



How to Stop Yelling at Your Kid(s)

Parenting can be full of rewarding moments, but it also comes with its fair share of challenges—especially when patience starts to run low. Yelling at your kids can leave everyone feeling tense and strained, affecting not just your mood but the whole atmosphere at home. The good news? With the right strategies, you can learn to ease those moments of frustration, handle stress more calmly, and feel more confident in your parenting. **This workbook is packed with practical worksheets to help you build habits that manage the urge to yell at your kids, support your emotional well-being, and create a more positive, peaceful family environment.**

Here is a brief introduction to each worksheet included in this package:

Nervous System Regulation

This worksheet is designed to help you manage the urge to yell at your kids by recognizing the signs of dysregulation in your body and mind. By understanding what triggers your stress response and learning techniques to calm your nervous system—such as deep breathing, grounding exercises, and mindful awareness—you can create a foundation for more controlled and compassionate reactions.

Identifying Your Triggers

This worksheet helps you understand the specific situations, behaviors, or feelings that most often lead to yelling at your kids. By recognizing these triggers, you can develop strategies to manage them more effectively and choose calmer, more constructive ways to respond. This awareness is the first step toward breaking the cycle of frustration and finding healthier ways to communicate with your children.

Self-Care Inventory

This worksheet focuses on exploring various self-care activities that help you maintain emotional balance and resilience. By identifying self-care practices that work for you, like taking breaks, engaging in hobbies, or practicing relaxation techniques, you can replenish your energy and patience.

Setting SMART Goals

This worksheet is designed to help you create specific, measurable, achievable, relevant, and time-bound goals for reducing yelling at your kids. This structured approach allows you to break down the broader goal of staying calm into manageable steps, such as using calming techniques, setting reminders to take breaks, or creating a morning routine that minimizes stress.

Redefining “Good” Parenting

This worksheet helps you move away from the pressure to be a perfect parent by identifying what being a good parent means to you, based on your unique values and family dynamics. It encourages self-compassion and allows you to embrace imperfection in your parenting journey.



