

## **RESOURCES**

### **Books:**

- ▣ Morrow, Kimberly. *Face It and Feel It: 10 Simple (But Not Easy) Ways to Live Well with Anxiety*. 2011
- ▣ Wagner, Aureen Pinto., and Paul A. Jutton. *Up and down the Worry Hill: A Children's Book about Obsessive-compulsive Disorder and Its Treatment*. Rochester, NY: Lighthouse Book, 2004. Print.
- ▣ Huebner, Dawn, and Bonnie Matthews. *What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety*. Washington, D.C.: Magination, 2006. Print.
- ▣ Chansky, Tamar Ellsas. *Freeing Your Child from Anxiety: Powerful, Practical Strategies to Overcome Your Child's Fears, Phobias, and Worries*. New York: Broadway, 2004. Print.
- ▣ Spencer, Elizabeth DuPont, Robert L. DuPont, and Caroline M. DuPont. *The Anxiety Cure for Kids: A Guide for Parents*. Hoboken, NJ: J. Wiley, 2003. Print.
- ▣ Abblett, Mitch R. *Mindfulness for Teen Depression*. New Harbinger. 2016.
- ▣ Parker, Gordon, and Eysers, Kerrie. *Navigating Teen Depression: A Guide for Parent and Professionals*. Allen & Unwin Publishers. 2009.
- ▣ Best Books for Kids with Anxiety: [https://www.huffpost.com/entry/childrens-books-anxiety\\_15c6976dde4b05c889d202022](https://www.huffpost.com/entry/childrens-books-anxiety_15c6976dde4b05c889d202022)

### **Websites**

- ▣ **[Obsessive Compulsive Foundation \(iocdf.org\)](http://iocdf.org)**
- ▣ **[Anxiety and Depression Association of America \(adaa.org\)](http://adaa.org)**
- ▣ **[AnxietyCoach.com](http://AnxietyCoach.com)**
- ▣ **<https://teenlineonline.org/>**
- ▣ **<http://noiseinyourhead.com/free-video-series/>**
- ▣ **<https://childmind.org/topics/anxiety/>**
- ▣ **<https://aspire.care/what-is-pans/definition/>**
- ▣ **<https://childmind.org/guide/parents-guide-to-pans-and-pandas/>**

### **Podcasts**

- ▣ Natasha Daniels AT Parenting Survival School <https://atparentingsurvivalschool.com/>