



Supporting Resources

Identifying and treating panic disorder

November 2023

Please note: The resources included in this document were accurate at the time of publication – 15 November 2023.

Websites

Australian Psychological Society: <https://psychology.org.au/for-the-public/psychology-topics/panic-disorder>

APS Find a Psychologist: <https://psychology.org.au/find-a-psychologist>

Centre for Clinical Interventions: <https://www.cci.health.wa.gov.au>

Evidence-based CPG for Anxiety in Children & Young People (2023):

<https://mentalhealth.melbournechildrens.com/media/elwh4zdn/evidence-based-clinical-practice-guideline-for-anxiety-in-children-and-young-people-2023.pdf>

Education

This Way Up Psychoeducation: <https://thiswayup.org.au/learning-hub/panic-attacks-explained/>

This Way Up iCBT Panic Disorder Treatment: <https://thiswayup.org.au/programs/panic-program/>

Centre for Clinical Interventions CBT Treatment: <https://www.cci.health.wa.gov.au/Resources/For-Clinicians/Panic>

Clinical Research Unit for Anxiety & Depression: <https://crufad.org>

Guidelines

Royal Australian & NZ College of Psychiatrists Anxiety Disorders Guidelines (2018): <https://www.ranzcp.org/clinical-guidelines-publications/clinical-guidelines-publications-library/anxiety-disorders>

MHPN Resources

MHPN Networks: MHPN supports networks where practitioners share an interest in mental health. [See what's available in your area](#)

MHPN Webinar Library: [Watch our previous webinars](#)

MHPN Podcast: [Listen to our range of podcasts](#)