

ANXIETY - RESOURCES

Anxiety BC Website:

- <http://www.anxietybc.com/>

Family and Community Resource Center (FCRC) - Anxiety Resources:

- <http://fcrc.albertahealthservices.ca/health-information/library/information-prescriptions/anxiety/>

Books and websites for parents:

“Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child’s Fears, Worries, and Phobias” by Tamar Chansky

“Helping Your Anxious Child: A Step-By-Step Guide for Parents” by Ronald Rapee, Ann Wignall, Susan Spence, Vanessa Cobham & Heidi Lyneham

“Keys to Parenting Your Anxious Child” by Katharina Manassis (Barron’s Parenting Keys Series)

“Helping Your Child Overcome Separation Anxiety or School Refusal: A Step-by-Step Guide for Parents” by Andrew Eisen & Linda Engler

“Talking Back to OCD: The Program That Helps Kids And Teens Say “No Way” –and Parents Say “Way to Go” by John March

Nemours Foundation – child & teen health information: <http://www.kidshealth.org>

New York University School of Medicine – parent information on child & teen health: <http://www.aboutourkids.org/>

B.C. Friends for Life Parent Program – Easy-to-use resource materials on anxiety for parents of 5- to 15-year-olds: <http://friendsparentprogram.com/index.php>

Information for youth, parents and professionals about self injury/self-harm from the Interdisciplinary National Self-Injury in Youth Network Canada: <http://www.insync-group.ca>

Books and Resources for Children

“A Hole in One - A Tale from the Iris the Dragon Series” by Gayle Grass, illustrated by Graham Ross

“Up and Down the Worry Hill: A Children’s Book about Obsessive-Compulsive Disorder and Its Treatment” by Aureen Pinto Wagner, illustrations by Paul A. Jutton

“Mr. Worry: A Story about OCD” by Holly L. Niner, illustrated by Greg Swearingen

“Coping Cat Workbook” (Child Therapy Workbook Series) and “Cognitive-Behavioural Therapy for Anxious Children: Therapist Manual”, both by Philip Kendall and Kristina Hedtke

“Taming Worry Dragons: A Manual for Children, Parents and Other Coaches” by E. Jane Garland & Sandra L. Clark

“Coping with Anxiety and Panic Attacks” by Jordan Lee

Stories from children and teens with anxiety difficulties, strategies and helpful tips:

<http://www.kidshealth.org>

A website for parents and children – types of anxiety, treatment and resources:

<http://www.worrywisekids.org>

Kids Help Phone: <http://www.kidshelpphone.ca> or 1-800-668-6868