



Anxiety Resources

Caregivers/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

www.anxietycanada.com: Anxiety Canada – provides parent and professional information on anxiety

www.kidshealth.org: Nemours Foundation – child & teen health information

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

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

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

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

[MindMasters](#) (Orlick): relaxation strategies with audio exercises

"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

www.kidshealth.org: Stories from children and teens with anxiety difficulties, strategies and helpful tips

www.worrywisekids.org: A website for parents and children – types of anxiety, treatment and resources

Kids Help Phone: www.kidshelpphone.ca or 1-800-668-6868

Apps for anxiety:

- Headspace
- Mindshift
- Virtual Hope Box
- Calm
- Stop, breathe & think (kids)