

# Anxiety Disorders

## Education and Self-Help Resources



### Self-Help and Low-Intensity Treatment

#### Anxiety Canada

Free online resources based on cognitive behavioural therapy that teach people about anxiety and how to cope.

[anxietycanada.com](http://anxietycanada.com)

#### BounceBack® Canada

A free skill-building program to help people age 15+ and older learn to manage anxiety and depression.

[bounceback.cmha.ca](http://bounceback.cmha.ca)

#### Health Quality Ontario's Patient Guide for Anxiety Disorders

Find suggestions on what to discuss with your health care providers to help you to receive high-quality care.

[hqontario.ca/Portals/0/documents/evidence/quality-standards/qs-anxiety-disorders-patient-guide-en.pdf](http://hqontario.ca/Portals/0/documents/evidence/quality-standards/qs-anxiety-disorders-patient-guide-en.pdf)

#### Hope for Wellness Helpline

An online chat counseling service for Indigenous peoples across Canada.

[hopeforwellness.ca](http://hopeforwellness.ca)

#### Living Life to the Full

Life skills course based on CBT developed by the Canadian Mental Health Association of British Columbia.

[livinglifetothefull/our-courses](http://livinglifetothefull/our-courses)

#### Wellness Together Canada

Free mental health and substance use resource that provides on-demand support; from basic wellness information, to one-on-one sessions with a counsellor, to participating in a community of support.

[wellnesstogether.ca](http://wellnesstogether.ca)

### Mobile Apps

#### CALM

App with a free trial that provides mindfulness and meditation exercises.

[calm.com](http://calm.com)

#### Headspace

App with a free trial that guides users through mindfulness and meditation exercises.

[headspace.com](http://headspace.com)

#### Mindshift® CBT

Free app from Anxiety Canada that uses strategies based on CBT to help develop more effective ways of managing anxiety.

[anxietycanada.com/resources/mindshift-cbt](http://anxietycanada.com/resources/mindshift-cbt)

#### Wysa: Mental Health Support

Free app that works as an emotionally intelligent chatbot that uses artificial intelligence (AI) to react to the emotions you express, supporting people with stress, anxiety, and depression.

[wysa.io](http://wysa.io)

#### Woebot

Free AI CBT chatbot coach assists with reducing anxiety and stress using CBT tools.

[woebothealth.com](http://woebothealth.com)

### Self-Help Psychoeducation Books & Workbooks

*10 Simple Solutions to Panic: How to Overcome Panic Attacks, Calm Physical Symptoms, and Reclaim Your Life.* Martin M. Antony and Randi E. McCabe, 2004.

*10 Simple Solutions to Shyness.* Martin M. Antony, 2004.

*The Anti-Anxiety Workbook.* Martin M. Antony and Peter J. Norton, 2008.

*The Anxiety and Depression Workbook.* Michael A. Tompkins, 2021.

*The Anxiety and Worry Workbook: The Cognitive Behavioral Solution.* David A. Clark, and Aaron T. Beck, 2011.

*The Assertiveness Workbook* (2nd edition). Randy J. Paterson, 2022.

*The Cognitive Behavioral Coping Skills Workbook for PTSD: Overcome Fear and Anxiety and Reclaim Your Life.* Matthew T. Tull, Kim L. Gratz, et al., 2016.

*The Cognitive Behavioral Workbook for Menopause.* Sheryl M. Green and Randy E. McCabe, 2012.

*The Generalized Anxiety Disorder Workbook: A Comprehensive CBT Guide for Coping with Uncertainty, Worry, and Fear.* Melisa Robichaud and Michel J. Dugas, 2015.

**mentalhealth.healthhq.ca**

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## Self-Help Psychoeducation Books & Workbooks (Continued)

*Mastering Fear and Phobias: Fourth Edition: Workbook.* Martin M. Antony and Michelle G. Craske, et al., 2006.

*Mastery of Your Anxiety and Panic: Workbook.* David H. Barlow and Michelle G. Craske, 2002.

*Mastery of Your Anxiety and Worry: Workbook.* Michelle G. Craske and David H. Barlow, 2006.

*Mindfulness for Beginners: Reclaiming the Present Moment and Your Life.* Jon Kabat-Zinn, 2016.

*Mind Over Mood: Change How You Feel By Changing the Way You Think* (2nd edition). Dennis Greenberger and Christine A. Padesky, 2016.

*Overcoming Fear of Heights.* Martin M. Antony and Karen Rowa, 2007.

*Overcoming Health Anxiety: Letting Go of Your Fear of Illness.* Katherine Owens, and Martin M. Antony, 2011.

*Overcoming Medical Phobias.* Martin M. Antony and Mark A. Watling, 2015.

*Quiet Your Mind and Get to Sleep: Solutions to Insomnia for Those with Depression, Anxiety or Chronic Pain.* Colleen Carney and Rachel Manber, 2009.

*The Shyness & Social Anxiety Workbook.* Martin M. Antony and Richard P. Swinson, 2017.

*When Perfect Isn't Good Enough, Second Edition.* Martin M. Antony and Richard P. Swinson, 2009.

*The Worry Workbook: CBT Skills to Overcome Worry and Anxiety by Facing the Fear of Uncertainty.* Melisa Robichaud and Kristen Buhr, 2018.

## Therapist-Guided CBT

### Find a Certified Therapist

Search for a certified CBT therapist near you on the Canadian Association of Cognitive and Behavioural Therapies (CACBT) website.

[cacbt.ca/en/certification/find-a-certified-therapist](https://cacbt.ca/en/certification/find-a-certified-therapist)

### Ontario Structured Psychotherapy Program

Access OHIP covered CBT and related approaches for patients 18+ with mild to moderate anxiety and depression.

[ontariohealth.ca/about-us/our-programs/clinical-quality-programs/mental-health-addictions/programs-resources](https://ontariohealth.ca/about-us/our-programs/clinical-quality-programs/mental-health-addictions/programs-resources)

## Internet-Based CBT (iCBT)\*

### MindBeacon

Mental health support, based on CBT, for adults aged 16+ who are dealing with stress, anxiety, depression and more.

[mindbeacon.com](https://mindbeacon.com)

### AbilitiCBT

An iCBT program from Morneau Shepell. Move through 10 structured online modules, at your own pace, while your therapist monitors your progress.

[myicbt.com](https://myicbt.com)

\*In Ontario, iCBT can be accessed for free through the Ontario Structured Psychotherapy Program.