

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