

## Resource List

### WEBSITES:

#### **BC Partners for Mental Health & Addictions Information**

[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

A great website with a wealth of self-help resources for a range of mental health concerns.

#### **Anxiety BC**

[www.anxietybc.com](http://www.anxietybc.com)

An excellent website for parents with information, self-help resources, and videos about anxiety. Check out **MindShift** – an app designed to help teens and young adults cope with anxiety.

#### **KidsHealth**

<http://kidshealth.org/teen/> (search “anxiety”)

A website providing information on healthy living for kids, teens, and parents.

#### **Mindcheck**

<http://www.mindcheck.ca/>

Website for youth focused on prevention and early intervention of mental health issues.

#### **Mind Your Mind**

<http://mindyourmind.ca/>

A website for youth providing resources to help manage stress and mental health issues

#### **Teen Mental Health** <http://teenmentalhealth.org/understanding-mental-health/mental-disorders/>

A website with information on teen mental health issues.

#### **Taking Care: Child and Youth Mental Health** <http://takingcare.knowledge.ca/>

Interactive website with information on anxiety

#### **International OCD Foundation**

[www.ocffoundation.org/ocdinkids](http://www.ocffoundation.org/ocdinkids)

This is a great website with lots of information and resources for both parents and teens coping with OCD.

## **BOOKS:**

**Helping Your Anxious Child: A Step-By-Step Guide for Parents** - Ronald M. Rapee et al (2008).

This very helpful book includes an overview of common anxiety problems in children and helps kids and parents learn effective CBT skills to overcome fear, anxiety, and avoidance.

**Freeing your Child from Anxiety, Revised Edition: Practical Strategies to Overcome Fears, Worries & Phobias** - T. Chansky (2014).

A book for parents to help their children (toddlers to teens) build emotional resilience.

**You and Your Anxious Child: Free Your Child from Fear and Worries and Create a Joyful Family Life** – A.M. Albano (2013).

This book provides key strategies for helping support a child struggling with anxiety.

**Talking Back to OCD** - John S. March & Christin M. Benton (2007).

Parents and kids will benefit from the helpful skills in this book from one of the top experts in the field.

**What To Do When You Worry Too Much. A Kids' Guide to Overcoming Anxiety** - Dawn Huebner (2005).

Kids love this great series as it helps them learn effective skills to better manage these common problems. It features a child-friendly picture book format that includes loads of creative and fun activities.

**What To Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems with Sleep** - Dawn Huebner (2008).

**What To Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD** - Dawn Huebner (2007).