

Anxiety



Many autistic children and adults experience anxiety. It is important to recognize and treat anxiety because untreated anxiety has been associated with the development of depression, aggression, and self-injury in autism. Early recognition and treatment can improve the overall well-being and functioning of all people; including autistic people. Learn more about anxiety and anxiety interventions by exploring the resources listed below.

Scan the
QR Code
with your
phone
camera



Scan Me



Information & Intervention

- Anxiety In Children
- Anxiety In Youth
- Anxiety Disorder Resource Center
- Facing Your Fears Videos for Anxiety
- Cognitive Behavioral Intervention (CBI) - Autism Focused Intervention Resources & Modules



Medication

- Guide for Safe and Careful Use of Medicines
- Medication Decision Aid



Books Recommended by ECHO Autism Experts

- Managing Anxiety in People with Autism
- Freeing Your Child From Anxiety
- Cognitive Behavioral Therapy for Adults with Autism Spectrum Disorder
- Living Well on the Spectrum



ECHO Autism Communities Webinar

- Common Medical Conditions in Autism

ECHO Autism Communities Blog Post

- Common Medical Conditions in Autism Webinar Review

These resources can be found on the ECHO Autism Website at echoautism.org or you may scan the QR Code to go directly to the resources.

*Please note that this is not an exhaustive list of resources and they may be modified and updated on the ECHO Autism Website over time.