

ANXIETY

Psychoeducation:

- Website for patient and parent - Anxiety Canada Website - wonderful resource for families and individuals pertaining to a wide variety of types of anxiety: <http://anxietycanada.com/>

- Lynn Lyons has great resources for teaching parents about how to respond to worry: <https://www.lynnlyons.com/books-videos/>
- Anxiety BC: <https://www.healthlinkbc.ca/health-topics/anxiety>

Self help:

- Relaxation Strategies handout:
- <https://www.getselfhelp.co.uk//docs/Relaxation.pdf>
- Sleep Hygiene Handout: <https://anxietycanada.com/sites/default/files/SleepHygiene.pdf>
- Recommended Mobile Aps (CBT based):
- MindShift: <https://anxietycanada.com/articles/new-mindshift-cbt-app-gives-canadians-free-anxiety-relief/> MindMasters: <http://www.cheo.on.ca/en/MindMasters>

Community resources for psychotherapy

- Recovery Alberta : Calgary: 403-943-1500
- Call 211
- Joycehealth website: <https://joycehealth.ca/resources>

Urgent- walk in options: ONE session only:

The Summit clinic :

1015 - 17 Street NW, Calgary, AB, T2N 2E5

EMERGENT : Alberta Children's hospital ER

Distress center : (403-266-4357)

