



Anxiety

Children and youth with anxiety frequently experience excessive worry, nervousness, and irrational fear making it difficult to enjoy life. Below is a list of resources that can be helpful in understanding those experiences as well as how to support those around you.

Check out these resources! Use your phone to scan the QR codes to open the links!

Books

These books have been recommended by Alberta Children's Hospital staff and community partners. Books can be borrowed from the FCRC Family Library or you can check with your local library to see if they are available.

<https://collections.follettsoftware.com/collection/5f20842258a67d00120416c2>



FCRC Information Prescription

Check out all these anxiety resources and more on our website.

<http://fcrc.ahs.ca/rx/anxiety>



MyHealth.Alberta

Created in partnership with the Government of Alberta and Alberta Health Services this site has a great overview of anxiety. Simply search for "Anxiety" in the search bar.

<https://myhealth.alberta.ca/>



About Kids Health

SickKids Hospital in Toronto, Ontario has created an anxiety overview. This resource touches on causes, risk factors, helping your child, and when to seek medical attention.

<https://www.aboutkidshealth.ca/Article?contentid=18&language=English>



Anxiety Canada

Anxiety Canada provides information to youth, parents, and professional about anxiety. You can access videos, articles, and a self-help section.

<https://www.anxietycanada.com/>



Canadian Mental Health Association (CMHA)

CMHA provides information on a variety of mental health topics. Their resources also include Peer Support Canada and Workplace Mental Health. You can find local resources on Calgary's CMHA page.

<https://cmha.ca/brochure/anxiety-disorders/>



KidsHealth

KidsHealth has a wealth of information about anxiety written for kids, teens, and parents. Search for anxiety to be taken to many relevant easy to understand articles.

<https://kidshealth.org/>



Worry Wise Kids

Worry Wise Kids is on a mission to improve the quality of life for anxious children and their families by providing parents, educators, and mental health professionals with comprehensive, user-friendly information on the full range of anxiety disorders.

<http://www.worrywisekids.org/>

National Institute of Mental Health

For an excellent overview of anxiety disorders check out this page by the National Institute of Mental Health.

<https://www.nimh.nih.gov/health/topics/anxiety-disorders>



Mind Your Mind

An Ontario based website that has mental health information about anxiety and other illnesses. They link to the Calgary Distress Centre for local support.

<https://mindyourmind.ca/illnesses/anxiety-disorders-overview>

Kids Help Phone

The Kids Help Phone has articles about different health questions kids might have including anxiety. Kids and teens can always chat with a Crisis Responder 24/7 by texting CONNECT to 686868 or by phoning 1-800-668-6868.

<https://kidshelpphone.ca/get-info/how-cope-panic-and-anxiety/>



Need more information?

Contact the Family Librarian

☎ 403-955-7745 ✉ ChildHealthInfo@ahs.ca 🌐 <http://fcrc.albertahealthservices.ca/>

Family & Community Resource Centre

2nd Floor, Alberta Children's Hospital - 28 Oki Drive NW, Calgary, AB, T3B 6A8

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.

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