Anxiety Resources

Information for Families

Books parents may find helpful:
Freeing your Child from Anxiety (2004), by Tamar Chansky, PhD
Helping Your Anxious Child (2008), by Rapee, PhD, Wignall, DPsych,
Spence, PhD, Cobham, PhD, and Lyneham, PhD
Worried No More: Help and Hope for Anxious Children (2005), by Aureen Pinto Wagner, PhD
Talking Back to OCD (2006), by John March, MD
Freeing Your Child from Obsessive-Compulsive Disorder (2001), by Tamar Chansky, PhD

Books children may find helpful:
What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD (2007), by Dawn Huebner, PhD
What to Do When You Worry Too Much (2005), by Dawn Huebner, PhD
What to Do When You Are Scared and Worried (2004), by James Crist, PhD

Recording children may find helpful:
I Can Relax (2012), by Donna Pincus

Websites parents may find helpful:
Anxiety Disorders Association of America
www.adaa.org
Children's Center for OCD and Anxiety
www.worrywisekids.org
Child Anxiety Network
www.childanxiety.net/Anxiety_Disorders.htm
American Academy of Child and Adolescent Psychiatry
www.aacap.org/aacap/families_and_youth/resource_centers/Anxiety_Disorder_Resource_Center/Home.aspx
National Institute of Mental Health
Anxiety BC Youth (an online CBT tools website for teens)
http://youth.anxietybc.com
After the Injury (from Children's Hospital of Philadelphia)
www.aftertheinjury.org

This resource page is now available in Spanish at
www.seattlechildrens.org/pal