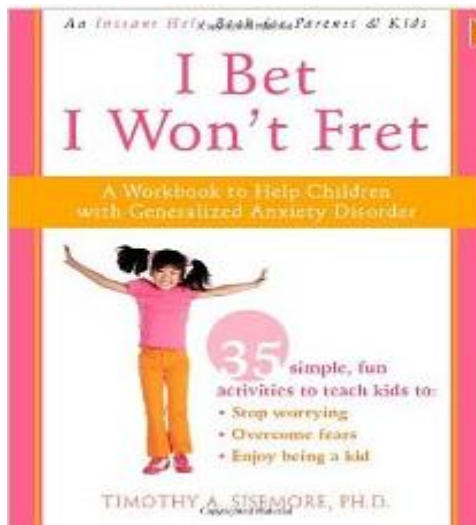


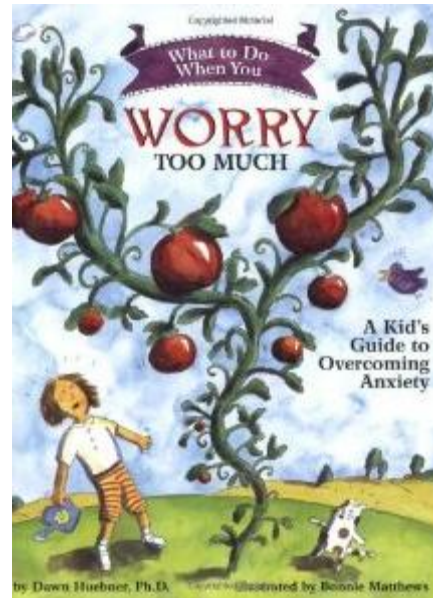
## Information on Anxiety for Children and Teens:

### 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:

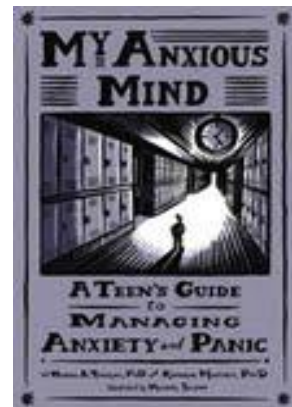
<http://kidshealth.org/kid/>

## 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://kidshealth.org/teen/your_mind/mental_health/anxiety.html)

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