Resource List for Anxiety
SSD Family & Community Resource Center
Parent Education & Diversity Awareness
12110 Clayton Road
St. Louis, MO 63131
314-989-8460

ABCs of Emotional Behavioral Disorder. (DVD) (2004) (35 minutes)
Outlines a best practice approach to successfully integrate elementary and middle school students with Emotional or Behavioral Disorders into the educational mainstream.

Teens. Shows how to deal with the day-to-day challenges of anxiety and help develop a positive self-image and recognize anxious thoughts. The workbook also includes resources for seeking additional help and support if you decide you need it. (178 pages)

Cry for help: A Critical Look at the Issues Surrounding Teen Depression and Suicide Two Years after the Virginia Tech Shooting. PBS (57 minutes) (DVD)
Features first-person stories from adolescents who are confronting depression, anxiety and mental illness.

Ages 4 and up. Teaches children how to deal with anxiety. (48 pages)

This book is a how-to, a manifesto, a book of wise advice, and the best kind of been-there, done-that companion.

Moving account of the author’s life experiences with learning disabilities, bipolar disorder, ADHD, dyslexia and sensory

Provides hands-on tools and resources for addressing common emotional and behavioral problems in preschool and

Empowering Students with Hidden Disabilities: A Path to Pride and Success. Margo Vreeburg Izzo & LeDerick Horne (2016)
Told with the authentic voices of adults with hidden disabilities, this encouraging, eye-opening book will help you guide students on the Path to Disability Pride and support their success in the classroom and community

The cognitive behavior therapy program Exploring Feelings was designed by the author to be highly structured, interesting and successful in encouraging the cognitive control of emotions.

Exploring Feelings: Cognitive Behavior Therapy to Manage Anxiety, Sadness, and Anger. Tony Attwood (DVD) (2007) (3 hours)
In this presentation, Dr Tony Attwood, teaches caregivers how to implement "cognitive behaviour therapy." With a logical understanding of emotional triggers and responses, people can learn to recognize and control their emotions.

Grades K-5. Using laughter, great music and hair-raising chills, this episode offers practical advice on overcoming fears.

Ages 11 and up. Discusses the pressures and problems encountered by teenagers and provides information on life skills, stress management and methods of gaining more control over their lives. (144 pages)
Provides the school-based practitioner with clear-cut strategies for addressing these problems creatively and effectively with students in grades K-12.

Parents want to help their anxious children but often do not know how. Here at last is a book designed just for that. It offers extensive and concrete steps to teach the child to cope with anxiety, using the means of behavior and thought.

It includes information on special education, individualized education program, school rules, residential placement, etc. It

By bringing together two strands of expertise--that of mental health professionals and of parents who have lived through the experience of their own teenager's mental illness this book provides readers with the clinical information and practical advice they need to understand and help their teen.

Ages 4-8. Go along with one nervous little boy, as he faces a day he DREADS – Haircut Day! This story fosters communication, tolerance and understanding between parent and child. (36 pages)

Provides clear, understandable explanations of the different types of anxiety disorders, how they affect people across the autism spectrum, and what interventions can help.

Step-by-step worksheets teach specific skills that have help conquer depression, panic attacks, anxiety, anger, guilt, shame, low self-esteem, eating disorders, substance abuse and relationship problems.

This book will show you how to get your child on the road to a healthier mind and a better life!

Ages 12-18. Outlines a simple and proven plan to help teens understand and deal with their anxiety and panic. (196 pages)

Ages 9-13. Teaches kids and the adults who care about them a specific set of skills that makes it easier to face - and overcome - worries and fears.

Describes motivational techniques, cognitive behavioral strategies, exercises, relaxation and mindfulness guides to lower anxiety to the point where individuals can begin to confront their fears.

