


A Prescription for Clinician Approved Anxiety Resources

www.anxietybc.com

	MindShift App—Anxiety coach (Android, iOS)	<input type="checkbox"/>
Children	Help for your Child	<input type="checkbox"/>
Youth	Anxiety can totally Suck!	<input type="checkbox"/>
Parents	Expecting Moms - New Moms	<input type="checkbox"/>
Adults	Managing Anxiety: Getting Started	<input type="checkbox"/>
Menu Items	Self-Help Modules (Cognitive Behavior Therapy)	
Adults or Children	Body Focused Repetitive Behaviors	<input type="checkbox"/>
Adults or Children	Generalized Anxiety Disorder	<input type="checkbox"/>
Adults or Children	Health Anxiety	<input type="checkbox"/>
Adults or Children	Hoarding Disorder	<input type="checkbox"/>
Adults or Children	Obsessive Compulsive Disorder	<input type="checkbox"/>
Adults or Children	Panic Disorder and Agoraphobia	<input type="checkbox"/>
Adults or Children	Post Traumatic Stress Disorder	<input type="checkbox"/>
Children	Selective Mutism	<input type="checkbox"/>
Children	Separation Anxiety	<input type="checkbox"/>
Adults or Children	Social Anxiety	<input type="checkbox"/>
Adults or Children	Specific Phobia	<input type="checkbox"/>

Notes:
