

Resources for Anxiety

Diagnosis and Support:

National Institute of Mental Health (NIMH): <http://www.nih.gov>

American Academy of Child and Adolescent Psychiatry (AACAP) <https://aacap.org>

National Alliance for the Mentally Ill (NAMI): <https://www.namiut.org>

Utah Parent Center: www.utahparentcenter.org

Resources:

Apps

Calm, Mindshift, Headspace, Worry Watch, MoodTools, Pacifica, Breathe Think Do Sesame, Stop Breathe and Think Kids, Breathing Bubbles, Mightier

Books

Stop Anxiety from Stopping You by Dr. Helen Odessky

Jonathan James and the Whatif Monster by Michelle Nelson-Schmidt

Outsmarting Worry by Dawn Huebner, PhD

Worry Says What? By Allison Edwards

Coping Skills for Kids Workbook by Janine Halloran, MA, LMHC

What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety by Dawn Huebner, PhD

The Anxiety Cure for Kids: A Guide for Parents by Spencer, DuPont, and DuPont

If Your Adolescent Has An Anxiety Disorder: An Essential Resource for Parents by Edna B. Foa

Help for Worried Kids: Your Child Can Conquer Anxiety and Fear by Cynthia G. Last

The Anxiety Workbook for Teens by Lisa M Schab, LCSW

Keys to Parenting Your Anxious Child by Katharina Manassis

Treating Childhood and Adolescent Anxiety: A Guide for Caregivers by Leowitz and Omer

Websites

www.anxietybc.com www.worrywisekids.org, <https://kidshealth.org>, <https://childmind.org>

<https://www.adaa.org> (Anxiety and Depression Association of America)

www.helpguide.org, www.gozen.com, www.nimh.nih.gov (National Institute for Mental Health)



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