

RESOURCES

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SPECIAL THANKS TO OUR SUBJECT MATTER EXPERT

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<https://drive.google.com/file/d/1f8TD2089crh7Z5YskjMqADzeEl3miFZs/view> (CA Surgeon 2020)

<https://bornthisway.foundation/research/kindness-is-action/> (BTW "Kindness is Action")

<https://bornthisway.foundation/research/hard-conversations-dont-happen-when-young-people-fear-being-judged/> (BTW "Mental Health Online Diaries")

<https://www.jedfoundation.org/someone-close-to-me-has-lost-someone-to-suicide/> (JED Loss)

<https://www.jedfoundation.org/i-am-concerned-someone-i-care-about-may-be-overwhelmed-with-anxiety/> (JED Anxiety)

<https://www.jedfoundation.org/a-friend-of-mine-seems-really-down-and-may-be-depressed/#card=7> (JED Depression)

<https://www.jedfoundation.org/sleep/> (JED sleep)

<https://youngminds.org.uk/starting-a-conversation-with-your-child/starting-the-conversation/> (Conversation starters from Young Minds)

<https://www.onoursleeves.org/mental-wellness-tools-guides/help-kids-manage-anxiety/anxiety-activities-to-help-kids> (OOS Anxiety)

<https://www.onoursleeves.org/mental-wellness-tools-guides/dealing-with-loss> (OOS Loss)

<https://www.apa.org/pi/families/resources/children-trauma-update> (APA trauma)

https://greatergood.berkeley.edu/article/item/nine_tips_for_talking_to_kids_about_trauma (Greater Good)

<https://www.headspace.com/articles/how-to-reduce-anxiety> (Headspace Anxiety)

<https://www.hcf.com.au/health-agenda/body-mind/mental-health/downsides-to-always-being-positive> (HCF)

<https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief> (Harvard Business Review)

https://www.ptsd.va.gov/family/how_help_grief.asp (VA)

<https://www.verywellfamily.com/signs-of-grief-in-children-and-how-to-help-them-cope-4174245> (Very Well Grief)

<https://www.verywellmind.com/physical-symptoms-of-grief-4065135> (Very Well Grief in adults)

<https://kidshelpline.com.au/teens/issues/coping-emotions> (Kids Help Line)

<https://www.helpguide.org/articles/ptsd-trauma/coping-with-emotional-and-psychological-trauma.htm> (Help Guide)

LOOK TO OUR EMPOWERNAUT GUIDES TO HELP YOU THROUGH YOUR MENTAL HEALTH JOURNEY



GRIEF/LOSS



TRAUMA/PTSD



DEPRESSION



ANXIETY

EMPOWERNAUTS