

A Guide to Finding Self-Help Resources for Depression and Anxiety



Toronto Western
Family Health Team

*Garrison Creek
Bathurst*

Talking to your health care provider about your mental health concerns is an important step towards feeling better. They can support you, provide help and guide your progress.

Read this handout if your next step is to learn about self-help resources for depression and anxiety. If you have questions or need support, please speak to your health care provider.

Over-the-phone therapy

BounceBack®

Website: <https://bouncebackontario.ca>

Toll-Free: 1 866 345 0224

- phone coaching sessions to learn Cognitive Behavioural Therapy skills to manage worry and anxiety
- ages 15 and older



Patient Education



UHN

Toronto General
Toronto Western
Princess Margaret
Toronto Rehab
Michener Institute

Websites

Anxiety Canada

Website: www.anxietycanada.com

- information to help people practice ways to manage anxiety on their own, at their own pace

Big White Wall®

Website: www.bigwhitewall.com

- anonymous online peer support moderated by mental health professionals
- self-guided courses, self-improvement tools and resources

CALM (Computer Assisted Learning for the Mind)

Website: www.calm.auckland.ac.nz

- interactive program for managing stress, anxiety and depression

CIMHS (Centre for Interactive Mental Health Solutions)

Website: www.cimhs.com

- free online therapy program for depression
- teaches Cognitive Behavioural Therapy skills to improve mood and overcome depression

Get Self Help

Website: www.getselfhelp.co.uk

- cognitive behavioural therapy information, resources and worksheets

Living Life to the Full

Website: www.livinglifetothefull.ca

- life skills course using cognitive behavioural therapy approach

moodgym®

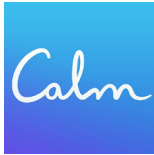
Website: www.moodgym.anu.edu.au

- web program designed to prevent depression
- interactive game, anxiety and depression assessments and more

Mobile Apps



10% Happier
Guided meditation.



Calm
Guided meditation.



Headspace
Guided meditation to help improve focus, exercise mindful awareness, relieve anxiety and reduce stress.



Insight Timer
Guided meditation.



MindShift™
Designed to help teens and young adults cope with anxiety.



Mood Tools Depression Aid
Designed to help combat depression.



Stop Panic and Anxiety
Panic assistance audio provides coaching to help learn to tolerate and control anxiety symptoms.



What's Up
Uses Cognitive Behavioural Therapy and Acceptance and Commitment Therapy techniques to help you cope with depression, anxiety, anger and stress.

Books

- **Mind over Mood** by D. Greenberger and C.A. Padesksy
- **The Anxiety and Phobia Workbook.** by E.J. Bourne
- **The Feeling Good Handbook** by D.D. Burns
- **The Mindful Way Workbook** by J. Teasdale, M. Williams, and Z. Segal
- **The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy** by J.P. Forsyth and G.H. Eifert
- **The Mindfulness and Acceptance Workbook for Depression: Using Acceptance and Commitment Therapy to Move Through Depression and Create a Life Worth Living** by K.D. Strosahl, P.J. Robinson, S.C. Hayes
- **The Shyness and Social Anxiety Workbook** by M. M. Antony and R.P. Swinson

Important: This is not a full list of resources, agencies and organizations. The University Health Network does not recommend one organization over another and is not responsible for the care and services provided. Some information may change. Please contact agencies or organizations directly to make sure the information is correct or to find out more about their services.

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