

ANXIETY AND MOOD RELATED RESOURCES

COMMUNITY MENTAL HEALTH PROGRAMS

Freedom from Fear Foundation

Provides information and outreach services for people suffering from phobias, panic attacks and anxiety disorder.

Referral process: Self-referral

Contact: 416-761-6006

www.cwhn.ca/en/node/14957

Mood Disorders Association

Family and Peer support and recovery programs for people living with depression, anxiety and bipolar disorder.

Referral process: Self-referral

Contact: 1-888-486-8236

www.mooddisorders.ca

Mood Disorder Peer Support Group of Kingston

A group for individuals dealing with a mood disorder such as depression, bipolar disorder and related anxiety disorder, PTSD etc.

Email: frc@amhs-kfla.ca

Contact: 613-544-1356

Peterborough Mood Disorder Support Group

Contact: 748-6711 ex.2095

Email: ptbomooddisorders@gmail.com

Reconnect Community Health Services (FAME)

Support for families who have a member with any mental illness. Individual or group support available.

Referral Process: Self-referral

Contact: 416-248-2050 (main office Toronto)

Email: contact@reconnect.on.ca

www.reconnect.on.ca/fame-family-and-caregiver-support-services

The Family Enhancement Center

Individual Counselling, Marriage Counselling, Video Counselling, Anger Management, Play Therapy (Kids), Psychoeducational Assessments

Contact: 1-833-275-8332

www.tfec.ca

SELF HELP RESOURCES

AnxietyBC - <https://www.anxietycanada.com>

Center for clinical Interventions-

<https://www.cci.health.wa.gov.au/>

Get out of Your Mind and Into Your Life

By: Steven C Hayes

Hardworking Happiness

By: Rick Hanson

Headspace App - www.headspace.com/

Here to Help (BC)- <http://heretohelp.bc.ca/>

Kaiser Permanente -

<https://healthy.kaiserpermanente.org/front-door>

Living Beautifully with Uncertainty and Change

By: Pema Chodron

Mood Gym - <https://moodgym.com.au>

The Mindfulness and acceptance workbook for anxiety: A guide to breaking free from anxiety, Phobias and Worry Using

Acceptance and Commitment Therapy

By: Georg H Eifert and John P. Forsyth

The Anxiety and Phobia Workbook

By: Edmund Bourne

When Panic Attacks

By: David Burns

Important Note: The purpose of this document is for information and self management only, not to be substitute for professional help. The information is not all encompassing and is intended for people experiencing mild symptoms. Some material should be guided by a trained mental health professional. To be used at the discretion of the provider.