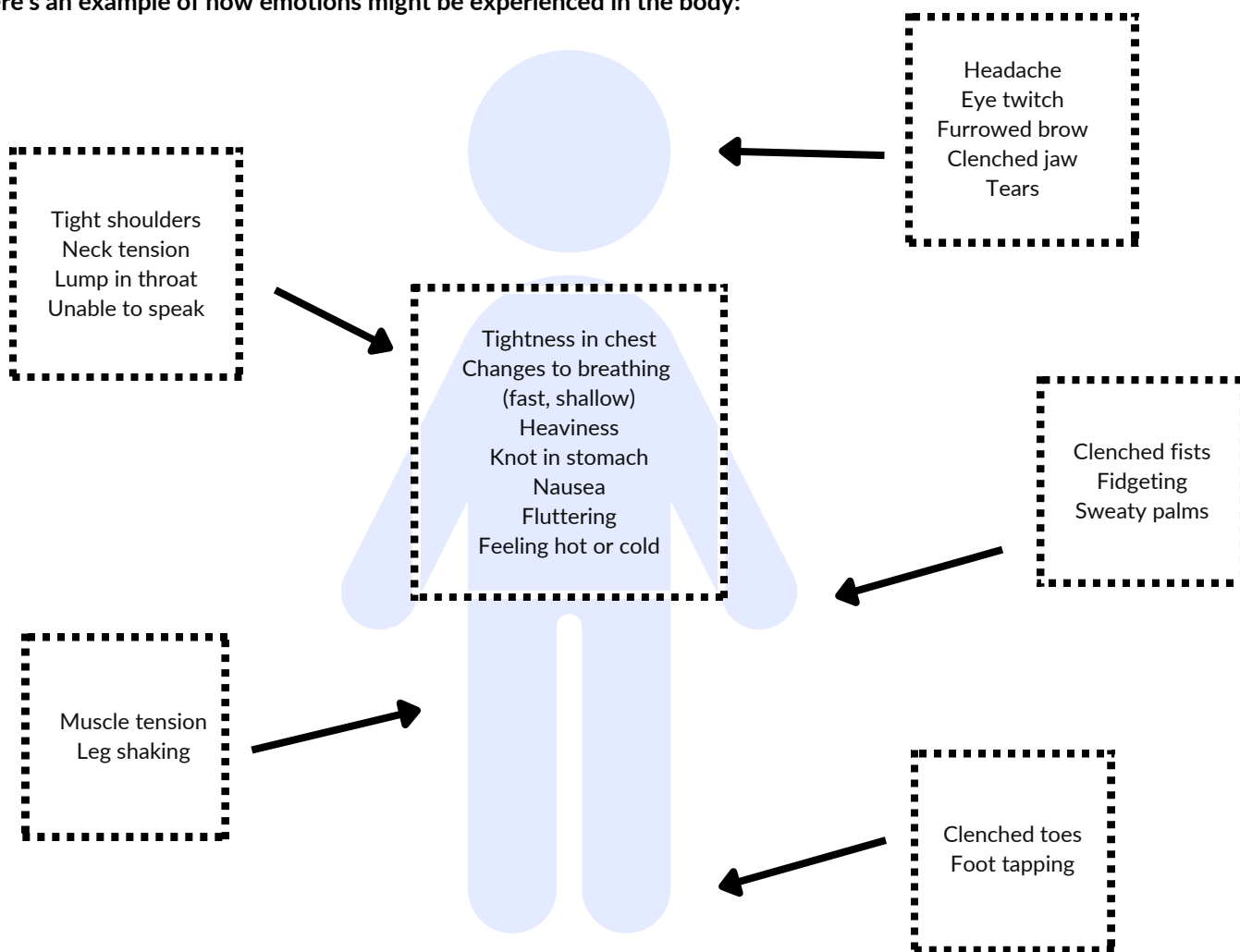
Nervous System Regulation

Nervous system dysregulation occurs when your body becomes overwhelmed by chronic stress or emotional strain, causing it to get “stuck” in the extremes of high anxiety or a low-energy, shut-down state. When you’re in this state, even small triggers can feel overwhelming, leading to reactions like yelling or snapping at your kids. This might show up as racing thoughts, a racing heart, tense muscles, or feeling constantly on edge. On the other hand, dysregulation can also manifest as exhaustion, numbness, or feeling disconnected from yourself or your loved ones, making it harder to respond calmly and patiently.

Regulating your nervous system means finding ways to help your body feel calm, even when faced with the frustrations of raising kids. It’s about using techniques that help you move out of those heightened states