Anxiety Resources for Teachers & Parents

General

Anxiety B.C.: www.anxietybc.ca

Children’s Centre for OCD & Anxiety: www.worrywisekids.org/index.html

Anxiety Disorders Association of America: www.adaa.org/living-with-anxiety/children


Teachers

www.shakeyourshyness.com/teachingshychildren.htm

www.kidsmentalhealth.ca/professionals/mh_for_teachers_classrooms.php

www2.massgeneral.org/schoolpsychiatry/classroom_interventions.asp


Gym Anxiety: www.sciencedaily.com/releases/2008/03/080331151958.htm


Selective Mutism: www.acposb.on.ca/LearnChall/MUTISM.html

Social Anxiety:
b) www.aboutourkids.org/articles/keys_helping_socially_anxious_teens_school_personnel_parents

School Anxiety Prevention Program:
www.friendsinfo.net/
Books


Parents

www.anxietybc.com/parent/index.php

www2.massgeneral.org/schoolpsychiatry/for_parents.asp

http://kidshealth.org/parent/emotions/feelings/anxiety.html#

www.heretohelp.bc.ca/anxiety-disorders-children-youth/alt/1

www.healthinsite.gov.au/topics/Anxiety_in_Children

**ADHD + Anxiety:** http://add.about.com/od/relatedconditions/a/Overcome-Anxiety.htm