

Anxiety Disorders

Books:

Your Anxious Child: How parents and teachers can reduce Anxiety in Children, COPE program, by John Dacey and Lisa Fione.

Keys to Parenting You Anxious Child, by Manassis, K

Your Anxious Child: Raising a Healthy Child in a Frightening World (2nd ed), Shaw, MA

Social Stories by Carole Grey

Facing Panic: Self Help for People with Panic Attacks, by Reid Wilson, PhD

Breaking the Panic Cycle, by Reid Wilson, PhD

Going to Pieces without Falling Apart, by Mark Epstein, M.D.

Web Sites:

<http://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>

<http://www.adaa.org> (Anxiety Disorders of America)

<http://www.centerforthestudyoftraumaticstress.org/> (Center for the Study of Traumatic Stress)

<http://www.ptsdinfo.org/> (Gateway to Post Traumatic Stress Disorder Information)

<http://www.ocfoundation.org/> (International OCD Foundation)

<http://www.nami.org/> (National Alliance for the Mentally Ill)

<http://www.selectivemutismfoundation.org/> (Selective Mutism Foundation)

<http://www.aacap.org/cs/forFamilies> (Mental Health Information on Children/Adolescents)

<http://www.webmd.com/> (a medication resource site)

Trichotillomania: (hair pulling)

Books:

Trichotillomania -- A Guide by Jeffrey L. Anders, M.D. and James Jefferson, M.D.

Web Sites:

<http://www.trich.org/> (Trichotillomania Learning Center, Inc.)

<http://www.mayoclinic.com/health/trichotillomania/DS00895> (MayoClinic)