Anxiety Disorder

CMHA Pamphlet

1. Define Anxiety Disorder according to the CMHA Pamphlet.

- 2. Anxiety disorders are mental illnesses. Describe each of the following forms of Anxiety Disorder.
 - a. Phobias
 - b. Panic Attacks
 - c. Agrophobia
 - d. Social Anxiety Disorder
 - e. Generalized Anxiety Disorder (GAD)
 - f. Obsessive-Compulsive Disorder (OCD)
 - g. Post-Traumatic Stress Disorder (PTSD)

- 3. Who is affected by Anxiety Disorders?
- 4. What "triggers" Anxiety Disorders?
- 5. What should you do if you suspect you have an Anxiety Disorder?
- 6. Treatment involves a combination of the following strategies.
- a. **Counselling –** Describe what is involved in cognitive-behavioural therapy (CBT)
- b. **Medication-** What type of medications have proven helpful.
- c. **Support Groups –** What are the two types?
- d. Self-help Strategies-List three strategies that have proven helpful
- 7. Helping A Loved One

List three tips that are useful when helping a loved one experiencing anxiety disorder.