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### Mental Health Resources for Teens

Jeffrey Bernstein

*The Stress Survival Guide for Teens: CBT Skills to Worry Less, Develop Grit, & Live Your Best Life*

Teen Life Self Bernstein

Hoopla (eBook)

Gina M. Biegel

*The Mindfulness Workbook for Teen Self-Harm: Skills to Help You Overcome Cutting & Self-Harming Behaviors, Thoughts, & Feelings*

Teen Health Mental Biegel

Rae Earl

*Your Brain Needs a Hug: Life, Love, Mental Health, and Sandwiches*

Teen Health Mental Earl

Kristi Hugstad

*Beneath the Surface: A Teen's Guide to Reaching Out When You or Your Friend is in Crisis*

Teen Health Mental Hugstad

Hoopla (eAudio, eBook)

Debra Kissen

*Rewire Your Anxious Brain for Teens: Using CBT, Neuroscience, and Mindfulness to Help You End Anxiety, Panic, and Worry*

Teen Health Mental Rewire

Hoopla (eBook)

Sheela Raja

*The PTSD Survival Guide for Teens: Strategies to Overcome Trauma, Build Resilience, & Take Back Your Life*

Teen Health Mental Raja

Hoopla (eBook)

Ben Sedley

*Stuff That's Loud: A Teen's Guide to Unspiraling When OCD Gets Noisy*

Teen Health Mental Sedley

Hoopla (eBook)

Melanie Siebert

*Heads Up: Changing Minds on Mental Health*

Teen Health Mental Siebert

Hoopla (eBook)