

Get ready to #GetReal

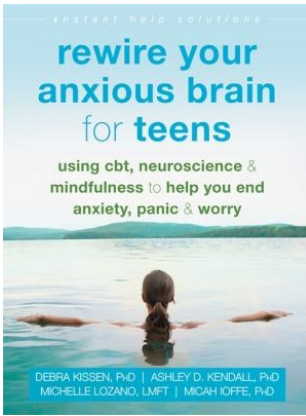
CMHA Mental Health Week

May 3-9, 2021

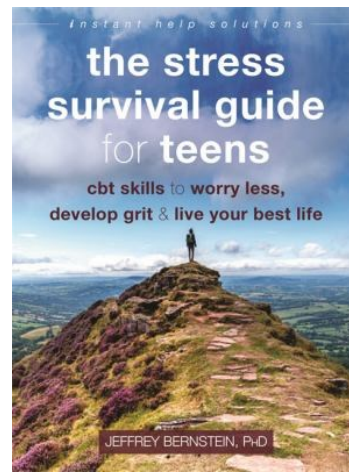
Visit mentalhealthweek.ca for info and tools!



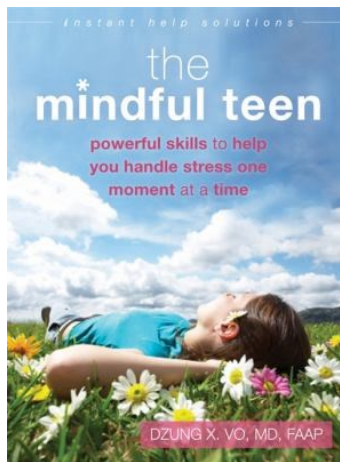
Mental Health Week Suggested Reads Young Adults



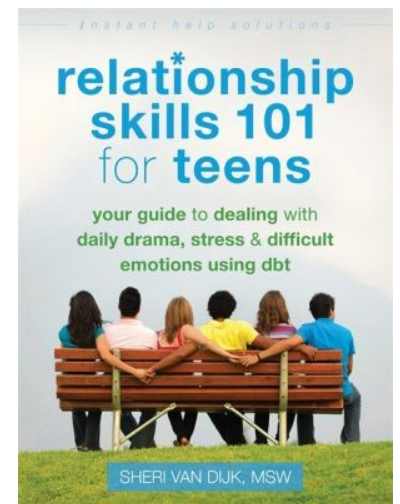
Rewire your anxious brain for teens : using CBT, neuroscience, & mindfulness to help you end anxiety, panic, & worry
Debra Kissen



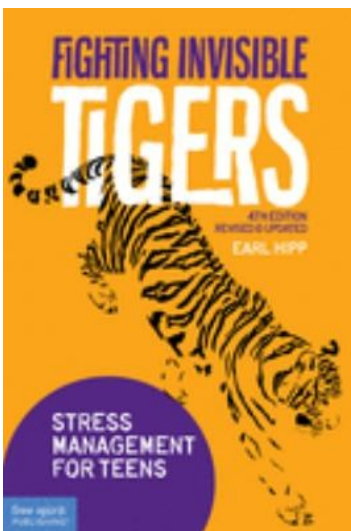
The stress survival guide for teens : CBT skills to worry less, develop grit & live your best life Jeffrey Bernstein



The mindful teen : powerful techniques to help you handle stress one moment at a time Dzung X. Vo

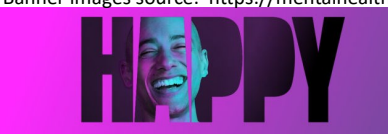


Relationship skills 101 for teens : your guide to dealing with daily drama, stress & difficult emotions using DBT
Sheri Van Dijk



Fighting invisible tigers : stress management for teens Earl Hipp

Banner images source: <https://mentalhealthweek.ca/2021-toolkits>



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Mental Health Week Suggested Reads Young Adults

Fiction:

[The Castle School \(for troubled girls\)](#) Alyssa B. Sheinmel

[Tell me my name](#) Amy Lynn Reed

[Road tripped](#) Pete Hautman

[The last true poets of the sea](#) Julia Drake

[Freaks like us](#) Susan Vaught

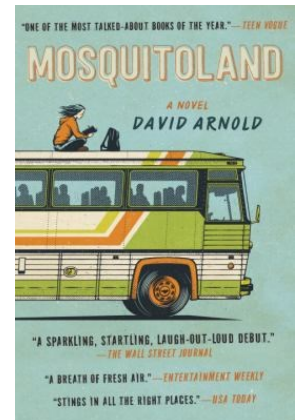
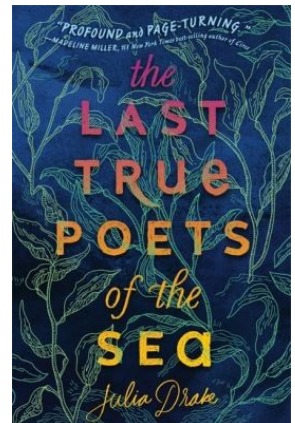
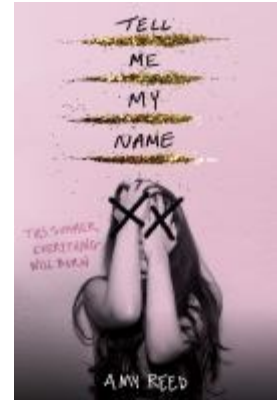
[My kind of crazy](#) Robin Reul

[Mosquitoland](#) David Arnold

[The law of loving others](#) Kate Axelrod

[Get well soon](#) Julie Halpern

[Say what you will](#) Cammie McGovern



Film: [The perks of being a wallflower](#) [DVD]

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