

## Resources to help with Anxiety in Children and Young People

- [NHS Conditions - How to deal with panic attacks](#)
- [Anxiety UK](#)
- [Childline](#)
- [YoungMinds Crisis Messenger](#)
- [The Mix](#)
- [Mental Health Foundation](#)
- [Mind](#)
- [YoungMinds parents support - Helping your child with anxiety](#)
- [YoungMinds](#)
- [NHS Conditions](#)
- [No Panic](#)
- [Health for Teens](#)
- [Health for Kids](#)
- [Anna Freud - coronavirus support](#)
- [NHS Conditions - generalised anxiety disorder](#)