



CHILD & ADOLESCENT THERAPY | PSYCHOLOGICAL ASSESSMENT

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Additional Resources for Kids with Anxiety

Books for parents

Helping Your Anxious Child: A step-by-step guide for parents (Rapee et. al.)

If Your Adolescent Has an Anxiety Disorder: An essential resource for parents (Foa & Andrews)

Freeing Your Child From Anxiety: Powerful, practical solutions to overcome your child's fears, worries, and phobias (Chansky)

Overcoming School Anxiety: How to help your child deal with separation, tests, homework, bullies, math phobia, and other worries (Mayer)

Breaking Free of Child Anxiety and OCD: A scientifically proven program for Parents (Lebowitz)

Books for children:

You've Got Dragons (Cave & Maland)

What to Do When You Worry Too Much: A kid's guide to overcoming anxiety (Huebner & Matthews)

Is a Worry Worrying You? (Wolff & Savitz)

Wemberly Worried and Shelia Rae the Brave (Henkes)

The Shyness and Social Anxiety Workbook for Teens (Shannon)

Websites

AACAP: Anxiety Disorders Resource Center

[https://www.aacap.org/aacap/Families and Youth/Resource Centers/Anxiety Disorder Resource Center/Home.aspx](https://www.aacap.org/aacap/Families_and_Youth/Resource_Centers/Anxiety_Disorder_Resource_Center/Home.aspx)

Anxiety and Depression Association of America

<http://www.adaa.org/>

Worrywise Kids (from psychologist Tamar Chansky)

<http://www.worrywisekids.org/>

Supportive Parenting for Anxiety Childhood Emotions (SPACE)

<https://www.spacetreatment.net/>

Coping Cat Parents

<https://www.copingcatparents.com/>