or shut-down modes and into a place where you feel more stable and in control. By learning to regulate your nervous system, you can reduce those knee-jerk reactions like yelling at your kids and build more patience and emotional resilience, allowing you to respond to your kids in a calmer, more compassionate way.

This worksheet will guide you in recognizing how your emotions show up as physical sensations, like tension, fluttering, or heaviness. Understanding these sensations is the first step in managing stress and emotions more effectively. You’ll learn to tune into your body’s signals and practice techniques to help calm or soothe these responses, giving you tools to handle stress and emotional challenges in a healthier way, especially when interacting with your kids.

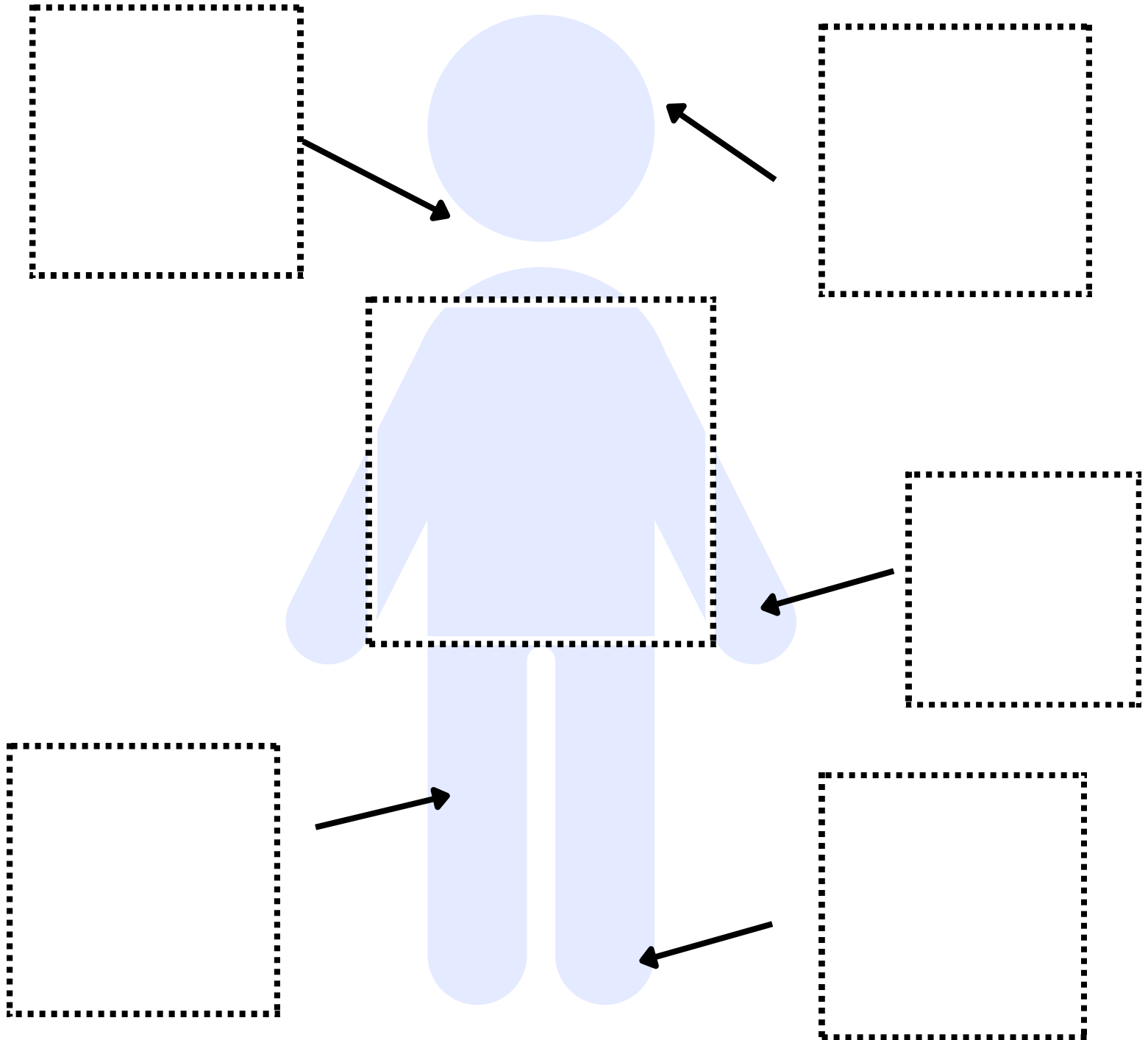
Here’s an example of how emotions might be experienced in the body:



