

Self Help Resources – Useful sites & Information

Anxiety (including social anxiety, panic & OCD)

Have you looked at our list of **Workbooks & Online Courses** and **Apps**?

AnxietyBC youth is designed for young people to provide information on understanding anxiety, as well as resources and tools for helping to manage anxiety.

www.youth.anxietybc.com

Obsessive-Compulsive Disorder – A factsheet by the Royal College of Psychiatrists, including information on how to help yourself and places to get help.

www.rcpsych.ac.uk/healthinformation/problemsanddisorders/obsessivecompulsivedisorder.aspx

OCD-UK is run by, and for, people who are affected by obsessive-compulsive disorder. Its website has information on different types of OCD, treatments and a list of OCD support groups. It also operates an advice line.

www.ocduk.org

No Panic helps people who suffer from panic attacks, phobias, obsessive compulsive disorder and other related anxiety disorders. It specialises in self-help recovery, providing people with the skills they need to manage their condition and work towards recovery.

www.nopanic.org.uk

5 Ways to Deal with Social Anxiety on Your Own – A YouTube video.

www.youtube.com/watch?v=dhYF3AqVhgU

Grounding Exercise – A YouTube video of a simple grounding exercise for managing anxiety.

www.youtube.com/watch?v=1ao4xdDK9iE

Calm Down and Release the Amygdala – A YouTube video on how to reduce anxiety and calm down the fight-flight-freeze response.

www.youtube.com/watch?v=Zs559quIGDo

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