



Nicky Johnston with son Bayley, 9, whose anxiety condition prompted her to write a book *Go Away, Mr Worrythoughts!*

Picture: HILTON STONE. N01FS500

Author targets anxiety

Teresa Murphy

LANGWARRIN author and illustrator Nicky Johnston has joined the lecture circuit following the success of her book dealing with anxiety in children.

As part of Mental Health Week, she will take part in a lecture and workshop on the condition tomorrow, October 7, at 7.30pm at Kew Library.

On Wednesday, Johnston flies to Canberra to launch her book *Go Away, Mr Worrythoughts!* through Mental Health Foundation ACT.

"I'm blown away by the feedback I've received," Johnston said.

"It just shows there are many parents out there battling with anxiety in their children. At least they can feel that they're not alone."

Johnston wrote her book for children based

on the experience of son Bayley, 9, who was diagnosed with generalised anxiety disorder when he was five.

Johnston, 37, illustrated and self-published *Go Away, Mr Worrythoughts!* that was launched at Robinsons Bookstore in Frankston on July 19.

Since then she has sold more than 2000 copies. The book is now available at most book stores for \$14.95, while a resource kit is available through nickysart.com.au

Johnston will be at the Hampton Community Centre on October 21 at 1pm and at Lyrebird Community Centre in Carrum Downs on October 28 at 7.45pm for the Southern Autism Spectrum Family Support Group.

She is already writing two more books on child anxiety.

"There's a huge need out there," she said.