Ages 5 and up. Easy-to-read and fully illustrated storybook will inspire children who experience anxiety, and encourage them to banish their own Panicosauruses with help from Mabel's strategies. (54 pages)
Parenting Anxious Kids: Best Tips To Managing Attention Deficit Disorder In Children Including The 21st Century ADD Strategies For School Age Children. Monica Davis (2016)
This book seeks to introduce you to valuable information about ADD like the signs and symptoms of this brain disorder, the method of diagnosis and various means of treating this condition, including helping you to understand the disposition of people, particularly children, affected by ADD.

Uses a combination of real-world examples and stories from adults and children with social anxiety disorder to show parents and educators how to help children find a path through their fear and into social competence.

This guide for parents offers practical strategies to help teach children relaxation techniques, correct ways of thinking to combat worry and anxiety, and empowering behavioral interventions.

Simple mindfulness practices to help your child (ages 5-12) deal with anxiety, improve concentration, and handle difficult emotions. Includes a 60 minute audio CD of guided exercises ready by Myla Kabat-Zinn.

Social Skills Training and Frustration Management. Dr. Jed Baker (DVD) (4.5 hours)
Dynamic and comprehensive presentation is extremely valuable to all family members and professionals working with individuals with autism spectrum disorders, attention deficit disorders, learning disabilities, mood and anxiety disorders, and other issues that impact social-emotional functioning.

Sometimes I Worry Too Much, But Know I Know How to Stop. Dawn Huebner, PhD (2003)
Ages 5-10. This is the story of Anna, a child whose worries get the best of her. As her worries grow, Anna wants to stick close to home. She develops stomachaches, asks endless questions of her parents, and no longer wants to play with friends. Anna is frustrated when adults tell her to just stop worrying, a task that seems impossible to her. Anna meets a psychologist who teaches her cognitive-behavioral techniques to use when worries arise. These techniques are presented in enough detail to allow children reading the book to learn, as Anna learns, how to control worries. (59 pages)

Offers help to know your emotions, manage your emotions, attain greater contentment, achieve personal goals, understand cognitive behavior therapy and enhance emotional intelligence.

Teaching and Working with Children Who Have Emotional and Behavioral Challenges. (2000)
Designed to help you educate students with emotional and behavioral difficulties. Parents can also use this guidebook to learn how to address their children’s needs and to work effectively with the educators in their children’s lives.

Written in clear, accessible language and with practical advice on how to support children with tics at home and in school, the book also includes essential information on the common co-occurring conditions and difficulties, such as ADHD, anxiety, OCD, autism, self-esteem issues and behavioural difficulties.

Ages 4-8. Wemberly worried morning, noon, and night. She about one thing most of all: her first day of school. But when she meets a fellow worrywart in her class, Wemberly realizes that school is too much fun to waste time worrying!

Ages 9 and up. A Kid’s Guide to Overcoming Anxiety. Uses cognitive-behavioral techniques to treat anxiety. (80 pages)

Teens. Outlines the various psychotherapies available for those with SAD and explains how to seek professional help, how to talk to family and friends about the illness, and how to handle difficult social situations.
When You Worry About the Child You Love: Emotional and Learning Problems in Children. Edward Hallowell
Using authoritative information based on the latest research, author explains effective medical treatment that most parents are not aware of for many common childhood problems that have a biological origin.

Grades 2-5. This fun and humorous book addresses the problem of anxiety in a way that relates to children of all ages. It offers creative strategies for parents and teachers to use that can lessen the severity of anxiety. (32 pages)

Shows that anxiety is preventable — or can be minimized — by raising children’s self-confidence, increasing social and self-control skills, and teaching them how to play, relax, and communicate their feelings and needs.

Information and practical strategies to help children cope with worry, school refusal, separation anxiety, excessive shyness, panic, disasters and tragedies, phobias, obsessions and compulsions.

Empowers you to teach your child essential coping skills for dealing with anxiety in engaging, creative ways. Through dozens of activities you can start using right now, your child will learn how to alleviate stress, build courage and trust, and become an innovative problem solver.