *Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, and Control Angry Outbursts*. Oakland, CA: New Harbinger.

General Mental Health Resources

Mental Health Online Resources

- Kids Help Phone (Canada) online resources and information & Resources Near You search function: www.kidshelpphone.ca
- Ontario resource/information (Canada) finder: <https://211ontario.ca/211-topics/mental-health-addictions/>
- www.mindyourmind.ca: information about mental illness and wellness, online interactive tools to promote education and coping with mental illness, and resource finder
- www.ok2talk.org: online community for teens and young adults to talk about mental health in a safe space
- NAMI Teens & Young Adults resources: <https://www.nami.org/Find-Support/Teens-and-Young-Adults>
- Getting the right start: <https://www.nami.org/Find-Support/Teens-Young-Adults/Getting-the-Right-Start>
- Taking charge of your mental health: <https://www.nami.org/Find-Support/Teens-Young-Adults/Taking-Charge>
- How to help a friend: <https://www.nami.org/Find-Support/Teens-Young-Adults/How-to-Help-a-Friend>
- Friendship and mental health: <https://www.nami.org/Find-Support/Teens-Young-Adults/Friendship-and-Mental-Health>
- Managing a mental health condition in college: <https://www.nami.org/Find-Support/Teens-Young-Adults/Managing-a-Mental-Health-Condition-in-College>
- NAMI Disclosing to Others: information on why to disclose, who to tell, and how and when to do it <https://www.nami.org/Find-Support/Living-with-a-Mental-Health-Condition/Disclosing-to-Others>

Hints for finding an app you like

An app that that was designed for a problem you are currently experiencing may or may not be helpful for you. If it is helpful, great! Stick with the parts you find helpful. If you do not find the app helpful, move onto to something else. One size does not fit all when it comes to self-help.

You can consider going to www.PsyberGuide.org for their list of mental health-related apps.

They review apps for clarity, user experience, and data transparency. You can also go to websites from national organizations that review apps and recommend them.

Parent Resources

All of the resources provided are helpful for parents as well, but here are a few parent-specific resources:

Mindell, J.A. & Owens, J.A. (2005). *Take Charge of Your Child's Sleep: The All-in-One Resource for Solving Sleep Problems in Kids and Teens*.

Finding a Cognitive Behavioral Specialist for sleep-specific problems

If you are looking for provider who specializes in cognitive-behavioral approaches, with advanced sleep medicine training, the following websites provide a state/province list of such providers:

- Society for Behavioral Sleep Medicine (Provider tab): www.behavioralsleep.org
- Canadian Sleep Society (Under Resources > Provider map): www.css-scs.ca

If you are looking for sleep clinic accredited with a sleep speciality, the following two websites provide a state/province list of labs and providers:

- American Academy of Sleep Medicine: www.aasmnet.org
- Canadian Sleep Society (Under Resources > Provider map): www.css-scs.ca

Finding a Cognitive Behavioral Specialist

There are many different resources available for those with insomnia, depression, anxiety and pain. There is an emphasis on sources that are aligned with cognitive and behavioral therapy techniques that have been shown to be effective. These sites may be helpful for providing information and referral help. For example:

- **The Association for Behavioral and Cognitive Therapies (ABCT):** www.abct.org. ABCT is a group dedicated to the promotion of scientifically supported therapies. By selecting the tab labeled The Public, you can have access to information about different conditions including insomnia, depression, anxiety and pain, information about effective therapies, as well as a Cognitive-Behavioral Therapist locator.
- **Canadian Association for Cognitive and Behavioural Therapies (CABCT):** Similar to ABCT above, this Canadian group provides information about different conditions and also has a “Find a CBT Service Provider” across Canada
<https://cacbt.ca/en/certification/find-a-certified-therapist/>
- **Academy of Cognitive Therapy (ACT):** info@academyofct.org. ACT can provide referrals to certified therapists
- **American Academy of Cognitive and Behavioral Psychology:**
<http://www.americanacademyofbehavioralpsychology.org/AABP/FellowDirectory.htm> The AACBP can provide referrals to board certified psychologists in cognitive behavioral psychology