



## Home Safety and Mental Health Resources

### Part 2

**To manage anxiety and some of the overwhelming feelings:**

**Dialectical Behavior Therapy Clinic at Rutgers University (DBT-RU)** has a YouTube page with resources for practicing DBT skills. The playlist below, DBT Crisis Survival Skills, includes videos narrated by Dr. Rizvi, who guides the audience through using three core DBT Skills: ACCEPTS, IMPROVE, and PLEASE Skills.

<https://www.youtube.com/playlist?list=PLVILbxLe1Eo51f-BqC3u48AyikKun3mcT>

**MindShift CBT by Anxiety Canada** is a free app that uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

<https://www.anxietycanada.com/resources/mindshift-cbt/>

**Self-Help for Anxiety Management** is a free app that offers a range of self-help methods for people who are serious about learning to manage their anxiety.

iOS: <https://apps.apple.com/ca/app/self-help-for-anxiety-management/id666767947>

Android: <https://play.google.com/store/apps/details?id=com.uwe.myoxygen&hl=en>