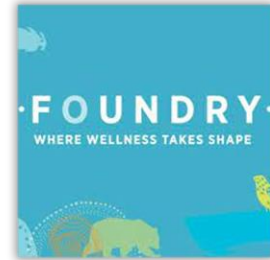
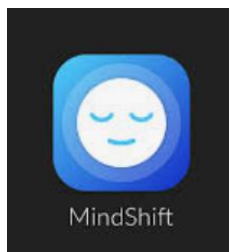


MENTAL HEALTH RESOURCES

General Information and Support - Organizations



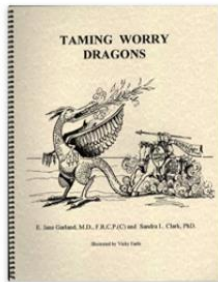
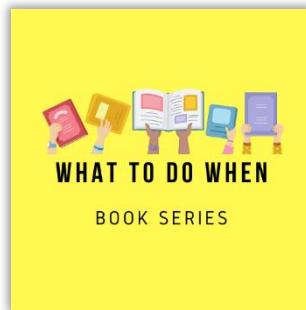
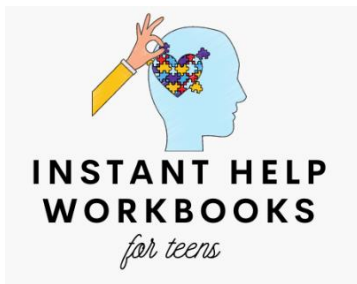
Apps and Web-Based Programs



MENTAL HEALTH RESOURCES



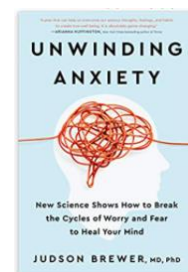
Books and Other Resources



Taming Worry Dragons for Kids & Teens
Sandra Clarke



Freeing Your Child From Anxiety
Tamar E. Chansky



Unwinding Anxiety
Judson Brewer

MENTAL HEALTH RESOURCES



People (International)



Canadian, relationship-focussed, trauma informed psychologist, speaker and author of *Kids These Days*



Dr. Ross Greene, psychologist, speaker and author of *The Explosive Child, Lost and Found, Lost at School and Raising Human Beings*



Gordon Neufeld: child and youth development psychologist, speaker and co-author of *Hold on to Your Kids*

People & Organizations (Powell River)

- **Andrew Dow** <https://elementsmovement.com/about-us/> Yoga Teacher and Life Coach
- **Dr. Leta Burechailo** <http://www.familytreehealth.ca/our-team.html> Family physician who specializes in youth health
- **CYMH** <https://www.familyfriendlypowellriver.ca/listing/child-and-youth-mental-health-mcfd/> provides a range of specialized mental health services
- **CDBC with Inclusion Powell River** <https://inclusionpr.ca/child-family-services-referral/> contact is Heather Thrasher
- **Jenelle Weidner** jweidner@inclusionpr.ca Occupational Therapy (through Inclusion Powell River Society)
- **PRCYFSS** <https://www.prcyfss.com/> Support Services for young people from birth to 19 years of age, and their families.

MENTAL HEALTH RESOURCES

People & Organizations (Comox Valley)

- **Coastal Kids** <https://www.coastalkidsot.ca/meet-our-team/> Occupational Therapy
- **Kathryn Schmidt** <https://www.colourwheelarttherapy.com/> Counselor and Art Therapist
- **Kim Barthel** <https://www.kimbarthel.ca/> Occupational Therapy
- **Jamie Brizzard** <https://www.mindfulhiking.ca> Mindful Hiking
- **Paula Purcell** –<https://nourishwellnesscomox.com/> Counselling, Yoga, Meditation
- **Nicole Burgess/Vanessa Hitchcock** <https://www.sisucollective.org/> Counselling
- **Dex McNally** <https://www.comoxvalleyspeechtherapy.com/> Speech and Language

Strategies for Dealing with Anxiety

- Take a short nap – no more than 45 minutes during the day
- Do some stretches, go for a jog, run, or bike ride, bounce on a trampoline – take a 10-minute workout break
- Drink some water and eat a healthy snack
- Keep a fidget tool close by, and don't be afraid to use it or think it's just for kids...they can really help us keep calm, from kids to adults - e.g. <https://www.scholarschoice.ca/sensory-stimulation/fidget-toys.html>
- Practice gratitude - Noticing what you are grateful for can help to shift your state of mind and help you to feel more positive.”
https://greatergood.berkeley.edu/article/item/how_gratitude_changes_you_and_your_brain