

Below is a resource list of evidence-based practices (EBPs) that have shown efficacy in treating a variety of anxiety in children and adolescents. This list also includes resources to increase skills and knowledge about relevant topics.

Resource	Cost (subject to change)	Age Range	Delivery/ Link
Coping Cat/The C.A.T Project	\$26-\$95	7-17 years	Workbooks, Manuals, DVD, Computer Prog.
Internalizing Disorders: A Focus on Anxiety and Related Disorders in Children and Adolescents	Free	All	Relias
Mindfulness-Based Cognitive Therapy for Anxious Children by Lee/Semple	\$41	9-12 years	Book