



## More Resources

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