



More Resources

- NIMH: Anxiety Disorders
(www.nimh.nih.gov/anxietydisorders)
- NIMH: Caring for Your Mental Health
(www.nimh.nih.gov/mymentalhealth)
- NIMH: Child and Adolescent Mental Health
(www.nimh.nih.gov/children)
- NIMH: Tips for Talking With a Health Care Provider About Your Mental Health
(www.nimh.nih.gov/talkingtaps)
- Centers for Disease Control and Prevention: Anxiety and Depression in Children
(www.cdc.gov/childrensmentalhealth/depression.html)