



Anxiety Resource List

SIUE Student Support Services

- Career Development Center (CDC) –
 - “Assists students by incorporating career counseling and development with cooperative education and internships in a comprehensive program to prepare students to enter the world of work. The CDC is a starting point for students to find valuable career information.”
 - <https://www.siue.edu/career-development-center/index.shtml>
- Retention and Student Success (ORSS) –
 - “Provides resources and support to help students meet the demands of college and become successful graduates. The ORSS includes services such as: student mentoring, academic planning, and resource management.”
 - <https://www.siue.edu/retention/>
- Counseling Services –
 - “SIUE Counseling Services can help provide short-term assistance for students with a variety of concerns. They operate with the highest ethical standards in an effort to foster psychological well-being and development.”
 - <https://www.siue.edu/counseling/>
- Learning Support Services –
 - “Learning Support Services provides academic support to SIUE students through a variety of programs. These include: Academic Development Courses, Testing Services, Open-Access Tutoring Centers, and many other services.”
 - <https://www.siue.edu/lss/>
- Tutoring Resource Center –
 - “Held within Learning Support Services and serves the purpose of helping SIUE students succeed in their courses by offering a supportive learning environment. Offers walk-in tutoring to SIUE students for no additional cost for a variety of courses.”
 - <https://www.siue.edu/lss/tutoring-resource-center/index.shtml>
- ACCESS –
 - “ACCESS is dedicated to promoting an accessible SIUE campus community to ensure that all students are afforded an equal opportunity to be successful. ACCESS offers a variety of ways to accommodate individual student needs and serves as a bridge between the classroom and the commencement stage.”
 - <https://www.siue.edu/access/>

Edwardsville & Madison County Resource Lists

- Edwardsville Township Community Resource Directory
 - <https://edwardsvilletownship.com/wp-content/uploads/2019/08/Edwardsville-Township-Community-Resource-Directory-2019-2020-2.pdf>
- Madison County Community Resource Packet
 - <http://roe41.org/pdffiles/MadisonCountyHomelessResources.pdf>

Find Services & Support

- Counselor Referrals - Edwardsville & Surrounding Areas
 - This referral list is comprised of several counselors that treat various disorders in the Edwardsville and surrounding area. This list includes counselors with sliding scale or reduced fees.
 - https://drive.google.com/file/d/1mEXJWxBgkQ9l2EbKpolzK_0_ZG0cGfMy/view?usp=sharing
- Community Mental Health Referrals – Edwardsville & Surrounding Areas
 - This referral list is comprised of several agencies that provide comprehensive mental health treatment in the Edwardsville and surrounding area. This list includes agencies with sliding scale and reduced fees.
 - https://drive.google.com/file/d/1eXnVVs6qPxrGoFB5Wh_WUiSLqB8X7mOx/view?usp=sharing
- Missouri Sliding Scale Counseling Agencies
 - This referral list is comprised of several sliding scale counseling agencies in Missouri.
 - <https://drive.google.com/file/d/1S17SuL8F6sVsJAI9JEbg8nTEyVLo3A2G/view?usp=sharing>
- Anxiety and Depression Association of America (ADAA)
 - Find a support group.
 - <https://adaa.org/supportgroups>
- NAMI Connection
 - “NAMI Connection is a weekly recovery support group for people living with mental illness in which people learn from each others’ experiences, share coping strategies, and offer each other encouragement and understanding.”
 - <https://www.nami.org/Find-Your-Local-NAMI/Affiliate/Programs?classkey=a1x36000003TN9TAAW>
- Psychology Today
 - Use to find therapists, teletherapy, psychiatrists, treatment centers, and support groups near you.
 - <https://www.psychologytoday.com/us/therapists>
- American Psychological Association
 - Psychologist locator
 - <https://locator.apa.org/>



Organizations - Resources & Hotlines

- National Alliance on Mental Illness (NAMI)
 - “NAMI is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.”
 - <https://nami.org/home>
 - Contact the NAMI HelpLine
 - “The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public.”
 - Call 1-800-950-NAMI (6264), Monday through Friday, 10 a.m.–8 p.m., ET, or send an email to info@nami.org.
 - Find Help in a Crisis
 - “Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.”
 - Text NAMI to 741-741.
- Substance Abuse and Mental Health Services Administration (SAMHSA)
 - <https://www.samhsa.gov/>
 - National Helpline
 - “Treatment referral and information, 24/7.”
 - 1-800-662-HELP (4357)
- National Center for College Students with Disabilities (NCCSD)
 - Clearinghouse & Resource Library
 - <https://www.nccsdclearinghouse.org/>
 - “Text 741741 when you are feeling depressed or suicidal. A crisis worker will text you back immediately and continue to text with you. It’s free to ANYONE living in the U.S. and run by the Crisis Text Line.”
- Suicide Prevention Action Network (SPAN)
 - National Suicide Prevention Lifeline
 - “Free and confidential support for people in distress, 24/7.”
 - 1-800-273-TALK (8255)

