

# Panic and Agoraphobia Resources and Supports

## DID YOU KNOW?

- Panic Disorder often begins during teenage and early adulthood.
- A typical panic attack lasts for several hours, but can even last up to an hour
- Having panic attacks does not mean you have a panic disorder
- Agoraphobia is when people start to avoid situations because of the fear of having a panic attack
- At the core of panic disorder is a fear of the physical symptoms associated with anxiety. Cognitive Behaviour Therapy (CBT) teaches you that these symptoms are normal, safe, and will go away on their own and that trying to escape or avoid them makes them worse



### Websites & Online Resources

**Anxiety and Depression Association of America**  
[www.adaa.org/understanding-anxiety/panic-disorder-agoraphobia](http://www.adaa.org/understanding-anxiety/panic-disorder-agoraphobia)

**Anxiety Canada: Agoraphobia and Panic Disorder**  
[www.anxietycanada.com/free-downloadable-pdf-resources/](http://www.anxietycanada.com/free-downloadable-pdf-resources/)

**ConnexOntario**  
[www.connexontario.ca](http://www.connexontario.ca)  
\*For resources/programs in Ontario

**Dr. Martin Antony, Clinical Psychologist**  
[www.martinantony.com/workshops](http://www.martinantony.com/workshops)

**MindBeacon** (free online CBT)  
[www.info.mindbeacon.com/btn542](http://www.info.mindbeacon.com/btn542)

**Self-Help Strategies: Webinars**  
[www.adaa.org/learn-from-us/from-the-experts/webinars](http://www.adaa.org/learn-from-us/from-the-experts/webinars)

**Stop Worrying: Noise In Your Head (\$\$)**  
[www.noiseinyourhead.ocm](http://www.noiseinyourhead.ocm)

### Web/Phone Apps



**CBT-I Coach for Insomnia**  
[www.ptsd.va.gov/appvid/mobile/cbticoach\\_app\\_public.asp#](http://www.ptsd.va.gov/appvid/mobile/cbticoach_app_public.asp#)

**MindShift** (iOS, Android)  
[www.anxietybc.com/resources/mindshift-app](http://www.anxietybc.com/resources/mindshift-app)

**PanicShield** (iOS, Android)  
[www.panicshield.org](http://www.panicshield.org)

**Stop Panic and Anxiety Self-Help** (Android)  
[www.play.google.com/store/apps/details?is=com.excelatlife.panic&hl-en](http://www.play.google.com/store/apps/details?is=com.excelatlife.panic&hl-en)

### Crisis Lines

#### **Distress Centre**

416-408-4357

Text: 45645

#### **Gerstein Crisis Centre**

416-929-5200

#### **Mental Health Helpline**

1-866-531-2600

#### **Ontario Drug & Alcohol Helpline**

1-800-565-8603

#### **Rape Crisis Centre**

416-597-8808

#### **Seniors Helpline**

416-217-2077





## **Books** **(Self-Help/Workbooks)**

**10 Simple Solutions to Panic: How to Overcome Panic Attacks, Calm Physical Symptoms, and Reclaim Your Life** / Antony, M.M (2004)

**Facing Your Feelings: Overcoming Distress Intolerance**

[www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Tolerating-Distress](http://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Tolerating-Distress)

**Panic Stations: Coping With Panic Attacks**

[www.cci.health.gov.au/Resources/Looking-After-Yourself/Panic](http://www.cci.health.gov.au/Resources/Looking-After-Yourself/Panic)

**The Anti-Anxiety Workbook: Proven Strategies to Overcome Worry, Panic, Phobias and Obsessions** / Antony, M.M., Norton, P.J (2008)

**The Dialectical Behaviour Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms** / Chapman, A. (2011)

**The Mindful Way Through Anxiety: Breaking Free from Chronic Worry and Stress**

[www.mindfulwayanxiety.com](http://www.mindfulwayanxiety.com)

**Worry Less, Live More: The Mindful Way Through Anxiety Workbook** /

Orsillo, S.M., Roemer, L. (2011)

[www.mindfulwaythroughanxiety.com](http://www.mindfulwaythroughanxiety.com)

## **Mindfulness-Based Group Programs**

**Humber River Hospital**

416-242-1000 ext. 43000

\*doctor's referral required

**North York General Hospital**

416-483-3778

\*doctor's referral required

**The Centre for Mindfulness Studies (\$)**

[www.mindfulnessstudies.com](http://www.mindfulnessstudies.com)

647-524-6216

**The Mindful Mood Centre**

[www.mindfulmood.com](http://www.mindfulmood.com)

416-686-2138

**University Health Network**

Toronto Western: 416-603-5738

UHN: 416-340-4452



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.