

Recommended websites for parents of children with anxiety concerns:

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

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

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 go to the FRIENDS website at:
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
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