

Websites for Parents on Anxiety

Finding the best websites for parents to learn about anxiety can be challenging. Anxiety in children is becoming increasingly common. It is particularly important for parents of kids with anxiety to have reliable information on topics such as medications and other methods of treatments and maintenance, as well as a variety of other topics. Check out the following list of the best anxiety websites for parents, updated regularly by our team at South County Child and Family Consultants.



[LearningWorks For Kids](#): The premier site for clinical concerns information. This site provides a wealth of up-to-date tips and recommendations for children with all types of disorders and disabilities.

[Anxiety Disorders Association of America](#): This is a site dedicated to educating people about anxiety and depressive disorders, and how treatment is done for these problems.

[National Association of Cognitive Behavioral Therapy](#): This site is a description of Cognitive Behavioral Therapy, a type of therapy that encompasses many forms of therapy and uses our thoughts to help shape our feelings, and explains how such therapy works.

[Worry Wise](#): To help put parents' minds at ease, this site is a great resource for parents who are worried about their child suffering from anxiety.

[KidsHealth](#): A great website that discusses the physical and

emotional benefits of exercise and nutrition for children. Not just healthy for your body but your mind as well!

[Learning Meditation](#): An exploration of different methods for learning to meditate and suggestions on how to prepare an environment that promotes meditation.

[4 Types of Anxiety](#): A well organized website about different forms of anxiety and different treatment options.