

Anxiety Disorders in Children and Adolescents: What Every PCP Should Know

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May 12, 2026

12:00 - 1:00 P.M. CT

Virtual Meeting

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Science Center at San Antonio

Overview

Primary Care Physicians currently demonstrate a significant gap in knowledge and clinical competence regarding the identification and management of mental health disorders in youth. This professional practice gap is primarily attributed to insufficient training and limited access to mental health resources. As a result, PCPs often serve as the first point of contact for families dealing with adolescent mental and behavioral health issues, yet they report lacking the necessary skills to effectively screen, assess, and treat conditions such as depression, anxiety, suicidal ideation, and behavioral disorders. This series aims to enhance PCPs' capabilities in recognizing and managing mental health conditions to improve outcomes for youth within their clinical practice.

Learning Objectives

At the conclusion of this activity, the participants should be able to:

- Recognize and diagnose anxiety disorders in children and adolescents in your practice
- Identify first line treatment for anxiety disorders in children and adolescents
- Have knowledge of pharmacological and non-pharmacological interventions for anxiety disorders in children and adolescents
- Identify and apply anxiety screening tools in your clinical practice for assessment and monitoring of anxiety disorders

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Perinatal Psychiatry
Access Network

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