

## Help for anxiety disorders in the Montreal area

### Youth-Oriented:

- *Herzl Family Practice Center – Adolescent Clinic: 514-340-8242*
- *Montreal Children's Hospital: 514-412-4400 Ext. 23295*  
\*Referral needed (call your local CLSC first. Dial 811 to find your local CLSC)
- *Head and Hands: 514-481-0277*  
[www.headandhands.ca](http://www.headandhands.ca)
- *Kids Help Phone: 1-800-668-6868*  
[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

### General:

- *Emotional Health CBT Clinic: 514-485-7772*  
[www.cbtclinic.ca/treatment](http://www.cbtclinic.ca/treatment)
- *PsyMontreal: 514-337-2473 Ext. 0*  
<http://psymontreal.com/>
- *Tel-aide: 514-935-1101*  
[www.telaide.org](http://www.telaide.org)

## To Learn More

### Websites:

- <http://amiquebec.org/anxiety/>  
Resources for anxiety
- [www.helpguide.org/mental/anxiety\\_types\\_symptoms\\_treatment.htm](http://www.helpguide.org/mental/anxiety_types_symptoms_treatment.htm)  
Signs, symptoms, and treatment of anxiety disorders
- <http://www.nlm.nih.gov/health/publications/anxiety-disorders/>  
Types of anxiety disorders
- [www.apa.org/helpcenter/anxiety-treatment.aspx](http://www.apa.org/helpcenter/anxiety-treatment.aspx)  
Treating anxiety disorders

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AMI-Québec has many programs to help families and people suffering from mental illness. If you recognize yourself or someone you care about in this pamphlet, please contact us and we will direct you to an appropriate resource.

(514) 486-1448

[www.amiquebec.org](http://www.amiquebec.org)

[outreach@amiquebec.org](mailto:outreach@amiquebec.org)

 [facebook.com/AMIQUEbec](https://facebook.com/AMIQUEbec)

 [@AMIQUEbec](https://twitter.com/AMIQUEbec)

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# ANXIETY DISORDERS



## AMI-QUÉBEC Action on Mental Illness

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[www.amiquebec.org](http://www.amiquebec.org)

*"Deep breath in... deep breath out... in, out, in, out..."*

*Yasir has learned to control his anxiety disorder with breathing techniques and self-monitoring. He knows he's not like other people. Most people get nervous before an important exam, a big date, soccer tryouts... Maybe they'll have sweaty palms, butterflies in the stomach or a quick heartbeat. Those feelings of anxiousness are normal. What Yasir experiences differs dramatically from normal feelings of nervousness. His anxiety comes without warning and without good reason.*

*"..I can be sitting doing homework and I'll feel it happening. The shaking, and the breathing and the sweats, and the heart pounding and the pain in the chest - I feel like I'm having a heart attack or something. But I never do..."*

*Symptoms of anxiety disorders can make the simplest of life's routines unbearably uncomfortable. Fortunately, Yasir sought help. He had hopes that he could be treated and he was right.*

## **ANXIETY DISORDERS**

Anxiety disorders are the most common of emotional disorders. Unfortunately, many people with this disorder never seek help because they do not recognize that what they're feeling is a sign of illness or they fear the reactions of family and friends. Fortunately, these illnesses generally respond well to treatment and the majority of patients experience significant relief from their symptoms.

## **SYMPTOMS OF ANXIETY DISORDERS**

- Overwhelming feelings of panic and fear
- Problems sleeping
- Shortness of breath
- Heart palpitations
- Uncontrollable obsessive thoughts
- Nausea, sweating, muscle tension and other physiological reactions

## **TYPES OF ANXIETY DISORDERS**

**PANIC DISORDER** – sudden, repeated attacks of fear called panic attacks

- Pounding heart or chest pain
- Sweating, trembling, or shaking
- Dizziness or lightheadedness
- Fear of losing control or dying
- Feeling unreal or disconnected

**PHOBIAS** –an uncontrollable, irrational, and persistent fear of a specific object, situation or activity such as:

- **Social phobia** — excessive fear of being embarrassed in social situations. Most people experiencing this will actively avoid such situations or endure them with much anxiety.
- **Agoraphobia** — fear of experiencing a panic attack in any type of public situation. If left untreated, agoraphobia can become so severe that a person may refuse to leave his house.
- **Specific phobias** — strong, irrational fear reactions to certain places, situations, or things. For example, a fear of enclosed spaces, heights, or animals.

## **GENERALIZED ANXIETY DISORDER (GAD)**

A constant sense of unease and worry even when there is nothing to worry about.

People with GAD are likely to have other mental health problems such as depression, substance abuse or another anxiety disorder. **Warning signs include:**

- Inability to relax; easily tired and irritable
- Have difficulty concentrating
- Insomnia, fatigue, headaches
- Muscle tension, trembling

## **POST-TRAUMATIC STRESS DISORDER (PTSD)**

PTSD develops after a person has experienced or witnessed a major trauma.

Symptoms include:

- Reliving or re-experiencing the trauma
- Attempts to avoid thoughts, situations, or any reminders of the trauma
- Increased or constant state of anxiety

## **TREATMENT**

Most anxiety disorders respond very well to treatment. Usually a combination of medication and psychotherapy is most effective.

## **GETTING HELP**

If you or someone you know shows signs of anxiety then it is important to get help. ***The sooner an illness is treated, the better the outcome.*** It is important to **talk with an adult whom you trust**. You can also visit a family doctor or CLSC and explain what you are experiencing.