

# Resources for Parents on Anxiety

There is a wealth of information about anxiety disorders on the Internet. However, finding reliable information that is not intended to sell you something can be difficult. It is important for parents and educators to be able to find



practical solutions and strategies that help kids to lessen their anxiety, and to learn about the disorder. Some of the most useful information can be found in articles, social media, and podcasts. The following list of the best resources for parents to learn about anxiety is updated regularly by our team at South County Child and Family Consultants and will guide you in getting the best information about childhood anxiety available on the Internet.

## Pinterest

[Mental Health in the Classroom](#): Techniques on how to help relieve anxiety in children. Pinterest page made by Sarina Dickson.

[Kids with Anxiety](#): Coping strategies and examples of the troubles kids with anxiety go through.

## Articles

[What to Do \(and Not Do\) When Children are Anxious](#): A list for parents to help them guide their child with anxiety. This

article gives pointers on how to handle the situation of having an anxious child.

[Anxiety Disorders in Children and Adolescents](#): An article explaining the different types of treatment for anxiety and what types of evaluations test for anxiety in children and teens.

[The Drama of the Anxious Child](#): This article explains how common anxiety in children is, what is causing such anxiety, and what needs to be done to fix this problem as a whole.

[UCLA Cares](#): A few articles related to understanding and being able to help your child with anxiety. There are also some treatment options and ways to find a therapist.

## **E-Learning Modules**

[MindEd – Avoiding School and Social Isolation](#): An e-learning module that explains school avoidance and the distance teens make in their socialization, along with interactive quizzes to inform parents about causes and treatments for mental health issues.

[MindEd -The Worried Child](#): An e-learning module that describes the symptoms of anxiety, along with interactive quizzes to inform parents about causes and treatments for mental health issues.

Visit the [South County Child & Family Consultants](#) website for more great articles!