

Anxiety

What is anxiety and how does it look? How to decrease my anxiety?

<https://www.heysigmund.com/anxiety-in-teens/>

Apps for Anxiety

<https://www.stopbreathethink.com/>

<https://insighttimer.com/>

Self-esteem Videos

<https://www.youtube.com/watch?v=EirIZ7fy3bE>

<https://www.youtube.com/watch?v=dBMqE6zJ9eQ>

Depression

How to manage depression

<https://www.verywellmind.com/self-help-strategies-for-depressed-teens-2609495>

Dealing with teen depression

<https://www.helpguide.org/articles/depression/teenagers-guide-to-depression.htm>

List of Apps for Depression, Anxiety, ect

<https://www.psycom.net/25-best-mental-health-apps>