

Anxiety...Let's Talk

Resources

Programs

- How to Tame your Worry Dragon
- Superflex
- Fun Friends
- Mind Up
- How does your Engine Run?
- Cool Kids
- BC Friends for Life

Books for children with anxiety

- ***Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias***

Chansky T.

Broadway Books (March 2004)

ISBN: 9767914929

Childhood should be a happy and carefree time, yet more and more children today are exhibiting symptoms of anxiety. In this book a childhood anxiety disorder specialist examines all manifestations of childhood fears, including social anxiety, Tourette's Syndrome, hair-pulling, Obsessive Compulsive Disorder and phobias, and guides you through a program to help your child back to emotional safety.

- ***Freeing Your Child from Obsessive Compulsive Disorder***

Chansky T.

Three Rivers Press (2001)

ISBN 0812931173

- ***Helping Your Anxious Child – A Step by Step Guide for Parents***

Rapee R.M., Spence S.H., Cobham V., Wignall A.

New Harbinger Publications, Inc., Oakland, CA.

ISBN 1572241918

- ***Obsessive Compulsive Disorder in Children and Adolescents: A Guide***
Johnston H.F.
Dean Foundation for Health, Research, and Education, Madison, WI (1997)
ISBN 1890802131
- ***The Panic Book***
Phillips N.
Shrink-Rap Press.
ISBN 0958560420
- ***The School Wobblies***
Wever C.
Shrink-Rap Press (1994)
ISBN 0646220640
- ***The Secret Problem***
Wever C.
Shrink-Rap Press
ISBN 0646220630
- ***Shy Children, Phobic Adults: Nature and Treatment of Social Phobia***
Beidel D.C., Turner S.
American Psychological Association. (1997)
ISBN 1557984611
- ***Your Anxiety Child – How Parents and Teachers Can Relieve Anxiety in Children***
Dacey J.S., Fine L.
Jossey-Bass Publications, San Francisco. (2000)
ISBN 0787949973

On-line resources

<http://www.anxietybc.com>

Healthy Schools BC one hour video/powerpoint on school connectedness

<http://phsa.mediasite.com/mediasite/Play/541e8727624d4a0bbc55a52c91f480641d>

On-line anxiety screening - MacAnxiety Research Centre

<http://fhswedge.csu.mcmaster.ca/vanamerigan/limesurvey/index.php?sid=36487&lang=en>

Schools as a Setting for Promoting Positive Mental Health: Better Practices and Perspectives
http://www.jcsh-cces.ca/upload/JCSH%20Best%20Practice_Eng_Jan21.pdf

Kelty Mental Health Summer Institute - has a great deal of information embedded in the site
<http://keltymentalhealth.ca/summerinstitute2014>

Kids Health: A website providing information on healthy living for kids, teens, and parents.
<http://kidshealth.org/teen>

Mindcheck: A website for youth focused on prevention and early intervention of mental health issues.
<http://mindcheck.ca/>

Mind Your Mind: A website for youth providing resources to help manage stress and mental health issues.
<http://mindyourmind.ca/>

Teen Mental Health: A website with information on teen mental health issues.
<http://teenmentalhealth.org/understanding-mental-health/mental-disorders/>

Taking Care: Child and Youth Mental Health: Interactive website with information on anxiety.
<http://takingcare.knowledge.ca/>

Here to Help: Anxiety Disorders Toolkit: Information and resources for managing anxiety and anxiety disorders.

<http://www.heretohelp.bc.ca/workbook/anxiety-disorders-toolkit>

youtube

What is Anxiety
<https://www.youtube.com/watch?v=kyG9HG4kJI4>

Piglet - anxiety
<https://www.youtube.com/watch?v=BvpOx-f6NZY>

AnxietyBC teamed-up with child expert Dr. Lynn Miller to create "**Easy Separation**", a short **animated video** on how to reduce anxiety for Kindergartners during the first days of school.

https://www.youtube.com/watch?v=r_5eiYlo1XM

Gordon Neufeld Making Sense of Anxiety in Children and Youth 54:22 min

<https://www.youtube.com/watch?v=hymwvaZ9oKg>

Dan Siegel - How to Successfully Build an "Integrated" Child

https://www.youtube.com/watch?v=h51lgvjI_Zk

Goldie Hawn and Dan Siegel at TEDMED 2009

<https://www.youtube.com/watch?v=1OdBXGHwNck>

The Hawn Foundation - The MindUp Program

https://www.youtube.com/watch?v=tAo_ZSmjLJ4

Mindfulness in Action

<https://www.youtube.com/watch?v=7HzphdyShbl>

music therapy for anxiety

https://www.youtube.com/watch?v=xDwtH_RwPNU

What is Anxiety 9:45min

<https://www.youtube.com/watch?v=4VbxjsO9IYI>

APPS

Mindshift: A free downloadable app for both Apple and Android as well as tablets. Based on Cognitive Behaviour Therapies.

