



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

Anxiety Recovery Centre: www.arcvic.com.au/our-services/youth

Teachers

www.shakeyourshyness.com/teachingshychildren.htm

www.kidsmentalhealth.ca/professionals/mh_for_teachers_classrooms.php

www2.massgeneral.org/schoolpsychiatry/classroom_interventions.asp

www.learningplace.com.au/deliver/content.asp?pid=34810

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

Math Anxiety: www.thepsychfiles.com/2008/04/episode-54-math-anxiety-causes-and-cures/

Science Anxiety: www.aps.org/publications/apsnews/199810/anxiety.cfm

Test Anxiety: www.ericdigests.org/2005-2/anxiety.html

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

Social Anxiety:

a) www.socialanxietyassist.com.au/children_anxiety.shtml

b) www.aboutourkids.org/articles/keys_helping_socially_anxious_teenagers_school_personnel_parents

School Anxiety Prevention Program:

www.friendsinfo.net/

<http://friendsrt.com/>

Books

Chansky, T. (2004). *Freeing your Child from Anxiety*. New York, NY: Broadway Books.

Manassis, Katharina, (2008). *Keys to Parenting Your Anxious Child, 2nd Ed.* Hauppauge, NY: Barron's Educational Series.

March, J. S., & Benton, C. M. (2007). *Talking Back to OCD*. New York, NY: Guildford Press.

Rapee, R., Spence, S., Cobham, V., & Wignall, A. (2008). *Helping Your Anxious Child, 2nd Ed.: A Step-by-Step Guide for Parents* Oakland. CA: New Harbinger.

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>