



Anxiety Resources:

Helpful Websites:

- Anxiety Canada
 - www.anxietycanada.com
- BC Children's Kelty Mental Health
 - <https://keltymentalhealth.ca>
- Kids Help Phone: see Get Info > Emotional Well-Being
 - www.kidshelpphone.ca
- Open Mind
 - www.openmindbc.ca
- About Kids Health : Mental Health Learning Hub (try their youtube videos!)
 - www.aboutkidshealth.ca/mentalhealth

Books:

- "Freeing Your Child from Anxiety" by T Chansky
- "Helping Your Anxious Child" by R Rapee, A Wignall, S Spence, VCobham & H Lyneham
- "Keys to Parenting Your Anxious Child" by K Manassis
- "Helping Your Child Overcome Separation Anxiety or School Refusal" by A Eisen & L Engler
- "Talking Back to OCD" and "Way to Go" by J March

For Children:

- "A Hole in One - A Tale from the Iris the Dragon Series" by G Grass
- "Up and Down the Worry Hill" by AP Wagner
- "Mr. Worry: A Story about OCD" by HL Niner
- "Coping Cat Workbook" (Child Therapy Workbook Series) and "Cognitive-Behavioural Therapy for Anxious Children: Therapist Manual" by P Kendall and K Hedtke
- "Taming Worry Dragons" by EJ Garland & SL Clark
- "Coping with Anxiety and Panic Attacks" by J Lee

Apps:

- Mindshift
- Headspace
- Superbetter
- Woebot

If there is a medical emergency Call 9-1-1 or visit your nearest Emergency Department
For 24h Distress Support call the Crisis Line: 403-266-HELP (4357)
or visit: www.distresscentre.com