Web-Based Resources for Understanding Anxiety

AACAP Facts for Families
www.aacap.org
“The Anxious Child”

Nemours KidsHealth
www.Kidshealth.org
- Anxiety, Fears, and Phobias
- Anxiety Disorders (GAD, Panic, PTSD, OCD)
- Social Phobia
- Obsessive-Compulsive Disorder

American Psychological Association
www.APA.org
Visit the website’s “Help Center”

Anxiety Disorders Association of America
www.adaa.org

Anxiety Disorders Association of British Columbia
www.anxietybc.com
Youth section with videos, handouts and apps

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