

Anxiety Resources

What is Anxiety?



When your child experiences excessive worry, fear, or nervousness about everyday activities, events, or situations, they might have anxiety.

Worrying about school performance, social interactions, family relationships, and other aspects of daily life can be normal when it occurs sometimes.

But when anxiety is excessive or interferes with your child's daily functioning, it could be an anxiety disorder, such as generalized anxiety disorder, social anxiety disorder, separation anxiety disorder, and specific phobias.

What are Symptoms of Anxiety?

- Excessive worry or fear about everyday activities or events
- Refusal to go to school or participate in social activities
- Difficulty sleeping or nightmares
- Physical complaints such as stomachaches or headaches
- Trouble concentrating or paying attention
- Irritability or moodiness
- Frequent crying or outbursts
- Avoidance of certain situations or activities
- Difficulty separating from parents or caregivers
- Clinging to parents or caregivers in new or unfamiliar situations



Anxiety Resources

Helpful Websites



- Healthy Children (AAP Website)
- Anxiety Canada
- Anxiety & Depression Association of America

Self-Directed Cognitive Behavioral Therapy Programs

- My Anxiety Program Self-Directed CBT Program for Caregivers & Children
- Creating Opportunities for Personal Empowerment (COPE)



Apps for Anxiety



- Mindshift CBT
- Breathe2Relax
- Positive Penguins

Books for Children

Link: In order of age
I also really like Superpowered, by
Renee Jain and Dr. S. Tsabary



Anxiety Resources

Books for Parents



- Freeing Your Child from Anxiety by Tamar Chansky
- Breaking Free of Child Anxiety and OCD: A Scientifically Proven Program for Parents by Eli R. Lebowitz
- Helping Your Anxious Teen: Positive Parenting Strategies to Help Your Teen Beat Anxiety, Stress, and Worry by Sheila Josephs

Hotlines for Youth

- Text Crisis Line: 741741
- Suicide Hotline: 1-800-273-TALK (8255)
- Trans Lifeline Peer Support US: 1-877-565-8860
- TrevorLifeline (LGBTQIA support): 1-866-488-7386
- RAINN Sexual Assault Hotline: 1-800-656-4673
- National Helpline for Substance Use: 1-844-289-0879
- Substance Abuse & Mental Health Services Administration National Helpline: 1-800-662-HELP



We're Here for You

It can be incredibly hard and scary when you don't know how best to help your child. We recommend being there, being open and supportive, and not trying to fix everything.

What's more important than getting back to "normal" is showing your child you believe they're capable of working through tough challenges like their anxiety. Call us anytime. 808.600.2180

