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
- The National Child Traumatic Stress Network (NCTSN)
  https://www.nctsn.org/
- Anxiety Canada Youth (an online CBT tools website for teens)
  https://youth.anxietycanada.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