

## Helpful Resources on Anxiety and Children's Mental Health

[www.adaa.org](http://www.adaa.org) Anxiety Disorders Association of America. Helpful handouts.

[www.macmh.org](http://www.macmh.org) Minnesota Association for Children's Mental Health. A collection of fact sheets on different mental health topics and classroom strategies.

[www.nimh.nih.gov](http://www.nimh.nih.gov) National Institute of Mental Health. Lots of educational materials.

[www.anxietyinteens.org](http://www.anxietyinteens.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](http://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](http://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.