

APPENDIX 2. Online Resources

For Clinicians

http://www.gpsc.bc.ca/sites/default/files/uploads/AMH_004.0_CBIS_Manual_v3.0_PR.pdf

CBIS: Cognitive Behavioural Interpersonal Skills Manual

Strategies to help patients learn the skills to manage and/or change their symptoms. Includes assessment tools, educational handouts, and many easy-to-use skills handouts.

For Parents/Caregivers and Youth

- <https://mindyourmind.ca/>
Provides information and resources on a range of mental disorders including anxiety disorders.
- www.teenmentalhealth.org
Publications, tools and resources that can be applied across disciplines to enhance the understanding of adolescent mental health and mental disorders.
- www.cmha.ca/highschool/english.htm
Tools for teens, resources for parents and practical information for high school personnel.
- <http://www.caringforkids.cps.ca/handouts/behaviour-index>
Information on variety of topics including “Your Child’s Mental Health”.
- <https://www.mindful.org/>
Information and guidance on mindfulness practices.
- www.mindcheck.ca
Education, self-care tools, website links, and assistance in connecting to local professional resources in BC.

Computer-based CBT

- BRAVE-ONLINE: Interactive CBT program (fee-based) to prevent anxiety in children and teenagers with a complementary program for parents.
<http://www.brave-online.com/>
- Cool Kids Online: Structured, skills-based program that teaches children (aged 7–12) and their parents how to better manage anxiety.
<https://www.mq.edu.au/about/campus-services-and-facilities/hospital-and-clinics/centre-for-emotional-health-clinic/programs-for-children-and-teenagers/online-treatment-accordions/cool-kids-online>
- Anxiety BC: Resource for children, teens, and parents to help develop an anxiety plan and work through challenges.
<http://www.anxietyBC.ca>

Apps (all apps are available for download on Apple and Android devices)

- Mindshift: Designed to help teens and young adults cope with anxiety.
- Breathe2Relax: teaches breathing techniques to help relieve stress.
- Headspace: teaches mindfulness, breathing exercises, cognitive diffusion and meditation skills (age-based).
- Smiling Mind: offers mindfulness meditation programs (age-based).
- Self-Help Anxiety Management: Multiple tools to help manage anxiety.

Books

- Huebner D, Matthews G. *What to Do When You Worry Too Much: A Kid’s Guide to Overcoming Anxiety*. 2005.
- Manassis K. *Keys to Parenting Your Anxious Child*. New York: Barron’s Educational Series, Inc. 1996.
- Rapee R, editor. *Helping Your Anxious Child: A step-by-step guide for parents*. Oakland CA: New Harbinger Publications. 2000.
- *Taming Worry Dragons* series: Clark SL, Garland JE. *The Kids Guide to Taming Worry Dragons*. 2004; Garland EJ, Clark SL. *Taming Worry Dragons: A manual for children, parents and other coaches*. 2000; Clark S, Earle V. *Tools for Taming and Trapping Worry Dragons*. 2008.; Garland JE, Clark SL, Earle V. *Worry Taming for Teens*. 2002.
- Pincus D. *Growing Up Brave: Expert Strategies for Helping Your Child Overcome Fear, Stress, & Anxiety*. 2002.
- Snel, E. & Kabat-Zinn, J. *Sitting Still like A Frog: Mindfulness Exercises for Kids (And Their Parents)*. 2013.

