

Anxiety Resources:

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1) Youth in BC Distress phone or chat Line
Phone: 604-872-3311
Chat line: <http://youthinbc.com/>

This 24-hour distress phone line and chat-line (Noon to 1 AM in BC and Yukon) is staffed by counsellors and trained volunteers. While they will assist a youth in crisis for reasons outside anxiety, they are an important resource to inform adolescents about should they find that their anxiety is unmanageable at some point when they do not have access to a person who can help them. Examples may include having an anxiety attack, or feeling overwhelmed with depressive thoughts -which could be related to anxiety.

2) North Vancouver Anxiety Clinic
Suite #330 - 145 Chadwick Court

North Vancouver, BC
V7M 3K1
Telephone: 604.985.3939
Toll Free: 1.866.985.3535
http://www.nssac.ca/services_teen.html

3) Vancouver CBT Centre
Suite 302 - 1765 West 8th Ave
Vancouver, British Columbia
V6J 5C6
Telephone: 604-738-7337
info@vancouvercvt.ca

5) BC Children's Hospital

a. Mental Health clinics:
Mood & Anxiety Disorder Clinic (6 to 18 years) Obsessive-Compulsive Disorder (OCD) Clinic (6 to 18 years) Provincial Youth Concurrent Disorders Program (12 to 24 years) Mental Health Building
4500 Oak Street,
Vancouver, BC V6H 3N1
Tel. 604-875-2345, or toll-free (in BC only) 1-888-300-3088

Outpatient assessment and treatment is available when community resources have been tried but not succeeded and with a referral from a physician.

b. The Kelty Mental Health web pages are linked to the BCCH site and provide information including a pdf. list of mental health resources in BC:

http://keltymentalhealth.ca/sites/default/files/anxiety_for_youth_qrs_january2014.pdf

6) Anxiety BC. <http://youth.anxietybc.com/anxiety-101>

The Anxiety BC web pages provide information and resources for fostering awareness of anxiety disorders and the resources that are available for assessing and treating anxiety disorders. The pages for “youth” and “young adults” are presented through a colourful “bedroom” linking page that allows the teen to click on areas of the bedroom to access information and assessments or strategies relevant to them: such as getting over fears, information and tips for using CBT, actual CBT “Thinking Right” practice activities, and a page with various mindfulness exercises provided on audio. Some tools: such as the “test anxiety visualization” script can also be used by a counsellor to facilitate learning coping strategies in a counselling session. This web page is easy to use with coloured easy to access links and creative interactive images and tabs for navigating through the information. It seems it would be an inviting and non-threatening page to use for youth wanting information about and strategies for managing their anxiety.

7) UBC Live Well Web Resource: <http://students.ubc.ca/livewell/topics/anxiety#manage>

This UBC web resource is a public site that connects UBC students to mental health resources through links to UBC counselling and the wellness centre and provides information on a variety of mental health issues students may face. The information includes: “anxiety basics, comparing stress and anxiety, managing anxiety, addressing the stigma of mental illness, help others and become health literate, wellness peer coaches for connecting with experienced students, UBC support professionals, and other related resources”. They also link a valuable self help tool developed by UBC called “Walk along” which provides self assessment tools and a variety of self-help exercises for managing stress and feelings of anxiety. UBC is not unique in its offering of on line tools for managing anxiety.

8) Anxiety Disorders Association of Canada. Student Zone. (2007). Retrieved from

<http://www.anxietycanada.ca/english/index.php>

The Anxiety Disorders Association of Canada is a not for profit agency that provides on line information and resources for preventing, treating, and managing anxiety disorders for people of all ages. Information includes: types of anxiety disorders; the prevalence of anxiety disorders in Canada in a year (12%), the symptoms of and treatments for anxiety, and provincial organizations for referral and resources. The treatment section names pharmacological (antidepressants) and psychological methods for treating anxiety. Group and/or individual Cognitive Behavioural therapy is forwarded as the most commonly employed psychological treatment. The “student Zone” section is geared toward older adolescents of post-secondary school age and provides age relevant information and resources pages with self-assessment tools (anxiety questionnaires in pdf.) and links for resource agencies through out Canada. The Q&A page both normalizes anxiety as a ‘reaction’ to everyday stressors and novel situations and highlights the ‘disordered’ kinds of anxiety that impede daily functioning through impacting relationships, work or school success, and general wellbeing. A “stress busters” page provides a list of ideas for coping with anxiety.

9) Centre for Clinical Interventions. Government of Western Australia Department of Health. (2008). What? Me Worry!?! Retrieved from

http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=46

This web resource for individuals suffering from Generalized anxiety disorder provides an “infopax” in pdf format (updated in 2010) that can be downloaded and read as well as worked through with CBT exercises and relaxation techniques which assist with understanding and managing generalized anxiety.

10) Mindshift mobile Application by Anxiety BC and BC Mental Health & Substance Use Services

This mobile App for anxiety is offered for free on iTunes as well as through Anxiety BC. It is a teen friendly interactive program that can allow the user to learn and use relaxation techniques, shift their unhelpful thinking, and learn coping strategies for managing feelings of anxiety related to test taking, perfectionism, social anxiety, performance anxiety, worry, panic, and conflict. I loaded this toll on my phone and found the print very small but overall extremely user friendly and motivating. I was easily carried into the interactive activities and decided to try to the awareness and affirming cognitions tools offered for perfectionists. I also tried the calm breathing activity with both the male and female narrator (I preferred the male’s voice which seemed gentler). I think this breathing exercise could be a useful tool for university students and I imagine them sitting in a quiet section of a UBC library with ear buds in their ears and phone in hand. I will be recommending this tool for students I know well who are reporting mild symptoms of anxiety or worries coming up to final exams.