







ANXIETY (AND THEIR PARENTS)

	<p><u>What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What to Do Guides for Kids)</u> by Dawn Huebner and Bonnie Matthews</p>
	<p><u>Overcoming Your Child's Fears and Worries: A Self-help Guide Using Cognitive Behavioral Techniques</u> by Cathy Creswell and Lucy Willetts</p>
	<p><u>The Huge Bag of Worries: The Huge Bag of Worries</u> by Virginia Ironside</p>
	<p><u>Your Feelings: I'm Worried</u> by Brian Moses</p>
	<p><u>Coping with an Anxious or Depressed Child: A Guide for Parents and Carers (Coping with (Oneworld))</u> by Samantha Cartwright-Hatton</p>
	<p><u>Helping Your Anxious Child: A Step-by-step Guide for Parents</u> Ronald M. Rapee and Ann Wignall</p>

<http://www.anxietyuk.org.uk/>

Anxiety UK provides a range of information about anxiety and resources for parents and schools, including booklets and videos.

<http://www.anxietybc.com/>

AnxietyBC™ provides self-help information and programs for young people, as well as resources for parents and caregivers, including CBT strategies that can be used as self-help methods.

<http://www.rcpsych.ac.uk/>

The Royal College of Psychiatry (under "Health advice" / "Parents and youth info") provides useful information to help children and young people to cope with anxiety symptoms.