



Anxiety Resources

Access Anxiety resource information by clicking on the blue links/words. The sites and forms you are trying to access should appear instantly.

THERAPY REFERRALS

[Local Therapists](#)

[Therapy Contact Spreadsheet](#)

MEDITATION RESOURCE

<https://www.tenpercent.com/how-to-meditate?rq=health>

GUIDELINES

Practical Guidelines for the Treatment of Patients with Panic Disorder

https://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/panicdisorder.pdf

LITERATURE

Canadian Anxiety Disorders Guidelines Initiative: Clinical practice guidelines for the management of anxiety, posttraumatic stress and obsessive-compulsive disorders

<https://bmcpsy psychiatry.biomedcentral.com/articles/10.1186/1471-244X-14-S1-S1#Tab24>

Generalised anxiety disorder and panic disorder in adults: management

<https://www.nice.org.uk/guidance/cg113>