



483 East County Line Rd.  
Hatboro, PA 19040

## Anxiety Resources

Psychologists and Psychiatrists			
System	Website	Phone Number	Notes
Springfield Psychological Associates	<a href="http://www.springpsych.com">www.springpsych.com</a>	610-544-2110	Child & adolescent evaluations, accepts insurance
CEPD Psychological Associates	<a href="http://www.cepdpsychologicalservices.com">www.cepdpsychologicalservices.com</a>	215-497-0204	Child & adolescent evaluations, accepts insurance
Southampton Psychiatric Associates	<a href="http://www.southamptonpsychiatric.com">www.southamptonpsychiatric.com</a>	215-355-2011	Child, adolescent
LifeStance Health	<a href="http://www.lifestance.com">www.lifestance.com</a>		Adolescents only, accepts insurance

Psychologists Only			
System	Website	Phone Number	Notes
Hatboro Pediatric Behavioral Health	<a href="http://www.hpbhealth.com">www.hpbhealth.com</a>	215-714-9360	Child & adolescent evaluations
New Leaf Psychology	<a href="http://www.newleafpsych.com">www.newleafpsych.com</a>	215-497-0204	Accepts insurance
ADD Solutions	<a href="http://www.addsolutions.com">www.addsolutions.com</a>		Part of CEPD – ADHD focus, Accepts insurance

### Books/Workbooks, CBT Focus

My Anxious Mind – Tompkins

Think Good, Feel Good – Stallard (children)

Thinking Good, Feeling Better – Stallard (adolescents)

Mind Over Mood – Greenberger

Please Explain Anxiety to Me- Laurie Zelinger (5-8 years)

Anxiety Relief Workbook for Kids: 40 Mindfulness, CBT and ACT Activities to Find Peace from Anxiety and Worry - Dr Selinger

The Worry Workbook ( 8-12 yo)- Imogen Harrison

### Websites

[maps.anxietycanada.com](http://maps.anxietycanada.com)

[copingcatparents.com](http://copingcatparents.com)

[childmind.org/topics-a-z](http://childmind.org/topics-a-z)

[namimainlinepa.org/support/services-for-children-and-teens](http://namimainlinepa.org/support/services-for-children-and-teens)

[speakup.org/resources](http://speakup.org/resources)

### Apps for Kids:

What's Up

Stop, Breathe, Think

Headspace

Finch

Calm

Insight Timer

Mightier

Sleep Meditations for Kids