

ANXIETY RESOURCES



CRISIS RESOURCES

YOUTH SERVICES BUREAU

24/7 Crisis Line & Chat services for ages 18 and under who are experiencing a crisis, and for parents, guardians, caregivers, friends or service providers who are concerned about a young person in crisis

Phone: 613-260-2360

Long distance toll-free:
1-877-377-7775

Crisis Chat: chat.ysb.ca

THE DISTRESS CENTRE

24/7 crisis line (connects to crisis team)

Phone: 613-722-6914
Long distance toll-free:
1-866-996-0991

24/7 distress line (emotional support, service information)

Phone: 613-238-3311

Text & Chat option open
10:00AM-11:00PM daily

Text: 343-306-5550
Chat: www.dcottawa.on.ca

ALL EMERGENCIES

Call 911 or present to local emergency department

Books

- Keys to Parenting your Anxious Child – *Katharina Manassis*
- Freeing Your Child from Anxiety – *Tamar Chansky*
- My Anxious Mind, a Teen’s Guide to managing Anxiety and Panic – *Tompkins & Martinez*
- What to Do When You Worry Too Much: A Guide to Overcoming Anxiety – *Dawn Huebner* | “What to Do” series includes: “When you Dread Your Bed” (sleep), “When Your Brain Gets Stuck” (OCD)” – full series information: <https://www.dawnhuebnerphd.com/books-by-dawn/>

Skill Building Materials

BounceBack

- Free skills building program by the Canadian Mental Health Association available as online videos or through a phone coach
- Youth 15+ and adults struggling with low mood, anxiety, stress, worry
- Self-referral 19+, youth 15-18 can self-refer but will need to list a doctor on the referral if selecting coach option | Website: www.bouncebackontario.ca

Taming Worry Dragons

- Cognitive Behavioural Therapy for youth created by BC Mental Health
- Requires purchasing a guide and a workbook (child or teen version)
- Available by calling: 1-800-331-1533 or by email: bookstore@cw.bc.ca or website: <https://keltymentalhealth.ca/twd>

Centre for Clinical Interventions

- Government of Australia Mental Health Resource Website
- Includes workbooks, modules, and worksheets with self-help resources for a variety of mental health conditions (anxiety, mood, self-image)
- <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

Apps

- Breathe2relax | MindShift
- MindMasters2 – CHEO app for children
- HealthyMinds – Royal Ottawa Hospital app for teens

Websites

- <http://www.worrywisekids.org> | <https://mindyourmind.ca/>
- <https://www.anxietycanada.com/> | <https://kidshealth.org/>