Assistive Technology Tools

Mobile Phone Applications –

- Calm (iOS & Android)
 - “Calm provides people experiencing stress and anxiety with guided meditations, sleep stories, breathing programs, and relaxing music.”
- CBT Thought Record Diary (iOS & Android)
 - “Use CBT Thought Record Diary to document negative emotions, analyze flaws in your thinking, and reevaluate your thoughts. This is a great app for gradually changing your approach to anxiety-inducing situations and your thinking patterns for future situations.”
- Clear Fear (iOS & Android)
 - “Clear Fear provides you with a range of ways to manage anxiety. Clear Fear helps you with anxious thoughts and emotions, alter anxious behaviors and calm fear responses. It also has helpful descriptions of the different ways in which anxiety shows, resources and a grit box to boost resilience.”
- Headspace (iOS & Android)
 - “Learn the skills of mindfulness and meditation by using this app for just a few minutes per day. You gain access to hundreds of meditations on everything from stress and anxiety to sleep and focus.”
- Mindshift (iOS & Android)
 - “Allows you to learn more about anxiety, choose situations you need help with, check your level of anxiety, have access to tools to calm you, and help you actively decrease level of anxiety.”
- Self-Help for Anxiety Management (SAM) (iOS & Android)
 - “Users are prompted to build their own 24-hour anxiety toolkit that allows you to track anxious thoughts and behavior over time, and learn 25 different self-help techniques. You can also use SAM’s “Social Cloud” feature to confidentially connect with other users in an online community for additional support.”
- What’s Up (iOS & Android)
 - “Use the positive and negative habit tracker to maintain your good habits, and break those that are counterproductive. Includes a “Get Grounded” page, which contains over 100 different questions to pinpoint what you’re feeling, and the “Thinking Patterns” page, which teaches you how to stop negative internal monologues.”



Self-Help Resources

University of Michigan –

- Depression Center Toolkit (also for anxiety)
 - Toolkit Overview/Instructions
 - <https://ummentalhealth.info/toolkit-download/pdf/DepressionCenterToolkitOverview.pdf>
 - Link for Depression Center Toolkit
 - <https://www.depressioncenter.org/depression-toolkit>

Therapist Aid Worksheets –

- *Coping Skills: Anxiety*
 - “The Coping Skills: Anxiety worksheet describes four strategies for reducing anxiety. Strategies include deep breathing, progressive muscle relaxation, imagery, and challenging irrational thoughts.”
 - English - <https://www.therapistaid.com/worksheets/coping-skills-anxiety.pdf>
 - Spanish - <https://www.therapistaid.com/worksheets/coping-skills-anxiety-spanish.pdf>
- *Study Tips for ADHD and Test Anxiety*
 - “Study skills help to reduce test anxiety, improve focus, and increase motivation to do well on tests. Good study habits are important for all students, but they are particularly beneficial for those with ADHD or test anxiety. This worksheet describes several research-based tips and techniques to improve how students study and prepare for tests. Some of the skills described include establish a study routine, set specific study goals, make studying a priority, and take care of your mind and body.”
 - English - <https://www.therapistaid.com/worksheets/study-tips.pdf>
 - Spanish - <https://www.therapistaid.com/worksheets/study-tips-spanish.pdf>
- *How to Practice Mindfulness Meditation*
 - “Research has linked mindfulness with numerous benefits to mental well-being. The Mindfulness Meditation worksheet provides all the information you will need to begin practicing mindfulness on your own. Posture, breathing, and the handling of a wandering mind are covered in simple terms.”
 - English - <https://www.therapistaid.com/worksheets/how-to-practice-mindfulness-meditation.pdf>
 - Spanish - <https://www.therapistaid.com/worksheets/how-to-practice-mindfulness-meditation-spanish.pdf>
- *Additional Mindfulness Exercises*
 - “Includes mindfulness meditation, body scan, mindful eating, and five senses.”
 - English - <https://www.therapistaid.com/worksheets/mindfulness-exercises.pdf>
 - Spanish - <https://www.therapistaid.com/worksheets/mindfulness-exercises-spanish.pdf>



- *Worry Exploration Questions*
 - “When people worry, they tend to imagine the worst thing that could possibly happen. In reality, these worries may never come true. In this worksheet, you are encouraged to explore the most likely outcomes for your worried-about situation, rather than the worst imaginable outcomes.”
 - English - <https://www.therapistaid.com/worksheets/worry-exploration-questions.pdf>
 - Spanish - <https://www.therapistaid.com/worksheets/worry-exploration-questions-spanish.pdf>
- *Mental Health Benefits of Exercise*
 - “The first page of this worksheet lists the mental illnesses that can benefit from exercise, it provides examples of healthy workouts, and it gives tips to help people follow through with their goal. The second page of this printout provides a template for individuals to begin planning when and how they would like to begin their exercise routine.”
 - English - <https://www.therapistaid.com/worksheets/mental-health-exercise-benefits.pdf>
 - Spanish - <https://www.therapistaid.com/worksheets/mental-health-exercise-benefits-spanish.pdf>
- *Challenging Negative Thoughts*
 - “Use this worksheet to challenge your negative thoughts and self-talk. You will be asked to take a step back and consider your situation and thoughts from a new perspective, such as that from a friend. Each question is designed to help you look at your negative thoughts more objectively.”
 - English - <https://www.therapistaid.com/worksheets/challenging-negative-thoughts.pdf>
 - Spanish - <https://www.therapistaid.com/worksheets/challenging-negative-thoughts-spanish.pdf>

About Anxiety

- Therapist Aid- *What is Anxiety?*
 - “This worksheet presents a simple, easy-to-understand overview of anxiety. Topics include symptoms, types of anxiety, the cycle of avoidance, and common treatments such as CBT, relaxation skills, and exposure.”
 - English - <https://www.therapistaid.com/worksheets/what-is-anxiety.pdf>
 - Spanish - <https://www.therapistaid.com/worksheets/what-is-anxiety-spanish.pdf>
- National Institute of Mental Health
 - Generalized Anxiety Disorder
 - https://www.nimh.nih.gov/health/publications/generalized-anxiety-disorder-gad/19-mh-8090-generalizedanxietydisorder_124169.pdf
 - Anxiety Disorders - Learn more
 - <https://www.nimh.nih.gov/health/topics/anxiety-disorders/>