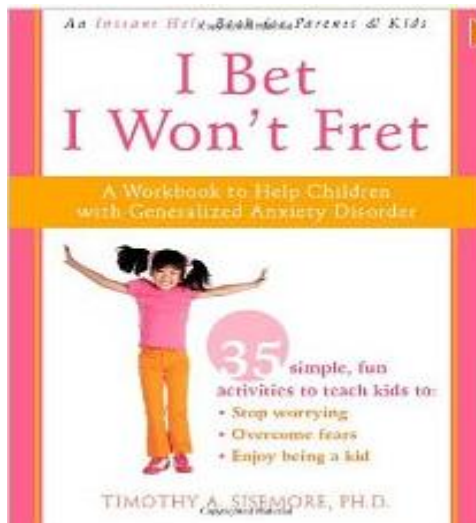


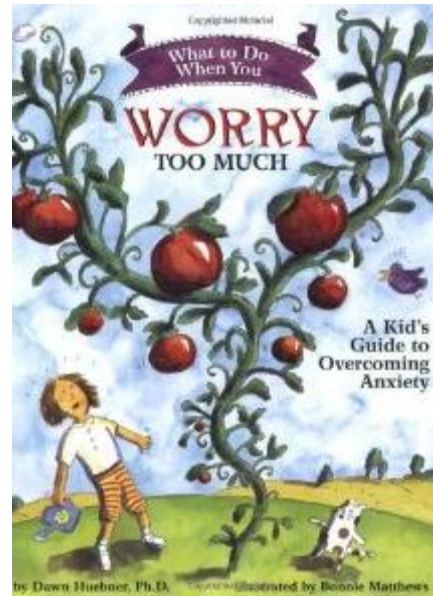
Information on Anxiety for Children and Teens:

CHILDREN

Recommended Readings:



[I Bet I Won't Fret](#)
by Timothy A. Sisemore, PH.D.



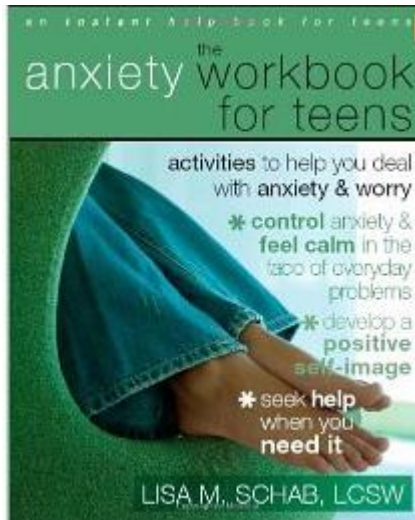
[What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety](#)
by Dawn Huebner, Ph.D. and Bonnie Matthews

Useful Websites:

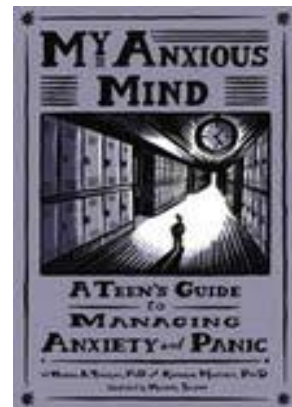
<http://kidshealth.org/kid/>

TEENS

Recommended Readings:



[The Anxiety Workbook for Teens](#)
by Lisa M. Schab, LCSW



[My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic](#)
Michael A. Tompkins & Katherine A. Martinez

Useful Websites:

<http://www.teenhealthadvisor.com/Articles/teenage-anxiety-disorders.html>

http://kidshealth.org/teen/your_mind/mental_health/anxiety.html

<http://youth.anxietybc.com/>