

Helpful Resources for Anxiety



Books

Books for Children

Designed for kids to read or adults to read with children

- ▶ **Scaredy Squirrel**, by Melanie Watt 2006
A worrywart squirrel who prefers to stay in his safe carefully planned daily routine faces the unknown.
- ▶ **A Bad Case of the Stripes**, by David Shannon 2004
Camilla Cream is worried about what others think of her. She is so worried that she is about the break out with a bad case of stripes.
- ▶ **What to Do When You Worry Too Much**, by Dawn Huebner 2005
Self help book educating, motivating, and empowering kids to overcome their overgrown worries. Workbook for kids aged 8 – 12 years.
- ▶ **The Kissing Hand**, by Audrey Penn 2006
Reassurances for young children who fear being separated from their parent to go to school.
- ▶ **When I feel Scared**, by Cornelia Maude *Spelman, Fitzhentry & Whiteside 2002
Helps young children deal with unnecessary fears and builds confidence in coping ability

Books for Youth

- ▶ **What You Must Think of Me: A Firsthand Account of One Teenager's Experience with Social Anxiety Disorder**, by Emily Ford 2007
A firsthand Account of One Teenager's Experience with Social Anxiety Disorder.
- ▶ **Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety & Worry**, by Lisa Schab 2008
About one in four teens suffers from mild to serious problems with anxiety, and many of them get little or no help. This workbook, written by an experienced therapist, gives teens a collection of tools to help control anxiety and face day-to-day challenges.
- ▶ **Worry Taming for Teens**, workbook, by Jane E. Garland, Sandra L. Clark 2002
Teenagers often struggle with stress. This book is about using your talents to tame your rogue worries. As children reach adolescence, there are different experiences and challenges to face.
- ▶ **Just a Story**, The Healthy Aboriginal Network, by Stephen Keewatin Sanderson 2009
Full colour comic book for Aboriginal older children and teens about mental health and worry. www.thehealthyaboriginal.net
- ▶ **Dealing with Depression: Antidepressant Skills for Teens**, by Dan Bilker et.al. 2005
A BC guide for teens and adults intended to assist 13 – 17 yr. olds who suffer from depression or who believe they have an early or mild form of depression.
Order free copies from: MCF.ChildYouthMentalhealth@gov.bc.ca
Electronic copies from:
http://www.mcf.gov.bc.ca/mental_health/teen.htm

Books for Parents - Families - Educators

All books from the child – youth lists above can be read together at home.

- ▶ **Helping Your Anxious Child: A Step-By-Step Guide for Parents**, by Ronald Rapee PhD Second Edition 2008
Parents want to help their anxious children but often do not know how. Here is a book designed just for that. It offers many concrete steps to teach the child to cope with anxiety, using the means of behavior & thought.
- ▶ **If Your Adolescent Has an Anxiety Disorder: An Essential Resource for Parents**, by Edna. B. Foa & Linda Andrews 2006
The most up-to-date information on: warning signs, getting a diagnosis, latest treatments, coping at home and school, prevention strategies plus advice from parents themselves.
- ▶ **Help for Worried Kids, How Your Child Can Conquer Anxiety & Fear**, by Cynthia G. Last, 2006
While kids grow out of 'normal worries', like monsters under the bed, they don't grow out of more serious forms of anxiety. In fact, they can get worse as they get older. Find out what to do so your child worries no more.
- ▶ **Worried No More: Help and Hope for Anxious Children**, by Aureen Pinto Wagner 2005
For parents, school personnel and healthcare professionals.
- ▶ **What to do When Good Enough Isn't Enough**, (Families dealing with Perfectionism) by Thomas S. Greenspon 2007
The real deal on perfectionism...a guide for kids – parents and families. Underlying perfectionism is a deep fear of not doing well enough.
- ▶ **Helping Students Overcome Depression & Anxiety, A Practical Guide**, by Kenneth W. Merrell 2nd Edition 2008
Resource book for teachers.



Helpful Resources for Anxiety

Websites, DVD's and Treatment



Websites

▶ Anxiety BC	Provides self help toolkits, brochures, newsletters to support children & youth with anxiety concerns.	www.anxietybc.com
▶ Dealing with Depression	Youth Depression workbook (67 page) on-line and downloadable.	www.mcf.gov.bc.ca/mental_health/teen.htm
▶ FORCE Society for Kids' Mental Health	Provides information, tools & tips on how to support & assist children with mental health difficulties.	www.forcesociety.com
▶ FRIENDS for Life	School based anxiety prevention program aims to help children & teens cope with fear, worry & depression by building resilience & self-esteem.	Info for educators www.mcf.gov.bc.ca/mental_health/friends.htm
▶ Here to Help 7 Partner Agencies	Help for individuals & families to learn how to prevent, recognize, treat & manage mental health problems.	www.heretohelp.bc.ca
▶ Kelty Mental Health Resource Centre	Mental Health Resources for children, youth and families.	www.keltymentalhealth.ca
▶ WithinSight e news	Learn more about child and youth mental health resources for multi cultural communities.	www.heretohelp.bc.ca

DVDs

▶ Fighting Their Fears: Child & Youth Anxiety Melanie Wood NFB 2004 DVD	Through interviews with experts & three young people, this compelling documentary outlines the causes, symptoms & treatment.	http://takingcare.knowledge.ca/ Available in the public library
▶ Separation Anxiety DVD	A parents' guide shows how to recognize and manage anxiety.	www.anxietybc.com Available in the public library

Treatment

▶ Child & Youth Mental Health services	To find treatment & support contact your local child & youth mental health centre.	www.healthlinkbc.ca
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PLEASE NOTE: These resources will be available in most public libraries & some school libraries.

This full resource list, is found here: www.interiorhealth.ca/uploadedFiles/AnxietyResourceList.pdf