Nervous System Regulation

PART 1: Scan Your Body for Sensations

Starting with your feet and working your way up, notice any physical sensations. These can be positive, neutral, or uncomfortable. There is no wrong answer. Just notice what you notice and write it down. Here's an example of how emotions might be experienced in the body.

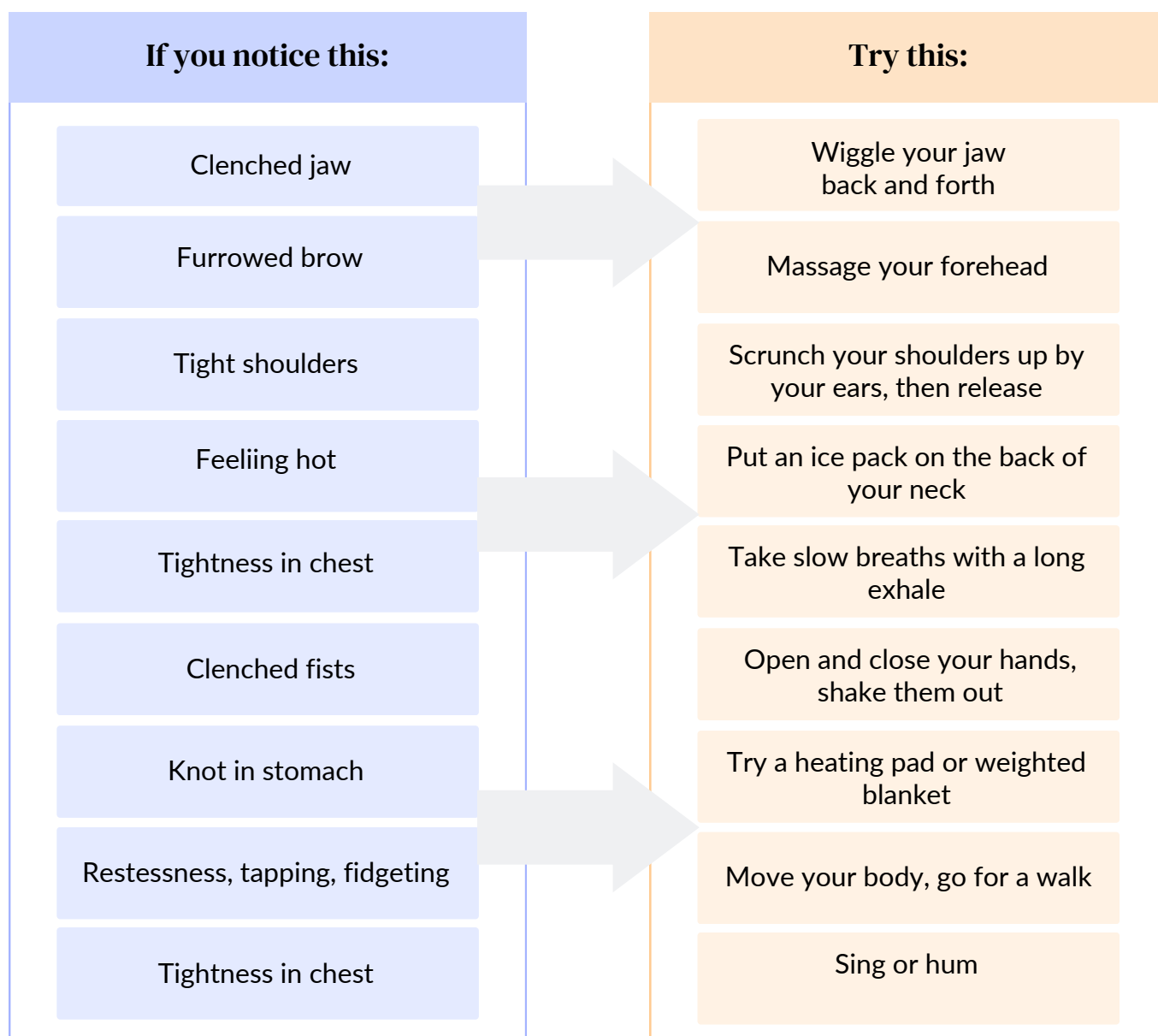


Nervous System Regulation

One way to regulate your nervous system is by addressing the physical sensations that come up when you are feeling strong emotions. This could include changing your temperature, relaxing a muscle, or doing something that feels soothing.

PART 2: Regulating the Nervous System

Now, what to do about it? When you're feeling a difficult emotion, first notice what it feels like in your body then try one of these techniques. Notice how you feel afterward.



Nervous System Regulation

Taking time for daily self-care is crucial for managing your reactions to challenging situations, especially when it comes to parenting. Engaging in activities that help you feel centered, grounded, and calm can make a big difference in how you handle stress and emotional triggers. Whether it's deep breathing, a calming walk, or moments of mindfulness, these practices support your nervous system in staying balanced.

PART 3: Daily Nervous System Self-Care

Nurture your nervous system! Use this worksheet to help you rate how often you do these practices, then add this list to your daily self-care routine.

Ranking

- 1 I rarely engage in this, and it is not a regular part of my routine.
- 2 I occasionally engage in this, but it is not consistent.
- 3 I regularly engage in this, and it is a frequent part of my routine.
- ★ I want to do this more frequently.

1 2 3

★ Nervous System Self-Care

<input type="checkbox"/>	<input type="checkbox"/>	Practice breathing including taking slow breaths with a long exhale
<input type="checkbox"/>	<input type="checkbox"/>	Move your body, stretch or go for a walk
<input type="checkbox"/>	<input type="checkbox"/>	Do 5 minutes of mindfulness meditation, simply noticing your senses
<input type="checkbox"/>	<input type="checkbox"/>	Tense and relax each muscle group in your body starting with the toes and working up
<input type="checkbox"/>	<input type="checkbox"/>	Take a break from screens and any over-stimulating media
<input type="checkbox"/>	<input type="checkbox"/>	Listen to soothing music or sounds
<input type="checkbox"/>	<input type="checkbox"/>	Take a warm bath or shower
<input type="checkbox"/>	<input type="checkbox"/>	Do aromatherapy with essential oils or a favorite candle
<input type="checkbox"/>	<input type="checkbox"/>	Spend time outdoors in nature
<input type="checkbox"/>	<input type="checkbox"/>	Drink a cup of comforting tea or another soothing ritual before bed



Journaling can be a powerful tool for building new habits that support nervous system regulation. Journaling also allows you to explore which techniques or coping tools are most effective, so you can refine your routine. Over time, this reflection can help you stay more grounded and responsive, rather than reactive, especially in challenging moments with your kids.

PART 4: Daily Reflection

Reflect on how you feel each day as you practice these techniques. Track the techniques you are using, how effective they were, and any patterns of changes you have noticed.

Which techniques did you use today?

Which technique was the most effective?

Rate your nervous system
regulation today (1-10)

PART 4: Weekly Progress

Reflect on the week and note any patterns or significant changes.

Which techniques worked well this week?

Which techniques did not work and need to be adjusted?



Identifying Your Triggers

Understanding what triggers your outbursts is a crucial step in breaking the cycle of yelling at your kids. Yelling can often be sparked by various triggers—situations, events, or thoughts that lead to frustration or impatience. These triggers might be external, like stressful situations or conflicts, or internal, such as feelings of overwhelm, guilt, or past experiences.

