

Bibliography on Stress and Anxiety

Websites

MedlinePlus – Stress

This website from the National Library of Medicine has links on all aspects of stress including what it is and information on coping with stress.

<https://www.nlm.nih.gov/medlineplus/stress.html>

American Psychological Association – Different Kinds of Stress

This website has information on the different types of stress and links to information on how to cope with stress.

<http://www.apa.org/helpcenter/stress-kinds.aspx>

MedlinePlus - Anxiety

This website from the National Library of Medicine has links to information on the causes, diagnosis and treatment of anxiety disorders.

<https://www.nlm.nih.gov/medlineplus/anxiety.html>

American Psychological Association – Anxiety Disorders and Effective Treatment

Information from the American Psychological Association on treatment options available for anxiety disorders.

<http://www.apa.org/helpcenter/anxiety-treatment.aspx>

For assistance finding health information please contact the Frymoyer Community Health Resource Center at The University of Vermont Medical Center.

Frymoyer Community Health Resource Center
3rd Level Main Pavilion, University of Vermont Medical Center Campus
802-847-8821 or Resourcecenter@UVMHealth.org
UVMHealth.org/MedCenterCHRC

