

Resources on Anxiety Online:

- <https://keltymentalhealth.ca/anxiety>
- <https://www.anxietycanada.com> (lots of good sections on this website)
- Anxiety Canada youtube channel: [Anxiety Canada - YouTube](#)
- [Anxiety - Foundry - \(foundrybc.ca\)](#)
- [EASE at Home 8-12 \(gov.bc.ca\)](#) – Grade 8-12
- [EASE at Home K-7 \(gov.bc.ca\)](#) – Grade K-7
Available in multiple languages
- https://caringforkids.cps.ca/handouts/mentalhealth/using_ssrts_to_treat_depression_and_anxiety_in_children_and_youth
- <https://www.aboutkidshealth.ca/Article?contentid=18&language=English>
 - many more linked online pages on About Kids Health

Books: (some available as e-books)

- <https://bcch.andornot.com/en/permalink/catalog123066>
- <http://www.cw.bc.ca/library/pdf/pamphlets/Mighty%20Moe1.pdf>
- <https://keltymentalhealth.ca/twd>
- The boy with Big Feelings (for kids) <https://classroomessentials.scholastic.ca/en/-the-boy-with-big%2C-big-feelings-/73922299-cec-ca.html?rrec=true>