

Title	Author	Details
Story Books about Worry and Anxiety		
Hey Warrior	<i>Karen Young</i>	A great book for understanding anxiety and giving children a way to battle against it. Links with the <i>Hey Sigmund</i> website of resources below.
The Huge Bag of Worries	<i>Virginia Ironside</i>	A story about a young girl who becomes overcome by worries and with a little help learns how to cope with them.
Silly Billy	<i>Anthony Browne</i>	A story about a young boy Billy who worries about everything but then finds using worry people helps him to overcome his fears.
Little Mouse's Big Book of Fears	<i>Emily Gravett</i>	A superbly creative book about all the things mouse is afraid of. Great to use to acknowledge a child's feelings of anxiety and fear.
The Panicosaurus	<i>K.I. Al-Ghani</i>	Intended for children with Asperger syndrome but with wider appeal for children affected by anxiety with guidance on how to learn to manage it. Great to introduce the idea of the brain and how it can produce and manage worry.
Worries Away	<i>Kes Gray</i>	A super book about not locking yourself away in your worries but letting those who love you help.
What if?	<i>Anthony Browne</i>	A story to address the 'What if?' questions of a child who is anxious about going to a party. Can be used as an approach to enable a child to explore their own anxieties.
The Invisible String	<i>Patrice Karst</i>	A powerful idea about the invisible string of love that joins people that love each other wherever they are.
The Kissing Hand	<i>Audrey Penn</i>	A story to gently explore separation anxiety offering the idea of the Kissing Hand so that the someone's love can stay with you always even when you are apart from them.
Black Dog	<i>Levi Penfold</i>	A thought provoking message about facing your fears in this clever story.
The Wolf and the Shadow Monster	<i>Avril McDonald</i>	Wolfgang is very afraid of the dark and his friends find it funny until they too are scared. Then they all want some tricks to make scary things not so scary.
The Koala who Could	<i>Rachel Bright Jim Field</i>	An encouraging story about a koala who struggles to cope with change but then discovers that <i>new</i> can be exciting.
All Birds Have Anxiety	<i>Kathy Hoopmann</i>	Using amazing photographs of birds, the author gives a unique insight into the experience of anxiety. Great to help a child (or adult) and those around them understand anxiety.

Workbooks / Activity books		
Starving the Anxiety Gremlin for kids aged 5 - 9	<i>Kate Collins Donnelly</i>	A great book for working through how can recognise when your anxiety gremlin is at work and how you can stop it.
Starving the Anxiety Gremlin. A CBT workbook	<i>Kate Collins Donnelly</i>	A version of the above but for children and young people 9 and above.
What to do When you Worry too Much	<i>Dawn Huebner</i>	A workbook with a useful approach to enable children with adult to support to learn to manage their worries.
Think Good, Feel Good : A CBT workbook for children and young people	<i>Paul Stallard</i>	A great resource for helping a range of children with lots of activities on supporting children to manage their anxiety.
Books for adults for their child or their own anxiety		
Overcoming Your Child's Fears and Worries: A Self-help Guide Using Cognitive Behavioral Techniques	<i>Cathy Cresswell and Lucy Willetts</i>	The go to guide to help you to understand and support your child. Using established CBT techniques this book provides specific guidance on how to support a child with both general and specific anxieties and phobias.
Helping your Anxious Child: A step by step guide for Parents	<i>Ronald M. Rapee</i>	An information guide with a whole range of technique and strategies to support an anxious child. Written by a leading researcher in the field.
Overcoming Anxiety: A books on Prescription Title	<i>Helen Kennerley</i>	A self help guide using CBT for parents or carers struggling with their own anxiety. Accessible with a good structure by one of the leading experts in understanding anxiety.
Overcoming Worry and Generalised Anxiety Disorder	<i>Kevin Meares and Mark Freeston</i>	Using CBT techniques this self help book guides adults to understand and challenge their own worries and anxious behaviour.
Other resources for Worriers		
Hey Sigmund	www.heysigmund.com	Contains a range of accessible articles about supporting your child including items on anxiety.
GoZen	www.gozen.com	A web based anxiety programme with video animations to support children to engage with and manage their worries. (Some items have a fee but some materials are free to use if you sign up to their email)