

Resources for Treating Selective Mutism

Government Funded (Canadian)

BC Children's Hospital Mood and Anxiety Disorders Clinic

- Referral: by your doctor
- Provides comprehensive assessment and in some cases treatment of selective mutism.
- Contact
 - [Web Site - http://www.bcmhsus.ca/programs-and-services/mood-and-anxiety-disorders-clinic](http://www.bcmhsus.ca/programs-and-services/mood-and-anxiety-disorders-clinic)

Child and Youth Mental Health

- Referral: Self
- Provides assessment and treatment of anxiety disorders more generally.
- Treatment providers can access consultation through BC Children's Hospital Mood and Anxiety Disorders Clinic if unfamiliar with specific SM treatment procedures.
- Contact
 - Web Site https://www.mcf.gov.bc.ca/mental_health/contacts.htm
 - Telephone: 250 387-9749
 - Fax: 250 356-0580
 - Email: MCF.ChildYouthMentalHealth@gov.bc.ca

Peace Arch Psychiatric Associates

- Referral: by your doctor
- Dr. Tamara Salih, psychiatrist.
- Contact - (604) 541-5854 FAX 604-538-8500.

SM Parent Support Group

Coordinator: Darilyn Alexander (Surrey, BC)

- Contact: Spawithdar@gmail.com

Web-based Resources (International)

AnxietyBC

- Psychoeducational material and handouts for parents, teachers, and family and friends of children with SM (search 'selective mutism' for all information on the topic).
- Website - www.anxietybc.com
- Children's section - <http://www.anxietybc.com/parenting/parent-child>
- Short 11 min. video on understanding and managing Selective Mutism. <http://www.anxietybc.com/resources/video/understanding-and-managing-selective-mutism>
- Lecture on Selective Mutism given by Dr. Annie Simpson <http://www.anxietybc.com/resources/video/selective-mutism-giving-kids-voice-dr-annie-simpson>

Dr. Steven Kurtz's

- A treatment provider in New York. Check his website for a selective mutism e-learning website (coming soon).
- Website <https://kurtzpsychologyconsulting.wordpress.com>

Child Mind Institute

- Website - <http://www.childmind.org/>
- A treatment centre in New York that also provides webinars on various aspects of selective mutism treatment (search 'selective mutism' and look for events)

Selective Mutism Group

- Website - <http://www.selectivemutism.org>
- Provides information, resources and support to those impacted by selective mutism