

Supporting children with anxiety – useful resources

Resources from Contact

[Contact: the charity for families with disabled children](#)

[Anxiety disorders](#)

Other resources

[ADHD UK](#)

[Anxiety UK - Types of anxiety](#)

[Autistica - Alexithymia](#)

[Autistica - Anxiety and autism](#)

[Autistica - Molehill Mountain \(on the apple app store\)](#)

[Brain In Hand](#)

[Childline](#)

[Childline - Calm zone](#)

[National Autistic Society](#)

[NHS - Anxiety: Every Mind Matters](#)

[No Panic](#)

[OCD Action](#)

[Shout 85258 - the UK's free, confidential and 24/7 mental health text service for crisis support](#)

[The Mix: Essential support for under 25s](#)

[TOP UK \(Triumph Over Phobia\)](#)

[YoungMinds - How to make a self-soothe box \(YouTube\)](#)

[YoungMinds - Information about mental health medication](#)

[YoungMinds - Living With Anxiety \(YouTube\)](#)

[YoungMinds - Parents Helpline: Mental Health Help for Your Child \(0808 802 5544\)](#)

[YoungMinds - Supporting a child with anxiety: tips and advice](#)

[Zones of Regulation - A curriculum For emotional regulation](#)

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