



GET HELP WHEN YOU NEED IT. BUILD YOUR TEAM!

Encourage your child to talk to you about their anxiety and include you as a part of their team. Their teachers and if needed, psychologists, can also be a part of their team. If the tips on our website are not enough for your family, consider these additional resources. Remember, we all need extra help sometimes. Our mental health deserves as much care and attention as our physical health.

1. Useful Websites

Below are some websites that we find helpful when working with children with anxiety.

- Anxiety self-help material - www.anxietybc.com
- A useful video explaining child anxiety: <http://www.heysigmund.com/age-by-age-guide-to-fears/>
- Belly Breathing Video from Sesame Street: <https://www.youtube.com/watch?v=mZbzDOpylA>
- Buddy breathing example - <https://www.youtube.com/watch?v=b2Tbfs7neAk&feature=youtu.be>
- Child Mind Institute - <https://childmind.org/>

2. Useful Books

- A book for children on anxiety: <http://www.apa.org/pubs/magination/441A314.aspx>
- A parenting book on teaching emotion coping- The Whole Brain Child by Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D. - http://www.drdansiegel.com/books/the_whole_brain_child/
- A book on mindfulness for children - Planting Seeds by Thich Nhat Hanh - <https://www.amazon.ca/Planting-Seeds-Practicing-Mindfulness-Children/dp/1935209809>

3. Community Resources

There are a number of helpful resources, at the community level, that are available in Manitoba. Below are some ideas we often share with people.

- Anxiety Disorders Association of Manitoba - www.adam.mb.ca/Winnipeg
- Student Services at your local school with school psychologists. Ask about this at your school.

4. Clinical Services

- Clinic Psychology Manitoba - www.clinicpsychology.com
- Manitoba Psychological Society - www.mps.ca
- Child and Adolescent Mental Health - Centralized Intake: <http://www.matc.ca/services-cimh.html>