

ANXIETY SELF-HELP RESOURCES

ONLINE PROGRAMS

[Anxiety Canada Anxiety Management Program](#)

[WellTrack](#)

[Wellness Together Canada](#)

[BounceBack](#)

[AbilitiCBT](#)

PHONE APPS

[SAM](#)

[FearTools](#)

[MindShift](#)

[Sanvello](#)

[Rootd: Panic Attack Relief](#)

[What's Up?](#)

[Mood Mission](#)

[TalkLife: Mental Health Peer Support Network](#)

WORKBOOKS AND WORKSHEETS

[Managing Your Anxiety](#) (Free)

[Anxiety Information Sheets and Workbook](#) (Free)

[Anxiety Self Help](#) (Free)

[The Anxiety and Phobia Workbook](#)

[The Anxiety and Worry Workbook](#)

[The Cognitive Behavioral Workbook for Anxiety](#)

[The Mindfulness and Acceptance Workbook](#)

INFORMATION AND OTHER RESOURCES

[Anxiety Canada](#)

[Anxiety.org](#)

[Bridge the gapp](#)

[Wellness Together Canada](#)

[HelpGuide](#)

[Togetherall Online Community Support](#)