Recognizing what prompts you to yell means paying attention to the moments when you feel your frustration building, along with the thoughts, feelings, and physical sensations that come with it. By becoming aware of these triggers, you can catch them early and manage them in healthier ways, reducing the chances of yelling and helping you maintain a calmer, more constructive approach with your kids.

PART 1: Identify Triggers

List a situation where you find yourself yelling at your child and describe the related physical sensations, thoughts, and emotions. (Example page.)

Situation Description	Location	People Involved
<i>Example: Sammy refuses to do his homework despite multiple reminders.</i>	Home	Myself and Sammy

Before

1 What were you feeling physically?

Tension in my chest, clenched jaw, tightness in my stomach.

2 What were you thinking about?

- "Why doesn't Sammy ever listen to me?"
- "I've asked him so many times, and he still not doing it!"

3 How did you feel emotionally?

Frustration, impatience, feeling overwhelmed and powerless.

After

1 What were you feeling physically?

My head is pounding, shoulders feel tense, and there's a knot in my stomach.

2 What thoughts did you have?

- "I shouldn't have yelled; I'm a terrible parent."
- "I keep messing this up; Sammy is going to hate me."

3 How did you feel emotionally?

I feel guilt, regret, and sadness for losing my temper.



Identifying Your Triggers

Situation Description	Location	People Involved
Before		After
1 What were you feeling physically?	1 What were you feeling physically?	
2 What were you thinking about?	2 What thoughts did you have?	
3 How did you feel emotionally?	3 How did you feel emotionally?	

Situation Description	Location	People Involved
Before		After
1 What were you feeling physically?	1 What were you feeling physically?	
2 What were you thinking about?	2 What thoughts did you have?	
3 How did you feel emotionally?	3 How did you feel emotionally?	



Identifying Your Triggers

PART 2: Identify Patterns

Identifying patterns in the situations that lead to yelling at your kids can help you recognize these triggers more easily in the future. When you know what tends to set off your yelling, you can prepare yourself with different strategies to manage your reactions.

What situations or events most often lead to yelling at your kid(s)?

How do you feel physically and emotionally right before you start yelling?

What types of thoughts do you often find yourself having right before you yell?

What beliefs about yourself come up when you yell at your kid(s)?



Identifying Your Triggers

What would you like to say to yourself when you notice you're about to yell?

How could understanding your yelling triggers help you respond differently in the future?

PART 3: Develop Coping Strategies

Identify coping strategies that can help you stop your negative self-talk in these situations. To learn more about coping skills you can use, scan the QR code below.

- When you feel the urge to yell, pause and ask yourself if your reaction is based on the present situation or if it's influenced by past frustrations or assumptions. Consider if yelling will help or harm the situation and think about a calmer, more effective way to communicate.
- Treat yourself with the same compassion you would offer a friend who is struggling. Remind yourself that parenting is hard, and it's okay to make mistakes.
- Replace the urge to yell with positive affirmations, like "I am capable of handling this calmly," or "I am learning and growing as a parent every day."
- Avoid comparing your parenting style or your children's behavior to others, especially on social media. Focus on your unique journey and the positive aspects of your relationship with your kids.

- Make a list of your parenting strengths, such as patience, creativity, or the ability to connect with your kids. Review this list when you feel frustrated to remind yourself that you have the skills to handle difficult moments without yelling.
- Keep a journal to write down the situations that trigger your yelling and analyze what led up to those moments. This practice can help you identify patterns and develop alternative strategies for managing these triggers in the future.
- Regularly reflect on the things you are grateful for in your parenting experience, like small moments of connection or the things you love about your kids. Focusing on gratitude can help shift your mindset from frustration to appreciation.
- Engage in self-care activities or hobbies you enjoy to help reduce stress and recharge. Taking care of yourself can help you stay calm and patient when challenges arise.



Scan to learn more about how to stop yelling at your kids.

Self-Care Inventory

Self-care is more than just a personal routine—it’s a crucial part of being the kind of parent you want to be. **When you prioritize your well-being through activities that nurture your mind and body, you help yourself stay calm and centered, even during challenging parenting moments.** Simple practices like taking a few deep breaths, enjoying a quiet cup of tea, or spending time outdoors can help you recharge, making it easier to respond to your kids with patience and understanding rather than frustration and yelling.

This worksheet will guide you in exploring various self-care activities that can help reduce yelling and foster a more peaceful home environment. You’ll rank each activity on a scale from 1-3 to see how well you’re currently engaging in them and then highlight the ones you’d like to do more often. The aim is to help you recognize how self-care can increase your patience and resilience, identify the areas where you’re already thriving, and find new ways to support yourself so you can parent with kindness and compassion.

