Helpful Resources on Anxiety and Children’s Mental Health


www.macmh.org  Minnesota Association for Children’s Mental Health. A collection of fact sheets on different mental health topics and classroom strategies.


www.anxietyinteen.org  Mission: helping youth with mental health issues & their families get information, inspiration and community through online presence and offline events featuring education, refuge and connection. Started by a teen for teens.

www.aacap.org  American Academy of Child and Adolescent Psychiatry. Good references on conditions in kids and teens and lots of medication information. Also, good links to other medical information.

www.childmindinstitute.org  Trustworthy, comprehensive information and resources to educate and empower parents from a large non profit group of child psychiatrists. Lots of in depth information and very good advice.