

Social Anxiety Disorder Resources and Supports

DID YOU KNOW?

- Although many people are shy and experience some anxiety in performance or social situations, people with social anxiety disorder have anxiety that interferes with their lives (e.g., work, school, relationships)
- Because of their fear, people with social anxiety disorder tend to pay more attention to, and remember more accurately, negative or critical faces
- Social anxiety is best treated with Cognitive Behavioral Therapy, which includes gradual exposure to feared situation



Websites & Online Resources

Anxiety and Depression Association of America
www.adaa.org/understanding-anxiety/social-anxiety-disorder

Anxiety Recovery Toronto
anxietyrecovery.ca

ConnexOntario
www.connexontario.ca

*For resources/programs in Ontario

Mood Disorders Association of Ontario
www.mooddisorders.ca
www.acuityscheduling.com (to schedule appointment)

Mood Disorders Society of Canada
www.mdsc.ca

MindBeacon (free online CBT)
www.info.mindbeacon.com/btn542

Self-Help Strategies for Social Anxiety
www.anxietycanada.com/sites/default/files/adult_hmsocial.pdf

Web/Phone Apps

Joyable (iOS, Android)
www.joyable.com

MindShift (iOS, Android)
www.anxietybc.com/resources/mindshift-app

MoodKit and Moodnotes (\$) (iOS only)
www.thriveport.com

Sanvello (iOS, Android)
www.sanvello.com

Self-Help Anxiety Management (iOS, Android)
www.sam-app.org.uk

What's Up (iOS, Android)
www.whatsupapp.co.uk

Youper (iOS, Android)
www.youper.co



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)**

Assert Yourself: Improve Your Assertiveness

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Assertiveness

Improving Your Self-Esteem: Overcoming Low Self-Esteem

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Self-Esteem

Perfectionism in Perspective: Overcoming Perfectionism

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Perfectionism

Self-Help Strategies for Social Anxiety

www.anixeycanada.com/free-downloadable-pdf-resources/

Shy No Longer: Coping With Social Anxiety

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Social-Anxiety

The Mindful Path Through Shyness / Flowers, S. (2009)

What? Me Worry? Mastering Your Worries

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Generalised-Anxiety-and-Worry

10 Simple Solutions to Shyness: How to Overcome Shyness, Social Anxiety & Fear of Public Speaking / Antony, M.M (2004)

www.martinantony.com/publications/10-simple-solutions-to-shyness-how-to-overcome-shyness-social-anxiety-fear-of-public-speaking

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.