

Written by two clinical psychologists, this straightforward book is intended primarily for sufferers and their families and friends. It offers information about the nature, symptoms, and causes of OCD, as well as practical advice including psychological and drug treatments currently available. This third edition has been updated to include a chapter on the disorder in children.

**Availability for loan:**  
CD480 D38 2004 Health Information & Wellness Centre, both locations

## COMMUNITY RESOURCES

### Canadian Mental Health Assoc. Peel

2 County Court Boulevard, Ste 102  
Brampton, ON L6W 3W8  
Tel: 905-451-2123  
Email: [info@cmhapeel.ca](mailto:info@cmhapeel.ca)  
<http://www.cmhapeel.ca>

### Canadian Mental Health Assoc. Toronto

700 Lawrence Avenue West, Ste 480  
Toronto, ON M6A 3B4  
Tel: 905-789-7957  
Email: [cmha.toronto@sympatico.ca](mailto:cmha.toronto@sympatico.ca)  
<http://www.toronto.cmha.ca>

### Mental Health Service Information Ontario

Provides information about mental health services and supports in Ontario  
Tel: 1-866-531-2600

### Freedom from Fear

Information & Outreach Services  
Tel: 416-761-6006

### Trillium Health Centre Central Intake Mental Health Services

Tel: 416-521-4006

### Child & Adolescent Mental Health

Tel: 905-451-4655

## CONTACT

### Health Information & Wellness Centres

#### Trillium Health Centre - Mississauga

100 Queensway West  
Mississauga L5B 1B8  
(905) 848-7511

#### Trillium Health Centre - West Toronto

150 Sherway Drive  
Toronto M9C 1A5  
(416) 521-4187

Email: [hiwc@thc.on.ca](mailto:hiwc@thc.on.ca)  
<http://www.trilliumhealthcentre.org/health>

#### Mississauga Library System

(905) 615-3500 (for book locations)  
<http://www.mississauga.ca/portal/residents/library>

#### Toronto Public Library

(416) 393-7131 (for book locations)  
<http://www.torontopubliclibrary.ca>

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This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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HEALTH INFORMATION  
AND WELLNESS CENTRE

HEALTHFINDER

# Anxiety Disorders



## INTERNET SITES

### **CANMAT – Canadian Network for Mood and Anxiety Treatments**

<http://www.canmat.org>

This website is aimed primarily at health care professionals but also answers many questions you may have about anxiety conditions. Included are panic disorders, phobias, obsessive compulsive disorder, and others. Information is provided on symptoms, diagnosis, and treatment options. Click on the tab Help & Resources on the top toolbar to access this.

### **Canadian Mental Health Association, Ontario Branch**

<http://www.ontario.cmha.ca>

This is the Ontario site of the umbrella organization for mental health issues in Canada. Details can be found about the 33 branches throughout Ontario, which provide a wide variety of services and programs to meet local needs. The site provides comprehensive information about mental illnesses including anxiety disorders, plus references to local services and supports.

### **Anxiety Disorders Association of Ontario**

<http://www.anxietydisordersontario.ca>

This organization promotes public and professional awareness of anxiety conditions, and provides support for those affected. Available at the site are descriptions of the various types of disorders, along with lists of resources where help can be obtained. There is also information on various workshops offered by the ADAO.

### **National Institute of Mental Health**

<http://www.nimh.nih.gov/health/topics/index.shtml>

This US site contains extensive research information about all types of mental illness. Click on the link 'Anxiety Disorders' to find full description and treatment options for each of the major types of anxiety conditions.

### **Anxiety Disorders Association of America**

<http://www.adaa.org>

The ADAA promotes the early diagnosis, treatment and cure of anxiety disorders, and is committed to improving the lives of the people who suffer from them. It provides extensive information on anxiety disorders and also has a list of support groups in the U.S. and several other countries including Canada.

## BOOKS

*Coping with Anxiety and Phobias* A special report from Harvard Medical School. Boston, MA: Harvard Health Publications, 2002

This report delivers practical advice and current research findings in clear, easy-to-understand language. Topics covered include causes, diagnosis, treatment, and medications for the major types of anxiety disorders.

#### **Availability for loan:**

CD420 H27 2002 Health Information & Wellness Centre, both locations.

*The Anxiety Cure: an Eight-Step Program for Getting Well* by Robert L. DuPont, Elizabeth DuPont Spencer, and Caroline M. DuPont. Hoboken, NJ: John Wiley, 2003

Written in a straightforward manner by two psychiatrists and a social worker, this book offers step-by-step methods for dealing with the six main types of anxiety, along with treatment prescriptions and easy relaxation techniques

Included is advice for family and friends who offer support, an updated section on the latest medications, and strategies for anxious people with alcohol or drug problems.

#### **Availability for loan:**

CD 420 D87 2003 Health Information & Wellness Centre, both locations  
616.85223 DUP Mississauga Library System  
616.85223 DUP Toronto Public Library System

*10 Simple Solutions to Panic* by Martin M. Antony and Randi E. McCabe. Oakland, CA: New Harbinger Publications, 2004

This is a concise, easy-to-read manual fully grounded in scientifically-based clinical practice. It describes ten simple and effective techniques that allow sufferers to monitor episodes of panic and discover safe and comfortable ways to face fearful situations.

#### **Availability for loan:**

CD 420 A68 2004 Health Information & Wellness Centre, both locations

*Panic Disorder: the facts* 2<sup>nd</sup> ed. by Stanley Rachman and Padmal de Silva. Oxford: Oxford University Press, 2004

This book clearly explains the causes and symptoms of panic disorder, and provides up-to-date information on effective treatments available.

#### **Availability for loan:**

CD420 R22 2004 Health Information & Wellness Centre, both locations  
616.85223 RAC Mississauga Library System  
616.85223 RAC Toronto Library System.

*Obsessive-compulsive disorder: the facts* 3<sup>rd</sup> ed. by Padmal de Silva and Stanley Rachman. Oxford: OUP, 2004