

Websites & Apps

1

American Academy of
Child and Adolescent
Psychiatry

www.AACAP.org

2

Info About Kids

www.InfoAboutKids.org

3

Psyber Guide

www.psyberguide.org

4

Medline Plus

www.medlineplus.gov

5

Head Space App

Breathe2Relax App

Calm App

NOTES

There are multiple therapeutic approaches to anxiety. When choosing a therapist, it is important that your child and you feel comfortable and the therapist is using evidence-based approaches to treating anxiety.

