

## Supplementary Materials

**Video 1.** Hiding the Struggle, Part 1 of A Day in the Life of a Young Person with Anxiety:  
[www.youtube.com/watch?v=tunX4ohxoqc&t=32s](http://www.youtube.com/watch?v=tunX4ohxoqc&t=32s)

**Video 2.** Fear of the Unknown, Part 2 of A Day in the Life of a Young Person with Anxiety:  
[www.youtube.com/watch?v=l1IKeNbHdOs&t=57s](http://www.youtube.com/watch?v=l1IKeNbHdOs&t=57s)

**Video 3.** Taking Up Space, Part 3 of A Day in the Life of a Young Person with Anxiety:  
[www.youtube.com/watch?v=ic4thVMjUVM&t=12s](http://www.youtube.com/watch?v=ic4thVMjUVM&t=12s)

**Video 4.** Feeling Different, Part 4 of A Day in the Life of a Young Person with Anxiety:  
[www.youtube.com/watch?v=XOqSqPkvEjM&t=5s](http://www.youtube.com/watch?v=XOqSqPkvEjM&t=5s)

**Video 5.** Can't You See I'm Struggling, Part 5 of A Day in the Life of a Young Person with Anxiety:  
[www.youtube.com/watch?v=EqD\\_-JzVABw](http://www.youtube.com/watch?v=EqD_-JzVABw)

**Video 6.** The Monster, Part 1 of Youth Voices: What it is like to live with anxiety:  
[www.youtube.com/watch?v=F9MjseqVhFc](http://www.youtube.com/watch?v=F9MjseqVhFc)

**Video 7.** Twenty Different Emotions, Part 2 of Youth Voices: What it is like to live with anxiety:  
[www.youtube.com/watch?v=fYIZCKKB-bc](http://www.youtube.com/watch?v=fYIZCKKB-bc)

**Video 8.** Overthinking, Part 3 of Youth Voices: What it is like to live with anxiety:  
[www.youtube.com/watch?v=3fpsFfl7GBI&t=78s](http://www.youtube.com/watch?v=3fpsFfl7GBI&t=78s)

**Video 9.** Trapped in an Empty World, Part 4 of Youth Voices: What it is like to live with anxiety:  
[www.youtube.com/watch?v=EzpZ6EEtjhc&t=33s](http://www.youtube.com/watch?v=EzpZ6EEtjhc&t=33s)

**Video 10.** Fighting to Stay on the Path, Part 5 of Youth Voices: What it is like to live with anxiety:  
[www.youtube.com/watch?v=oHOfCYcwKJI&t=61s](http://www.youtube.com/watch?v=oHOfCYcwKJI&t=61s)

**Zine 1.** Youth Voices: Their Lives and Experiences of Living with an Anxiety Disorder. An online photo exhibit. <https://online.flowpaper.com/7c590787/YouthVoices/#page=1>