

Let's Talk: Coping with Anxiety Resources

Self-Help Resources

- NAMI - National Alliance of Mental Illness
- Centre for Clinical Interventions
Center of Clinical Interventions. retrieved from <https://www.cci.health.wa.gov.au/-/media/CCI/Mental-Health-Professionals/Anxiety/Anxiety---Information-Sheets/Anxiety-Information-Sheet---01---What-is-Anxiety.pdf><https://www.activeminds.org/>
- So Stressed Out!
<https://www.nimh.nih.gov/health/publications/so-stressed-out-infographic/index.shtml>
- Anxiety in Order.
<https://www.youtube.com/watch?v=DcK2b01nk3A->
- Better Health Channel - Living with Depression Recognizing Symptoms
https://www.youtube.com/watch?v=GNdE2_6bfpI&feature=youtu.be
- Understanding Anxiety. *Laguna Shores Recovery.*
<https://lagunashoresrecovery.com/anxiety-self-test/>
- Anxiety-Diagnosis video (2018). Retrieved from
<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/anxiety-disorders>
- Headspace - <https://www.headspace.com/>
- Insight Timer - <https://insighttimer.com/>

Suicide Prevention Resources

- <https://suicidepreventionlifeline.org>
- <https://dmh.lacounty.gov/resources/suicide-prevention/>

Campus Resources

- <https://www.mtsac.edu/healthcenter>
- <https://www.mtsac.edu/wellness/index.html>