



**Resources. Results. Relief.**

## Anxiety in Adults

**Over 400,000 British Columbians are currently coping with at least one Anxiety Disorder.**



**Social Anxiety Disorder**

**Generalized Anxiety Disorder**

**Obsessive-Compulsive Disorder**

**Panic Disorder & Agoraphobia**

**Post-Traumatic Stress Disorder**

**Specific Phobias**

### **Facts about Anxiety:**

- Anxiety disorders are the most common type of mental health problem.
- 1 in 4 people will be affected by anxiety during their lifetime.
- Anxiety Disorders are characterized by excessive fear, anxiety, and distress.
- Anxiety Disorders can interfere with daily life by impacting work, school, family and relationships

AnxietyBC® provides a rich resource for cognitive behavior therapy (CBT) based anxiety treatment. Our mission is to increase awareness about anxiety, promote education and improve access to programs that work.

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

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**A comprehensive resource for cognitive behavioral therapy (CBT) based anxiety treatment.**

## Self-Help for Adults

**What is Anxiety?**

**Self-Help Home Toolkit**

**Generalized Anxiety Disorder**

**Social Anxiety Disorder**

**Specific Phobias**

**Post-traumatic Stress Disorder**

**Obsessive-Compulsive Disorder**

**Panic Disorder & Agoraphobia**



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**Contact Us:**

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