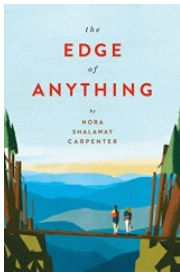


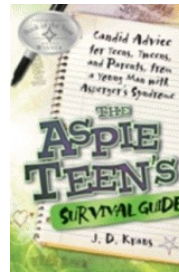
Teen Mental Health - Digital Resources

Ebooks and Streaming videos to help teens with anxiety, depression and stress.

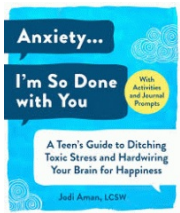
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The Edge of Anything
[electronic resource] :
Carpenter, Nora Shalaway.
Carpenter, Nora Shalaway.

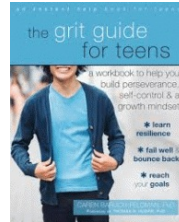


The Aspie teen's survival guide [electronic resource] /
J.D. Kraus.
Kraus, J. D.



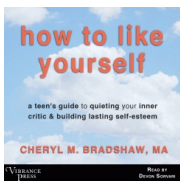
Anxiety... I'm so done with you : a teen's guide to ditching toxic stress and hardwiring your brain for happiness [electronic resource] / Jodi Aman,

LCSW.
Aman, Jodi, author.



The grit guide for teens : a workbook to help you build perseverance, self-control & a growth mindset [electronic resource] / Caren Baruch-Feldman, PhD.

Baruch-Feldman, Caren, author.



How to like yourself : a teen's guide to quieting your inner critic & building lasting self-esteem [electronic resource] / Cheryl M.

Bradshaw.
Bradshaw, Cheryl M., author.

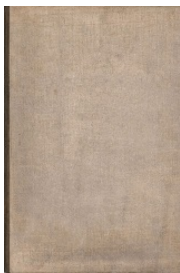


Undone [electronic resource] / Cat Clarke.
Clarke, Cat.

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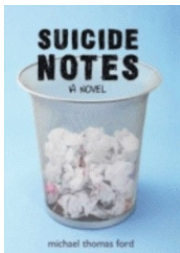
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Father's Day.



Solution-Focused
Techniques with a Pre-
Teen.



Suicide notes : a novel
[electronic resource] /
Michael Thomas Ford.
Ford, Michael Thomas.



Teen Guidance -The
Student Guide To The
Ethnic Diversity in the Multi-
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