

ANXIETY RESOURCES FOR SCHOOL COUNSELLORS, EDUCATORS, AND PARENTS

LEAP CLINIC (www.leapclinic.ca) Offers private (fee for services*) evidence-based therapy for children, teens, young adults and their families. Services also include parent and school consultations, and professional workshops.

**Supports application for external funding via Variety Club and other charities, MCFD Autism Funding Unit*

ANXIETYBC www.anxietybc.com and youth specific site: youth.anxietybc.com

A nonprofit organization whose mission is to increase awareness and education of anxiety disorders, increase access to evidence-based treatment, and to encourage and develop new treatments and delivery.

MINDSHIFT APP (FREE ON ITUNES OR GOOGLEPLAY)

Designed to help teens cope with anxiety. This app includes strategies to deal with everyday anxiety, as well as specific tools to tackle more specific anxieties (e.g. test anxiety, perfectionism).

THE F.O.R.C.E. SOCIETY FOR KIDS' MENTAL HEALTH www.forcesociety.com

A provincial organization that provides families with an opportunity to speak with other families who understand and may be able to offer support or advice on what has worked for them, also video presentations on various topics.

THE KELTY MENTAL HEALTH RESOURCE CENTRE www.keltymentalhealth.ca

A provincial resource centre that provides mental health and substance use information, resources, and peer support to children, youth and their families from across BC.

ABC'S OF MENTAL HEALTH <http://www.hincksdellcrest.org/ABC/Welcome> Lots of tips and resources for dealing with anxiety in the classroom

Resources:

PLAYING WITH ANXIETY (www.playingwithanxiety.com) GREAT free ebook for download for older children/teens

MINDFULNESS FOR TEENS (www.mindfulnessforteens.com) Lots of helpful audio recordings for guided mindfulness exercises and visualizations (created by Dr. Vo at BC Children's Hospital)

DARTMOUTH COLLEGE RELAXATION EXERCISES: www.dartmouth.edu/~healthed/relax/downloads.html

Downloadable mp3 files of a variety of relaxation exercises.

Books:

Adelson, J. & Wilson, H. (2009). **Letting Go of Perfect: Overcoming Perfectionism in Kids and Teens.**

Cohen, Lawrence J. (2013) **The Opposite of Worry: The Playful Parenting Approach to Childhood Anxiety and Fears**

Guare, R., Dawson, P., & Guare, C. (2012). **Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential.**

Karst, P. (2000). **The Invisible String.** (great for younger children with separation anxiety!)

Landsman, K.J., Rupertus, K.M., & Pedrick, C. (2005). **Loving Someone With OCD: Help For You and Your Family.**

Lebowitz, E.R., & Omer, H. (2013). **Treating Childhood and Adolescent Anxiety: A Guide for Caregivers.**

March, J.S. (2006). **Talking Back to OCD.**

McCurry, Christopher (2009). **Parenting your Anxious Child with Mindfulness and Acceptance**

Rapee, R.M., Spence, S.H., & Wignall, A. (2008). **Helping Your Anxious Child: A Step-by-Step Guide for Parents.**

Willard, C. (2014). **Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else.**

Wilson, R & Lyons, L. (2013). **Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Confident and Courageous Kids.**