

## **Interesting Articles** **(December 2019)**

### **Anxiety & Depression:**

- **Anxiety, Screen Time, and Skills:**  
[https://www.screenagersmovie.com/tech-talk-tuesdays/anxiety?utm\\_source=Event-Based+Emails&utm\\_campaign=e24523cc5e-EMAIL\\_CAMPAIGN\\_2019\\_12\\_03\\_05\\_55\\_COPY\\_02&utm\\_medium=email&utm\\_term=0\\_dbb13e7af1-e24523cc5e-160952773&mc\\_cid=e24523cc5e&mc\\_eid=7ac8965f20](https://www.screenagersmovie.com/tech-talk-tuesdays/anxiety?utm_source=Event-Based+Emails&utm_campaign=e24523cc5e-EMAIL_CAMPAIGN_2019_12_03_05_55_COPY_02&utm_medium=email&utm_term=0_dbb13e7af1-e24523cc5e-160952773&mc_cid=e24523cc5e&mc_eid=7ac8965f20)
- **Having Both Anxiety and Depression:**  
<https://themighty.com/2017/05/anxiety-depression-day-night/?fbclid=IwAR2Vx5JoO8wKcTJgmZrlGuvRfGG0J4MWf2itpeF4KHorZPsIVqmre1opaNY>
- **When Anxiety Presents as Anger, not Fear:**  
[https://themighty.com/2017/06/anxiety-presents-as-anger/?fbclid=IwAR2\\_AfWQRGoFJMrt\\_DhKzoJIYFhHUstK8-EbBTajCHRvgB9lYOxxyuPP9-E](https://themighty.com/2017/06/anxiety-presents-as-anger/?fbclid=IwAR2_AfWQRGoFJMrt_DhKzoJIYFhHUstK8-EbBTajCHRvgB9lYOxxyuPP9-E)

### **Self-Harm:**

- **Adolescent Self-Injury Foundation:**  
<https://www.adolescentselfinjuryfoundation.com/understanding-adolescent-self-injury>

### **Parents Need to Know:**

- **How to Manage Intense Emotions – Both Your Child’s and Your Own:**  
<https://www.washingtonpost.com/lifestyle/2019/10/23/how-manage-intense-emotions-both-your-childs-your-own/?fbclid=IwAR1J8RnTufK5PQ4ZbsUSOWyr1knGwXdkgr4T3pAa8ZJiRq3UjfJW3xqt-E>
- **What Parents Need to Know about Preventing Teen Suicide:**  
[https://yourteenmag.com/health/teenager-mental-health/teen-suicide-prevention?fbclid=IwAR2wlmPYGBtq7nIe\\_kPJzXGm7YAooI6\\_iC9mJ56V7t9bAXIBRaeCHn9dNEw](https://yourteenmag.com/health/teenager-mental-health/teen-suicide-prevention?fbclid=IwAR2wlmPYGBtq7nIe_kPJzXGm7YAooI6_iC9mJ56V7t9bAXIBRaeCHn9dNEw)
- **9 Things All Parents Should Know about Teens and Suicide:**  
<https://www.self.com/story/teen-suicide?fbclid=IwAR1zYRNtwddxyYwgVCwbgNUhfw5rWuTPQVBKvQMoLezNoQ2zkbno1gtBE54>
- **Youth Suicide Rate Increased 56% in Decade, CDC Says:**  
<https://www.wsj.com/articles/youth-suicide-rate-rises-56-in-decade-cdc-says-11571284861?fbclid=IwAR3PAI2UIRlDbOuwBIPr74srxZtUmazVjM3vR5d3GqEFmraHM5QF7MNGiLo>

- **Teen Suicides are Increasing at an Alarming Pace:**  
[https://www.washingtonpost.com/health/teen-suicides-increasing-at-alarming-pace-outstripping-all-other-age-groups/2019/10/16/e24194c6-f04a-11e9-8693-f487e46784aa\\_story.html?fbclid=IwARozkxfoGPqMrJj9P2J42RdUQ1kdS6RaIH\\_A\\_pr\\_GC5KBuvGCi737zJ2mrw](https://www.washingtonpost.com/health/teen-suicides-increasing-at-alarming-pace-outstripping-all-other-age-groups/2019/10/16/e24194c6-f04a-11e9-8693-f487e46784aa_story.html?fbclid=IwARozkxfoGPqMrJj9P2J42RdUQ1kdS6RaIH_A_pr_GC5KBuvGCi737zJ2mrw)
- **Instagram Removes Fictional Depictions of Self-Harm and Suicide:**  
[https://gizmodo.com/instagram-removes-fictional-depictions-of-self-harm-and-1839416430?fbclid=IwARoqKwNuqn-prqEvpwztiVEQUJPW4pnzq\\_ReMY4nVB\\_xB13K7ObP134-LAaM](https://gizmodo.com/instagram-removes-fictional-depictions-of-self-harm-and-1839416430?fbclid=IwARoqKwNuqn-prqEvpwztiVEQUJPW4pnzq_ReMY4nVB_xB13K7ObP134-LAaM)

### **Teen Self-Care:**

- **Sometimes Our Teens Simply Need to Be Held as They Have a Good Cry:**  
<https://grownandflown.com/sometimes-teens-need-good-cry/?fbclid=IwAR2g1NAaY67uDGijMPlkW6KDOXMbwKa3iD5KJ7YRPPkMwU53-oaoCIX8vzY>

### **Programs in other places:**

- **Reforming Schools to Prevent Mental Health Issues:**  
<https://www.madinamerica.com/2019/10/reforming-schools-prevent-mental-health-issues/?fbclid=IwAR1Nrg2qhZ94oeLAoiIhJbbuuFDlGk9MacksxAskWfxQtoiY-NO2sBcgX28>
- **More States Requiring Mental Health Education by Law:**  
[https://www.today.com/health/today-analysis-more-states-requiring-mental-health-education-law-t162822?fbclid=IwAR3YKCpOI5Y6odjaNoGEYX2TJEjhqQg\\_npq\\_dNrUymFFpVDoGIYh\\_gZ9H-NE](https://www.today.com/health/today-analysis-more-states-requiring-mental-health-education-law-t162822?fbclid=IwAR3YKCpOI5Y6odjaNoGEYX2TJEjhqQg_npq_dNrUymFFpVDoGIYh_gZ9H-NE)

### **Inspirational Stories:**

- **How to**