



# 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

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