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

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
• 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