

Resource Guide for
Freeing Your Child from Anxiety
By Dr. Tamar Chansky

Are you looking for a therapist to treat your child or teen with Cognitive behavior therapy? Here are some organizations that can help:

Anxiety Disorders Association of America: www.adaa.org, 8730 Georgia Avenue, Silver Spring, MD 20910, Phone: (240) 485-1001

Association for Behavioral and Cognitive Therapies: www.abct.org, 305 Seventh Avenue, 16th Floor, New York, NY 10001, Phone (212) 647-1890

Academy of Cognitive Therapy: www.academyofct.org, 260 South Broad Street, 18th Floor, Philadelphia, PA, 19102, Phone: (267) 350-7683

International OCD Foundation: www.ocffoundation.org, International OCD Foundation, P.O. Box 961029, Boston, MA, 02196, Phone: (617) 973-5801

Do you suspect that your child has PANS/PANDAS: sudden onset of OCD related to strep or other infections? Here are some resources:

PANDAS Network: <http://pandasnetwork.org>

Association for Comprehensive Neurotherapy
<http://latitudes.org>

International OCD Foundation
<http://www.ocffoundation.org/PANDAS/>

Are you looking for resources for your child with Tourette Syndrome?

National Tourette Syndrome Association
<http://www.tsa-usa.org>

Jim Eisenrich Foundation: For Children with Tourette Syndrome
<http://www.tourettes.org>

Are you looking for resources for your child with Trichotillomania (hair pulling)?

Trichotillomania Learning Center
<http://www.trich.org/treatment/resources.html>

