

### **Recommended websites for parents of children with anxiety concerns:**

#### [www.anxietybc.com](http://www.anxietybc.com)

Run and operated by the Anxiety Disorders Association of BC, a nonprofit organization whose mission is to increase awareness and promote education of anxiety disorders, increase access to evidence-based treatment, and to encourage and develop new treatments and delivery. Has a click and print self-test for anxiety disorders for adults. Video clips with “child experts” explain the different subtypes of anxiety disorders, with tips for parents.

#### [www.adaa.org](http://www.adaa.org)

Run and operated by the Anxiety Disorders Association of America. Has a very good page on literature for children, adolescents, parents, and professionals. Is supported by drug companies. Has a click and print test for adolescents for anxiety disorders.

#### [www.childanxiety.net](http://www.childanxiety.net)

A nonprofit educational website.

### **How to order FRIENDS materials:**

1. As part of the province-wide MCFD sponsored FRIENDS Program, BC school teachers and educators teaching grade 4, 5 & 7 students can order FRIENDS materials at no cost after completion of the required FRIENDS 1-day training.

For more information got to the FRIENDS website at:  
[www.mcf.gov.bc.ca/mental\\_health/friends.htm](http://www.mcf.gov.bc.ca/mental_health/friends.htm)

2. For those wishing to use the FRIENDS program for other purposes outside of the school system, FRIENDS materials can be purchased directly via:

Crown Publications  
Queen's Printer for British Columbia  
Phone: 250-387-6409  
Toll Free: 1-800-663-6105  
Website: [www.publications.gov.bc.ca](http://www.publications.gov.bc.ca)  
Email: [crownpub@gov.bc.ca](mailto:crownpub@gov.bc.ca)