BHIPP Resilience Breaks: Helping Families Manage Anxiety in the Pediatric Primary Care Setting

Links to Resources

American Academy of Pediatrics: Pediatric Anxiety: Tools and Resources for Primary Care
  • https://www.aappublications.org/news/2018/12/14/anxietyresources121418

Contemporary Pediatrics: Anxiety Disorders in Primary Care
  • https://www.contemporarypediatrics.com/view/anxiety-disorders-primary-care

American Academy of Child and Adolescent Psychiatry:
  Anxiety Disorders Resource Center
  • https://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Anxiety_Disorder_Resource_Center/Home.aspx

  Facts for Families: Anxiety and Children

California Evidence-Based Clearing House: Coping Cat
  • https://www.cebc4cw.org/program/coping-cat/detailed

Stanford Health: Top 10 Children’s Books to Help Kids with Stress and Anxiety

Magination Press: Mindfulness Activities for Anxious Children

Teens Health: Anxiety Disorders (For Teens)
  • https://kidshealth.org/en/teens/anxiety.html

Child Mind Institute: What to Do (and Not Do) When Children Are Anxious

National Public Radio (NPR): How to Help a Child Struggling with Anxiety
Healthy Children: *Anxiety in Teens is Rising: What’s Going On?*

- [https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Anxiety-Disorders.aspx](https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Anxiety-Disorders.aspx)

Children’s Hospital of Philadelphia: *How to Help Manage Your Child’s Anxiety Around COVID-19*


**Screening Tools**

Screen for Child Anxiety Related Emotional Disorders (SCARED)

- [https://www.pediatricbipolar.pitt.edu/resources/instruments](https://www.pediatricbipolar.pitt.edu/resources/instruments)

Generalized Anxiety Disorder-7 (GAD-7)

- [https://adaa.org/sites/default/files/GAD-7_Anxiety-updated_0.pdf](https://adaa.org/sites/default/files/GAD-7_Anxiety-updated_0.pdf)