Ranking

- 1 I rarely engage in this, and it is not a regular part of my routine.
- 2 I occasionally engage in this, but it is not consistent.
- 3 I regularly engage in this, and it is a frequent part of my routine.
- ★ I want to do this more frequently.

1 2 3 ★ Physical Self-Care: Improving your physical health.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Engaging in regular physical activity such as walking, running, yoga, or strength training.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ensuring you get enough restful sleep each night to rejuvenate your body.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eating a balanced and nutritious diet, including plenty of fruits, vegetables, and grains.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drinking enough water throughout the day to stay hydrated.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Maintaining good hygiene practices such as bathing, brushing teeth, and grooming.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Attending regular check-ups and following medical advice from healthcare professionals.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Taking time to relax and unwind, through activities like taking a bath and getting a massage.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Limiting or avoiding the use of alcohol, tobacco, and other substances.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Spending time outdoors in natural sunlight to enhance vitamin D levels and improve mood.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Paying attention to your body’s needs, such as stretching when tense or resting when tired.



Self-Care Inventory

1 2 3



Emotional Self-Care: Processing & expressing your emotions.

<input type="checkbox"/>	<input type="checkbox"/>	Participating in activities you enjoy to boost your mood and provide a sense of fulfillment.
<input type="checkbox"/>	<input type="checkbox"/>	Spending time with friends and family to build support and reduce feelings of isolation.
<input type="checkbox"/>	<input type="checkbox"/>	Practicing mindfulness to stay present and manage negative thoughts.
<input type="checkbox"/>	<input type="checkbox"/>	Writing down thoughts and feelings to process emotions and gain insights.
<input type="checkbox"/>	<input type="checkbox"/>	Keeping a gratitude journal or reflecting on things you are thankful for.
<input type="checkbox"/>	<input type="checkbox"/>	Using positive affirmations to counter negative self-talk and build self-esteem.
<input type="checkbox"/>	<input type="checkbox"/>	Using music to relax, uplift your mood, or express your emotions.
<input type="checkbox"/>	<input type="checkbox"/>	Expressing your emotions through art, music, writing, or other creative outlets.
<input type="checkbox"/>	<input type="checkbox"/>	Set achievable goals and celebrate your progress, no matter how small.
<input type="checkbox"/>	<input type="checkbox"/>	Regular sessions with a therapist or counselor to explore and address emotional challenges.

1 2 3



Social Self-Care: Fostering & maintaining healthy relationships.

<input type="checkbox"/>	<input type="checkbox"/>	Spending time with people you like and make you feel good about yourself.
<input type="checkbox"/>	<input type="checkbox"/>	Asking for help from friends or family when you're feeling down or overwhelmed.
<input type="checkbox"/>	<input type="checkbox"/>	Learning to say no and establishing boundaries to protect your emotional well-being.
<input type="checkbox"/>	<input type="checkbox"/>	Participating in support groups to gain insight and emotional support from others.
<input type="checkbox"/>	<input type="checkbox"/>	Participating in clubs or organizations that align with your interests to meet new people.
<input type="checkbox"/>	<input type="checkbox"/>	Giving your time to help others in your community to foster connection and purpose.
<input type="checkbox"/>	<input type="checkbox"/>	Going to social gatherings, parties, or community events to build your social network.
<input type="checkbox"/>	<input type="checkbox"/>	Scheduling regular get-togethers, such as a weekly coffee date, or a monthly dinner.
<input type="checkbox"/>	<input type="checkbox"/>	Actively listening when talking with others, which helps strengthen your relationships.
<input type="checkbox"/>	<input type="checkbox"/>	Scheduling intentional alone time with your romantic partner.



Self-Care Inventory

1 2 3



Professional Self-Care: Maintaining a healthy work-life balance and pursuing career development opportunities.

Clearly defining work hours and sticking to them to ensure a healthy work-life balance.

Stepping away from work to recharge, through daily short breaks and using vacation time.

Talking to a supervisor or HR about mental health challenges (if it feels safe).

Exploring available support options, such as employee assistance programs (EAP).

Organizing and prioritizing work tasks to manage workload effectively and reduce stress.

Ensuring your work environment is comfortable and conducive to productivity.

Establishing achievable work goals and celebrating small accomplishments.

Being kind to yourself during work and avoiding excessive self-criticism.

Building positive relationships with coworkers for mutual support and camaraderie.

1 2 3



Spiritual Self-Care: Nurturing your spirit and providing purpose.

Practicing meditation to connect with your inner self and find peace and clarity.

Engaging in prayer or other forms of communication with a higher power.

Spending time in nature to experience connection to the world around you.

