

Child & Youth Anxiety Clinic Resources

<https://www.tehn.ca/anxiety>

<https://stridestoronto.ca>

<https://www.anxietycanada.com>

<https://ontario.cmha.ca/documents/understanding-and-finding-help-for-anxiety>

<https://smho-smso.ca/parents-and-caregivers/stress-and-anxiety-management>

<https://cmho.org>

https://www.ontario.ca/page/find-mental-health-support?utm_source

<https://www.heretohelp.bc.ca/node/1228>

<https://keltymentalhealth.ca/anxiety>

<https://www.spacetreatment.net>

<https://childrensgrieffoundation.org>

<https://www.shared-care.ca/toolkits>