

Mr. Worry: a Story About OCD by Holly L. Niner.
Morton Grove, Ill: Albert Whitman, 2004

This is a beautifully illustrated story for children about a young boy dealing with obsessive-compulsive disorder, and how he regains control of his compulsions.

Availability for loan:

CD 480 N46 JUV 2004 Health Information & Wellness Centre, both locations
X NINER Mississauga Library System
APIC NIN Toronto Public Library System

COMMUNITY RESOURCES

Canadian Mental Health Assoc. Ontario

180 Dundas Street West, Ste 2301
Toronto ON M5G 1Z8
Tel: 416-977-5580 OR 1-800-875-6213
Email: info@ontario.cmha.ca

Centre for Addiction and Mental Health

Central Access Phone Line
(for all services)
Tel: 416-595-6111 OR 1-800-463-6273

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
<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>

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. 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.

Centre for Addiction and Mental Health

<http://www.camh.net>

This Canadian organization deals with all aspects of mental health and addiction and is a good starting place for research. It provides direct care to those with mental illness and addiction problems, in addition to being a research and training facility. Click on the link About Mental Health & Addictions in the left-hand column for more information on anxiety disorders and treatment.

Anxiety Disorders Association of Ontario

<http://www.anxietydisorderontario.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 website 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, 2008

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 2008 Health Information & Wellness Centre, both locations.

The Anti-Anxiety Workbook by Martin M. Antony & Peter J. Norton. New York: Guilford Press, 2009

The program presented in this book is grounded in cognitive-behavioural therapy, a proven treatment for anxiety. It helps identify triggers, change behaviours that worsen symptoms, and develop a safe plan for confronting feared situations. There is also information on medications, herbal remedies, and meditation techniques.

Availability for loan:

CD 420 A69 2009 Health Information & Wellness Centre, both locations

Panic Disorder: the facts 2nd 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 3rd ed. by Padmal de Silva and Stanley Rachman. Oxford: OUP, 2004

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.

Availability for loan:

CD480 D38 2004 Health Information & Wellness Centre, both locations