

# Anxiety – Resources for Youth

## Websites

### **AnxietyBC Youth Website**

[www.youth.anxietybc.com/](http://www.youth.anxietybc.com/)

An interactive website that includes information on common problems related to anxiety, cognitive behavioural therapy, sleep strategies, tools, stories, videos and resources.

### **Anxiety Disorders Association of Canada**

[anxietycanada.ca/english/youth/index.htm](http://anxietycanada.ca/english/youth/index.htm)

Website for teens providing background information on anxiety disorders, those affected, treatment options, and how to help oneself or a friend.

### **Here to Help**

[www.heretohelp.bc.ca/](http://www.heretohelp.bc.ca/) | Navigate to “I want to learn more about anxiety problems”

Information and resources for effective self-management of anxiety and anxiety disorders.

### **KidsHealth**

[kidshealth.org/teen/](http://kidshealth.org/teen/) | Search for “anxiety”

A US-based website providing general health and healthy living information for kids, teens, and parents, including information on causes, related issues, coping skills, and more.

### **Mind Your Mind**

[mindyourmind.ca/](http://mindyourmind.ca/)

A Canadian website for youth by youth providing resources to help manage stress, and mental health issues. Includes personal stories, coping tools, music, and a blog.

### **Mindcheck**

[www.mindcheck.ca/](http://www.mindcheck.ca/)

A Canadian website focused on prevention and early intervention of mental health challenges in youth. Contains information, quizzes and resources.

### **Teen Mental Health**

[teenmentalhealth.org/](http://teenmentalhealth.org/)

A Canadian website with evidence-based information on teen mental health, including anxiety. The site has a number of videos explaining different types of anxiety.

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## Toolkits

### **MindShift Mobile App**

[anxietybc.com/mobile-app](http://anxietybc.com/mobile-app)

MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.

### **Taking Care: Child and Youth Mental Health**

[takingcare.knowledge.ca/](http://takingcare.knowledge.ca/)

Interactive website with information on anxiety, the documentary *Fighting Their Fears*, and self-help kits.

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## Books & Videos

### **The Anxiety Workbook for Teens (2005)**

Lisa M. Schab

This workbook gives anxious teens insight into their problems and offers practical guidance for overcoming them.

## Anxiety – Resources for Youth (*continued*)

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**Panic Disorder: An Effective Self-Help Guide (DVD) (2010)**

Clif Prowse & Kristin Buhr | FSRC

Teaches you how to understand and master panic attacks using evidence-based cognitive-behavioural strategies that have been proven to work.

**Teenage Anxiety, Depression, and Suicide (DVD) (2003)**

Ron Greene | FSRC

This DVD addresses the importance of emotional health and explores various types of anxiety disorders, symptoms, and causes. It also covers how anxiety and depression can lead to suicide, and potential warning signs of suicide.

**What You Must Think of Me: A Firsthand Account of One Teenager's Experience with Social Anxiety Disorder (2007)**

Emily Ford

The author presents her personal struggles with social anxiety disorder and how she was able to overcome it; and offers information on its causes, symptoms, diagnosis, and treatment.

**Worry Taming for Teens (2002)**

Sandra L. Clark & Jane E. Garland | FSRC

Written for youth, this manual explains the nature and basis for anxiety, the different types of anxiety, and includes information on medication. It also includes coping strategies for youth.

FSRC: Family Support & Resource Centre at BC Children's Hospital. Books and videos can be borrowed at no charge from anywhere in the province, or purchased from the online bookstore.

Tel: 604-875-2345 ext. 5102 | Website: <https://libraries.phsa.ca/fsrc>

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### Support Services

**Friends in Canada**

A school- and home-based anxiety prevention program aims to help children and teens cope with feelings of fear, worry, and depression by building resilience and self-esteem & teaching cognitive and emotional skills. Websites include resources for teachers and parents.

- School-based program: [mcf.gov.bc.ca/mental\\_health/friends.htm](http://mcf.gov.bc.ca/mental_health/friends.htm)
- Home-based program: [friendsparentprogram.com](http://friendsparentprogram.com)

**Kelty Mental Health Resource Centre** Tel: 604-875-2084 | Toll-Free: 1-800-665-1822

[keltymentalhealth.ca](http://keltymentalhealth.ca) | [keltycentre@cw.bc.ca](mailto:keltycentre@cw.bc.ca) | [youtube.com/user/KeltyMentalHealth](https://www.youtube.com/user/KeltyMentalHealth)

Offers information, resources, help with system navigation, and peer support to children, youth and families across BC dealing with mental health and substance use challenges. The Centre also provides resources and peer support to individuals of any age struggling with an eating disorder.

**Kids Help Phone**

Toll-Free: 1-800-668-6868 | [kidshelpphone.ca](http://kidshelpphone.ca)

24-hour, bilingual and anonymous phone counselling, referral and Internet service for children.

**Youth in BC**

Toll-Free: 1-866-661-3311 | <http://youthinbc.com/>

Youth in BC run a 24/7 crisis-line, and also offer support via online chat from 12pm-1am. They also have information and resources for youth on their website.