Regularly reflecting on what you are thankful for to cultivate an appreciative mindset.

Reading inspirational books, scriptures, or quotes to uplift and inspire your spirit.

Participating in spiritual or religious community activities.

Engaging in artistic activities, such as painting, music, or writing.

Performing acts of kindness and service to others, fostering a sense of purpose.

Acting in accordance with your morals to create a sense of integrity in your life.

Spending time with the people who give your life meaning.



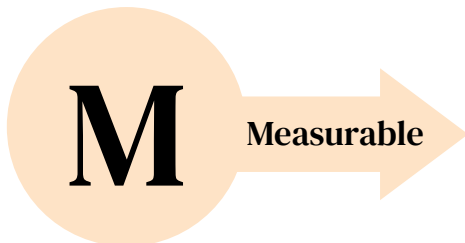
Setting SMART Goals

SMART Goals is a structured goal-setting method that can help with managing specific obsessions or compulsions. Making goals Specific, Measurable, Achievable, Relevant, and Time-bound can make it easier to stay focused and monitor progress. Each milestone reached can bring a sense of accomplishment, which may help counter some of the negative feelings that come with OCD. Rather than feeling stuck in the cycle of obsessions or compulsions, this approach offers a clear, structured path forward.



What is your goal? Write down exactly what you want to achieve. Avoid vague goals like "stop yelling at my kid(s)". Be clear and detailed about what you expect to accomplish.

I want to reduce the frequency of yelling at Lola during morning routines.



How will you measure your progress? Do you want to use a journal, app, or accountability partner? Do you want to measure your goal by hours, weeks, or days?

I will reduce yelling to no more than twice per week during morning routines. I will track it in my notes app.



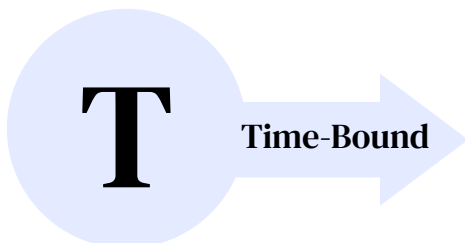
Is your goal realistic? Aim for a goal that is challenging but still manageable. What steps can you take to make your goal achievable?

Yes, I think it's realistic. I will use a 5-minute deep breathing exercise each morning before waking up Lola to help myself stay calm.



Does this goal align with your broader objectives? Ensure that your goal is relevant and meaningful to your overall life goals. Reflect on the value and impact of achieving this goal.

I want to create a calmer and more supportive home environment, where Lola feels safe, heard, and respected, and where I model healthy emotional regulation.



What is your deadline for achieving this goal? Set a specific date by which you plan to achieve your goal. Identify immediate actions you can take to begin your progress.

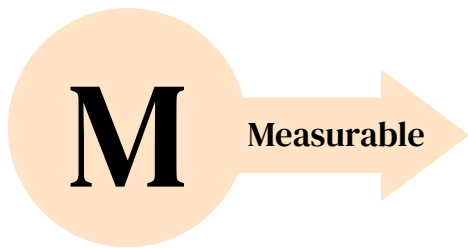
I will practice these strategies for the next 30 days and then evaluate my progress.



Setting SMART Goals



What is your goal? Write down exactly what you want to achieve. Avoid vague goals like "stop yelling at my kid(s)". Be clear and detailed about what you expect to accomplish.



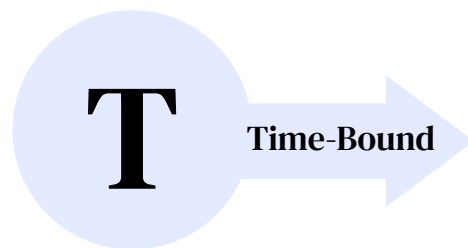
How will you measure your progress? Do you want to use a journal, app, or accountability partner? Do you want to measure your goal by hours, weeks, or days?



Is your goal realistic? Aim for a goal that is challenging but still manageable. What steps can you take to make your goal achievable?



Does this goal align with your broader objectives? Ensure that your goal is relevant and meaningful to your overall life goals. Reflect on the value and impact of achieving this goal.



What is your deadline for achieving this goal? Set a specific date by which you plan to achieve your goal. Identify immediate actions you can take to begin your progress.



Setting SMART Goals

Be Flexible

If you're struggling to reach a goal, don't be afraid to adjust it. It's okay to change the timeline, make the goal smaller, or alter the steps as needed.

Celebrate Milestones

Reward yourself for every step or milestone you reach, no matter how small. This could be as simple as taking a break, enjoying a favorite treat, or planning a fun activity.

