

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.

Scholarly Articles

- ☐ "Psychiatric Disorder in a Birth Cohort of Young Adults: Prevalence, Comorbidity, Clinical Significance, and New Case Incidence from Ages 11 to 21." *APA PsycNET*. N.p., n.d. Web. 19 Jan. 2016.
- ☐ IOCDF.org PANDAS Fact Sheet
<https://iocdf.org/wp-content/uploads/2014/10/PANDAS-Fact-Sheet.pdf>
- ☐ Creswell, C., P. Waite, and P. J. Cooper. "Assessment and Management of Anxiety Disorders in Children and Adolescents." *Archives of Disease in Childhood* 99.7 (2014): 674-78. Web.
- ☐ Arnett, Jeffrey J., Rita Žukauskienė, and Kazumi Sugimura. "The New Life Stage of Emerging Adulthood at Ages 18–29 Years: Implications for Mental Health." *The Lancet Psychiatry* 1.7 (2014): 569-76. Web.

Websites

- ☐ [Obsessive Compulsive Foundation \(iocdf.org\)](http://iocdf.org)
- ☐ [Anxiety and Depression Association of America \(adaa.org\)](http://adaa.org)
- ☐ AnxietyCoach.com
- ☐ <https://teenlineonline.org/>
- ☐ <http://noiseinyourhead.com/free-video-series/>