

Child and Adolescent Anxiety Disorders Clinic Anxiety Resources

CAADC Contact Information

www.childanxiety.org
215-204-7165
Temple University
Weiss Hall
1701 North 13th Street
Philadelphia, PA 19122

Therapist Directories

- American Psychological Association: <https://locator.apa.org>
- Anxiety and Depression Association of America:
<https://members.adaa.org/search/custom.asp?id=4685>
- Association for Behavioral and Cognitive Therapies: <http://www.findcbt.org/FAT/>
- Psychology Today: <https://www.psychologytoday.com/us/therapists>
- Substance Abuse and Mental Health Services Administration:
<https://findtreatment.samhsa.gov/locator>
- Your Insurance Company's "Find a Doctor"

Internet Resources

- Child Anxiety Tales: <http://www.copingcatparents.com/>
- The Child Anxiety Network: www.childanxiety.net
- New York University Child Study Center: www.aboutourkids.org
- Anxiety Disorders Association of America: www.adaa.org
- The Center for Mental Health Services: www.mentalhealth.org

Books for Parents/Teachers

- Helping your Anxious Child: A Step-by-Step Guide for Parents. Rapee, Spence, Cobham, Wignall
- Keys to Parenting an Anxious Child. Manassis
- Worried No More: Help and Hope for Anxious Children. Wagner
- The Silence Within: A Teacher/Parent Guide to Working with Selectively Mute and Shy Children. Kervatt
- Monsters Under the Bed and Other Childhood Fears: Helping your Child Overcome Anxieties, Fears, and Phobias. Garber, Garber, & Spizman
- Straight Talk about Psychiatric Medications for Kids. Wilens.
- Good Friends are Hard to Find: Help your Child Find, Make, and Keep Friends. Frankel & Wetmore.

Books for Children

- First Day Jitters. Danneberg.
- Wemberly Worried. Henkes.
- Scary Night Visitors: A Story for Children with Bedtime Fears. Marcus, Marcus, & Jesche.
- I Don't Know Why...I Guess I'm Shy: A Story About Taming Imaginary Fears. Cain & Smith-Moore.
- Into the Great Forest: A Story for Children Away from Parents for the First Time. Marcus, Marcus, & Jesche.
- Night Light: A Story for Children Afraid of the Dark. Dutro & Boyle.
- Cat's Got Your Tongue? A Story for Children Afraid to Speak. Schaefer & Friedman.
- Up and Down the Worry Hill. Wagner. (OCD)
- Kissing Doorknobs. Hesser. (OCD – young adult)

COVID-19 Resources

Mental Health Resources

- UCLA Coping with Coronavirus fears and anxiety:
<https://connect.uclahealth.org/2020/03/18/coping-with-coronavirus-fears-and-anxiety/>
- FACE COVID: How to respond effectively to the Corona Crisis:
<https://drive.google.com/file/d/1OG58MgC4dR2PwNhunCoYEaCOHN4TPkq/view>

Resources for Kids and Teens

- A comic book for kids about coronavirus:
<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>
- WHO tips for teens: <https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

Parenting Resources

- Parenting in a Pandemic (podcast and online resources):
<https://pfsc.psychology.uq.edu.au/covid19-resources>
- Short videos about coronavirus anxiety: <https://vimeo.com/user89125298>

Other lists of resources

- Mental health resources, parenting, and child resources:
<https://www.thecarelabllu.com/coping-with-covid-19>
- Anxiety and Depression Association of America: <https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources>
- American Psychological Association: <https://www.apa.org/topics/covid-19>
- Association for Behavioral and Cognitive Therapies: <http://www.abct.org/Home/>
- CDC Stress and Coping: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>