**Resources**

Select books for adults and children, videos, podcasts and links to organizations that can provide information and educational resources

**Books for Adults**

*Anxious Kids, Anxious Parents*. Reid Wilson and Lynn Lyons 2013, Health Communications Inc

*Face It and Feel It: 10 Simple( But Not Easy) Ways to Live Well with Anxiety.* Kimberly Morrow 2011

*Freeing Your Child From Anxiety*. Tamar Chansky 2004

*Helping Your Anxious Child: A Step-by-Step Guide for Parents*. Ron Rapee, et al. 2008

*Parenting Your Anxious Child with Mindfulness and Acceptance: A Powerful New Approach to Overcoming Fear, Panic, and Worry Using Acceptance and Commitment Therapy*. Christopher McCurry 2009

*Selective Mutism: A Guide for Therapists, Educators, and Parents*. Aimee Kotrba (available online at <http://www.selectivemutismtreatment.com/products>)

*The Anxiety Cure for Kids: A Guide for Parents and Children (Second Edition) 2014.* Caroline M. DuPont, Elizabeth DuPont Spencer, and Robert DuPont

*Triumph Over Shyness.* Murray Stein and John Walker, second edition (available from ADAA)

*The Shyness & Social Anxiety Workbook*. Martin Antony and Richard Swinson, 2008

*You and Your Anxious Child: Free Your Child from Fears and Worries and Create a Joyful Family Life*. Anne Marie Albano and Leslie Pepper. 2013, Avery/Penguin Press

*Worried No More: Help and Hope for Anxious Children*. Aureen Wagner 2008, second edition

**Books for Children**

*Playing with Anxiety: Casey’s Guide for Teens and Kids*. Reid Wilson and Lynn Lyons (free ebook available at [www.playingwithanxiety.com](http://www.playingwithanxiety.com))

*Up and Down the Worry Hill*. Aureen Wagner

*Wemberly Worried*. Kevin Henkes

*First Day Jitters*. Julie Danneberg

*Scary Night Visitors: A Story for Children with Bedtime Fears* Irene Marcus

**Information and Resources**

AnxietyTraining.com

Anxiety and Depression Association of America www.adaa.org

Andrew Kukes Foundation for Social Anxiety www.akfsa.org

Active Minds (college-age children) www.activeminds.org

Beyond OCD www.beyondocd.org

Depression and Bipolar Support Alliance www.dbsalliance.org

International Obsessive -Compulsive Disorder Foundation www.iocdf.org

National Association of School Psychologists  www.nasponline.org

National Institute of Mental Health www.nimh.org

Noises in your Head: Free Video Series http://noiseinyourhead.com/free-video-series/

Selective Mutism Group www.selectivemutism.org

Selective Mutism Foundation www.selectivemutismfoundation.org

Trichotillomania Learning Center www.trich.org

**Sample accommodations** for children with anxiety disorders by ADAA members http://www.kimberlyjoymorrow.com/sampleaccommodationsforanxiouskids.html

http://www.worrywisekids.org/node/40

**Free podcasts from ADAA**

School Refusal. Katharina Manassis, MD <http://www.adaa.org/resources-professionals/podcasts/school-refusal>

Stomachaches and Anxiety in Children. Caroline Danda, PhD <http://www.adaa.org/resources-professionals/podcasts/pediatric-pain-related>

Selective Mutism. Steven Kurtz, PhD <http://www.adaa.org/resources-professionals/podcasts/selective-mutism>

Teen Social Anxiety Disorder. Jennifer Shannon <http://www.adaa.org/resources-professionals/podcasts/teen-social-anxiety>

What Parents Need to Know About Treatment for Children with Anxiety Disorders. Ron Rapee, PhD <http://www.adaa.org/resources-professionals/podcasts/what-parents-need-know-about-treatment-children-with-anxiety-disord>

Trichotillomania, Tics and Tourette Syndrome in Children. Martin Franklin, PhD <http://www.adaa.org/resources-professionals/podcasts/treating-children-trichotillomania-tics-tourette>