

# Resources - Identifying, Managing, and Overcoming Anxiety

## *Anxiety – Common Questions and Tips*

- [Resources from the producers of the documentary \*Angst\*](#)  
Common questions and answers, find-a-therapist, websites, apps, videos, articles, and books
- [Child Mind Institute](#)  
Concerns, disorders, and guides
- [Teen Mental Health](#)  
Information, stories, care and tools

## *More Websites with Information, Resources, and Tips*

- [Anxiety Coach](#)  
Tips and strategies for dealing with common anxieties (i.e., fear of public speaking) – check the menu
- [Peace in Schools](#)  
Transformative mindfulness education (Portland, OR)
- [Panic End](#)  
Confronting a fear to fight panic attacks
- [Wait Until 8<sup>th</sup>](#)  
Empowering parents to say 'yes' to waiting for the smartphone

## *Local Support Groups and Organizations with Resources (from our panelists)*

- [OCD Support Group of Washington State](#) – Swedish Hospital every 3<sup>rd</sup> Saturday of the month / 10am-1pm, drop in
- [OCD Summer Camp](#) (link to 2017 info; 3 days, ages vary by year)
- Find out more at [Evidence Based Treatment Centers of Seattle](#) (Child and Adult Anxiety Centers, outpatient treatment program for anxiety and OCD, and more)

## *Where to Get Help*

- [Anxiety and Depression Association of America](#) (ADAA) has a link to anxiety specialists in different areas
- [International OCD Foundation](#) lists clinicians who specialize in treating OCD
- [National Alliance on Mental Illness of Seattle](#) and [NAMI Eastside](#) offer support, workshops/presentations, and resources
- [King County Sexual Assault Resource Center](#) offers evidence-based treatment for trauma
- [Teen Link](#) at the Crisis Clinic offers live chat every night from 6 - 9 pm for teens

### **Articles and Interviews about Anxiety, including Advice for Treatment**

- [75 Percent of Teen Girls Have Anxiety – What We Can Do About It](#) (Nancy Schatz Alton, 2018)
- [Teens Who Spend Less Time in Front of Screens are Happier – up to a point, new research shows](#) (Tara Bahrapour, The Washington Post, 2018)
- [Have Smart Phones Destroyed a Generation?](#) (Jean M. Twenge, The Atlantic, 2017)
- [How to Help Teens Become More Self-Compassionate](#) (Karen Bluth, Greater Good Magazine, 2017)
- [Why Are More American Teens Than Ever Suffering from Severe Anxiety?](#) (Benoit Denizet-Lewis, The New York Times Magazine, 2017)
- [Why Are Asian American Kids Killing Themselves?](#) (Editors, Plan A Magazine, 2017)
- Michael Phelps interviews  
[ESPN, 2017](#)  
[Today, 2017](#)  
[Men's Health, 2017](#)

### **Reports and Studies**

- [Washington State Healthy Youth Survey 2016](#) / WA State Department of Social and Health Services and others
- [Mercer Island School District Healthy Youth Survey](#)
- [Emerging into Adulthood in the Face of Racial Discrimination: Physiological, Psychological, and Sociopolitical Consequences for African American Youth](#) (Hope, Hoggard, and Thomas, 2015)
- [Racial Discrimination and Mental Health Among Asian American Youth](#) (Wang, Siy, and Cheryan, 2011)

### **Books**

- Visit the [Mercer Island Public Library](#) or [Island Books](#) for book titles related to managing anxiety and understanding your child's anxiety