

Helpful Anxiety Resources for Parents

There are many online resources for parents addressing the topic of child and adolescent anxiety. The ones listed below are just a sample of some of the most useful (and accurate) sites.

- Anxiety and Depression Association of America (ADAA)
<http://www.adaa.org/living-with-anxiety/children>
- National Institute of Mental Health
<http://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>
- American Academy of Child and Adolescent Psychiatry
http://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Anxiety_Disorder_Resource_Center/Home.aspx
- The Children's and Adult Center for OCD and Anxiety:
Worrywisekids.org
- The Child Anxiety Network
<http://www.childanxiety.net/>

Many mental health professionals have authored books on child and adolescent anxiety. Some are designed just for parents, others just for children and adolescents, and others use a joint parent/child approach. The ones listed below are a sample of these books.

- What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What to Do Guides for Kids) (2005) By: Dawn Hueber
- Freeing your Child from Anxiety, Revised and Updated Edition: Practical Strategies to Overcome Fears, Worries, and Phobias and Be Prepared for Life—From Toddlers to Teens (2014) By: Tamar Chansky
- Growing up Brave: Expert Strategies for Helping Your Child Overcome Fear, Stress, and Anxiety (2012) By: Donna Pincus
- The Opposite of Worry: The Playful Parenting Approach to Childhood Anxieties and Fears (2013) By: Lawrence J. Cohen
- My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic (2009) By: Michael Tompkins & Katherine Martinez