

Anxiety resources

Books for kids:

1. What to do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety by Dawn Huebner (younger kids)
2. Outsmarting Worry (An Older Kid's Guide to Managing Anxiety) by Dawn Huebner (ages 9-13)
3. Anxiety Relief for Teens: Essential CBT skills and mindfulness practices to overcome anxiety and stress by Regine Galanti, PhD. (teens)
4. OCD: Talking Back to OCD by Dr. John March (teens)
5. What to Do When Your Brain Gets Stuck by Dawn Huebner (younger child)
6. My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic by Katherine Martinez and Michael Tompkins

Books for parents:

1. Helping Your Anxious Child by Ronald Rapee
2. Freeing Your Child from Anxiety by Tamar Chansky

Other resources:

1. Blog post with 25 book recommendations for anxiety:
amightygirl.com (search anxiety in search bar)
2. Gozen.com (paid subscription program to do together)
3. www.heysigmund.com (good website for teens)
4. Podcast: Ask Lisa, The Psychology of Parenting (good podcast for parents on a variety of issues)

Recommended area psychologists:

1. AIBDT (aibdt.com) 412-329-7778
2. CDTA (Cognitive Dynamic Therapy Associates) 412-687-9099
3. Apex Psychological Care (apexpsychcare.com) 724-457-0858 (Moon)
4. Laughlin Center 412-741-4087 (Sewickley)
5. Children's Hospital : Child and Family Counseling Center 724-933-3910
6. Cognitive Behavior Institute (www.papsychotherapy.org) 724-609-5002
(Cranberry, Mt. Lebanon, Monroeville)