Give Yourself Enough Time

Make sure you have enough time to achieve your goals without feeling overwhelmed. It's better to allow extra time and feel accomplished than to set an unrealistic deadline and feel discouraged.

Stay Patient & Be Kind to Yourself

Progress may be slow, and setbacks can happen. Remind yourself that change takes time, and be kind to yourself if things don't go perfectly.

What obstacles have you encountered, and how have you handled them?

What progress have you made so far? What are you proud of?

What support or resources might help you continue making progress?



Redefining "Good" Parenting

Parenting is personal and complex, with pressures from society, family traditions, and your own beliefs shaping how you see yourself as a parent. This worksheet is designed to help you let go of unrealistic expectations that can make you feel frustrated or overwhelmed—often the very emotions that lead to yelling. By focusing on what “good” parenting means specifically to you and aligning it with your own values, child’s needs, and unique family dynamics, you can build confidence in your approach.

STEP 1: Identifying Expectations

Start by reflecting on some of the expectations you've held about being a “good” parent. These might be internal (self-imposed) or external (from family, friends, or society).

Reflection Questions:

- What are some things you believe a “good” parent must always do?
- Where did these beliefs come from (e.g., your upbringing, media, etc.)?
- Which of these expectations feel overwhelming or unachievable?

Write down 2-3 expectations you've identified in your own life:

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Redefining "Good" Parenting

STEP 2: Reflect on Your Values

To redefine "good" parenting, it's important to reflect on your personal values and what truly matters to you as a parent. Values help guide behavior and set priorities. Read through the values below to identify important guides for your parenting.

Kindness

I want to be a parent who models compassion and empathy.

I can show kindness through my actions, even when I'm upset, by treating my child with respect, listening when they have concerns, and helping them see the value of kindness in their interactions.

Independence

I want to encourage my child to make their own decisions and develop problem-solving skills.

I will allow my child to take risks, make mistakes, and learn from them, rather than stepping in to solve every problem for them.

Honesty

I want to be open and truthful with my child so they feel safe being honest with me.

I'll model honesty by being transparent about my own feelings and mistakes, and by encouraging open dialogue, even when the truth is difficult to share.

Resilience

I want to help my child develop emotional resilience and the ability to handle life's challenges.

Instead of shielding my child from all adversity, I'll support them through difficult times, helping them build coping skills and learn how to bounce back after setbacks.

Courage

I want to encourage my child to be brave and stand up for what they believe is right.

I'll model courage by facing my own fears, discussing tough situations openly, and encouraging my child to express their feelings and opinions, even when they go against the norm.

Curiosity

I want to nurture my child's natural curiosity and encourage them to explore the world.

I'll provide opportunities for my child to explore their interests. I'll encourage questions, exploration, and creativity in their learning process.

Patience

I want to model patience and teach my child the importance of taking time to understand situations.

I'll practice patience in my own responses, showing my child how to approach frustration with calmness and understanding, even when things don't go as planned.

Gratitude

I want to raise a child who appreciates what they have and expresses gratitude.

I'll make a habit of practicing gratitude, like reflecting on positive moments at the end of each day, and encourage my child to recognize the good things in their life.

Respect

I want to teach my child the importance of respecting themselves and others.

I'll model respect in my interactions with others, especially when we disagree. I'll also show respect for my child's autonomy and boundaries, helping them understand the importance of mutual respect.

Self-Compassion

I want to teach my child to be kind to themselves and not expect perfection.

I'll model self-compassion by acknowledging my own mistakes and showing my child that it's okay to not be perfect. I'll encourage them to treat themselves with kindness rather than self-criticism.

Flexibility

I want to be adaptable and open to change, especially as my child grows and their needs evolve.

I'll adjust my expectations, knowing that every stage of my child's development requires different approaches. I won't rigidly adhere to societal timelines or milestones.

Balance

I want to teach my child that it's important to balance their responsibilities and their well-being.

I'll demonstrate the importance of work-life balance by prioritizing both family time and self-care. I'll teach my child that it's okay to rest and that productivity isn't the only measure of success.



Redefining "Good" Parenting

STEP 3: Define Your Version of "Good" Parenting

Using the expectations you've released and the values you've identified, begin to craft your own definition of what it means to be a "good" parent. Focus on the qualities that align with your values and what's achievable for you and your family.

Reflection Questions:

- What does being a "good" parent look like in your day-to-day life?
- How can you focus on progress, not perfection, as a parent?

Write your new definition of a "good" parent in as much detail as possible:

A good parent is someone who...

Handwriting practice area with 20 horizontal dotted lines for writing.





Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



300+
Companies Reviewed



2,350+
Hours of Firsthand Experience



1,150+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