Associations

[Anxiety Disorders Association of Canada](#)

The ADAC is a registered charity and non-profit corporation dedicated to promoting public and professional sensitization and awareness of anxiety conditions. (Ottawa, ON)

[Anxiety Disorders Association of America](#)

The ADAA web site includes plenty of information on the anxiety disorders, including a guide to treatment, locating a specialist in your area, Consumer resources, resources for Professionals, News & Events, Message Boards and Chats (Rockville, Maryland)

[ASAP Dictionary of Anxiety and Panic Disorder](#)

The ASAP on-line Dictionary has two main sections; a “General Dictionary” and a

“Medications Dictionary.” The Medications Dictionary defines the pharmaceutical medications often used to treat anxiety and panic disorders. All other definitions are found in the General Dictionary.

[Canadian Network for Mood and Anxiety Treatments](#)

CANMAT – or the Canadian Network for Mood and Anxiety Treatments – is an extensive, cohesive network linking healthcare professionals from across Canada who have a special interest in mood and anxiety disorders. The ultimate goal of CANMAT is to improve the quality of life of persons suffering from mood and anxiety disorders, through its combined efforts in research, education, public awareness and policy development.

[Children’s Mental Health Ontario](#)

CMHO provides a central source of information for members, and for parents, youth, policy-makers and other health professionals. A helpful resource for parents, and a link to finding a Centre near you including a crisis line if you need immediate assistance.

[Duke University Program in Child and Adolescent Anxiety Disorders \(PCAAD\)](#)

Their program focuses on the treatment of Obsessive Compulsive Disorder and Post-Traumatic Stress disorder in Children. The web site offers general information on the full range of anxiety disorders affecting children & provides some of the specifics concerning the work that goes on at PCAAD. Along with the advanced treatment methods offered they are conducting ongoing research (Durham, NC)

[Facts For Health](#)

A new comprehensive resource to help identify, understand and treat Social Anxiety Disorder and Posttraumatic Stress Disorder (Madison, Wisconsin)

[Freedom From Fear](#)

Offers information & support on anxiety and depressive disorders (Staten Island, NY)

[Massachusetts General Hospital Center for Anxiety and Traumatic Stress Disorders](#)

This website includes information on different anxiety disorders, as well as directions for individuals who are interested in participating in clinical studies that relate to specific anxiety disorders. They also have a website specifically dedicated to Social Anxiety Disorder – www.bostonsocialanxiety.com

[National Institute of Mental Health](#)

Provides the latest information & news on anxiety disorders’ symptoms, diagnosis and treatment for Consumers, Medical and Mental Health Professionals. The NIMH site includes references and referrals to national mental health organizations & self-help groups, a resource list, books and audiovisual materials (Bethesda, MD)

[Obsessive Compulsive Disorder Foundation](#)

An international not-for-profit organization, this web site provides helpful information on OCD and related disorders (North Branford, CT)

[The OCD Center of Los Angeles](#)

The OCD Center of Los Angeles provides qualified, licensed Cognitive-Behavioral Therapy for the treatment of OCD, OC Spectrum Disorders, and related anxiety disorders. Their site offers extensive information about the nature and treatment of these disorders, as well as links to other valuable sites.

[Online Colleges: Critical Mental Health Resources for Students](#)

This resource is meant to provide college students and young people with information on maintaining good mental health and identifying mental health issues.

[The Selectively Silent Child](#)

An informal alliance of selective mutism support groups for parents and children. This site offers information on signs to watch for, causes, treatment options, suggestions for teachers, groups and contact information, and a message board. (Toronto, Ontario)

[Selective Mutism Group/Childhood Anxiety Network](#)

This non-profit organization represents the largest internet resource for information on selective mutism and related childhood anxiety disorders. This site includes a Canadian support group. (Philadelphia)

[Social Anxiety Disorder](#)

This website is specifically dedicated to Social Anxiety Disorder, by the Massachusetts General Hospital Center for Anxiety and Traumatic Stress Disorders.

[S.T.A.R.T. \(Stress, Trauma, Anxiety, Rehabilitation Treatment\) Clinic for Mood & Anxiety Disorders](#)

The START Clinic for Mood & Anxiety Disorders specializes in the assessment and treatment of people suffering from various mood and anxiety disorders. We provide individual and group Cognitive Behavioural Therapy, and offer many other forms of treatment including mindfulness meditation. We are a centre that also facilitates research to enhance our understanding and treatment options for these clinical disorders.

[Trichotillomania Learning Center](#)

TLC is a national non-profit organization devoted to advancing understanding of trichotillomania or compulsive hair-pulling. Includes up-to-date information, support and local resource referrals (Santa Cruz, CA)