

Anxiety and Obsessive Compulsive Disorder Resources

Articles

- Anxiety Disorders in Children and Adolescents
<http://www.nimh.nih.gov/health/publications/anxiety-disorders-in-children-and-adolescents/anxiety-disorders-in-children-and-adolescents.pdf>

Guides

- Got OCD
<http://www.ocdchicago.org/images/uploads/pdf/got-ocd.pdf>
- How to Help Your Child: A Parent's Guide to OCD
<http://www.ocdchicago.org/images/uploads/pdf/parents-guide.pdf>

Websites

- Anxiety Disorders Association of America <http://www.adaa.org/>
- Anxiety Disorders Resource Center
<http://www.aacap.org/cs/AnxietyDisorders.ResourceCenter>
- Center for Anxiety and Related Disorders at Boston University <http://www.bu.edu/card/>
- Obsessive-Compulsive Foundation <http://www.ocfoundation.org/>
- OCD in Children and Youth <http://ocfoundation.org/ocdinkids/>
- OCF of Greater Boston <http://www.ocfboston.org/>
- The Child Anxiety Network <http://www.childanxiety.net/>

Books

- Freeing Your Child from Anxiety, by Tamar Chansky
- Helping Your Anxious Child: A Step-By-Step Guide for Parents, by Sue Spence
- Helping Your Child With OCD, by Lee Fitzgibbons and Cherry Pedrick
- What to do When Your Child has Obsessive-Compulsive Disorder, by Aureen Pinto Wagne

Quincy Parent Advisory Council to Special Education (QPAC)

Need additional resources on this topic? Come to the QPAC Resource Center!

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