

Child/Adolescent Anxiety Resources – Dr. Janine Hubbard

Local services:

Child/Adolescent Central Intake – 777-2200

- Services may include Strongest Families, Parenting Your Anxious Child, Janeway Family Centre, Bridges program
- Doorways offers same day/single sessions for ages 12+-
<https://mha.easternhealth.ca/doorways/>
- School Guidance Counsellor
- Parents may have access to counselling through a workplace Employee and Family Assistance Plan (EFAP)
- Fee for service Psychologists - <http://apnl.ca/find-a-psychologist>

www.anxietycanada.ca – MindShift App, My Anxiety Plan (MAP), videos – unfortunately being phased out

<https://keltymentalhealth.ca/resource-library>

Lots of apps available – do the free trials and see what appeals

Books:

What to do when your worry too much – Dawn Huebner (ages 6-11)

(the entire What to do when..... series is excellent)

Outsmarting worry: An Older Kids Guide to Managing Anxiety – Dawn Huebner (ages 9-13)

All Birds have anxiety – Kathy Hoopmann (ages 6+)

The Anxiety Workbook for Teens – Lisa Schab (I quite like all of the workbooks in this series)

Facing Mighty Fears series – Dawn Huebner (ages 6-10)

OCD:

www.anxietycanada.ca

IOCDF.org

What to do when your brain gets stuck – Dawn Huebner (ages 6-12)