

# Tools & Resources for Young People: Managing Stress and Anxiety

Resources such as smartphone apps, websites, and print are effective ways for individuals to take charge and manage their own well-being.

The following is a list of tools and resources that may be helpful for families and youth.

Click on the text or image to follow the link.

## Early Years

[The Yucky Bug by Julia Cook](#)

[Stop, Breathe, Think Kids](#)

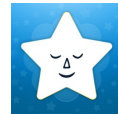
[GoZen](#)

[Anxiety Canada](#)

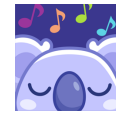
[Kids Health](#)



Mindful Powers



Stop, Breathe & Think



Moshi Twilight

## Middle Years

[Kids Help Phone](#)

[Harvard Health](#)

[YouthSpace.ca](#)

[GoZen](#)

[Mood Disorders Association of Manitoba](#)

[Anxiety Canada](#)

[Kids Health](#)



Mindshift



Booster Buddy



HEADSPACE



SAM



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## High School

[Kids Help Phone](#)

[Harvard Health](#)

[YouthSpace.ca](#)

[Mood Disorders Association of Manitoba](#)

[Anxiety Canada](#)

[Kids Health](#)



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