
RESOURCES FOR PATIENTS, THEIR FAMILY AND CAREGIVERS

Psychological Therapy**Independent cognitive behavioural therapy (book, online, and mobile app) for anxiety disorders and panic disorders**

- [Mind Over Mood](https://link.cep.health/benzohtml15): A cognitive behavioural therapy hard copy workbook that provides instruction for how to manage anxiety disorders, panic disorder and other mood problems. Cost is \$29.64 USD. <https://link.cep.health/benzohtml15>
- [BounceBack Ontario](https://link.cep.health/benzohtml16): Guided self-help program grounded in cognitive behavioural therapy designed to help adults manage symptoms of anxiety (and depression). Involves 6 telephone sessions with trained coaches who lead the patient through a series of workbooks. Cost is free. Patient is contacted within 5 business days of referral to schedule first appointment. Referral or patient self-referral is required. <https://link.cep.health/benzohtml16>
- [FearFighter — CCBT](https://link.cep.health/benzohtml17): A 9-week cognitive behavioural therapy for anxiety and panic disorders mobile app. Provided by Magellan Health Services Inc. Cost is free. <https://link.cep.health/benzohtml17>
- [Moodgym](https://link.cep.health/benzohtml18): A 5-session online cognitive behavioural therapy program for anxiety (and depression). Cost is \$39 AUD for 12 month access. <https://link.cep.health/benzohtml18>
- [Centre for Mindfulness Studies](https://link.cep.health/benzohtml39): Provides mindfulness-based cognitive therapy, mindfulness-based stressed reduction, mindful self-compassion and specialized mindfulness training to the general public, healthcare providers and social service professionals. <https://link.cep.health/benzohtml39>

For Insomnia

- [Sink into Sleep](https://link.cep.health/benzohtml19): A 6-step cognitive behavioural therapy hard copy workbook that provides instruction for how to manage insomnia. Cost is \$23.58 CAD. <https://link.cep.health/benzohtml19>
- [CBT-i Coach](https://link.cep.health/benzohtml20): Cognitive behavioural therapy for insomnia mobile app. Provided by the US Department of Veterans Affairs. Cost is free. <https://link.cep.health/benzohtml20>
- [Restore CBT-i](https://link.cep.health/benzohtml21): A 6-week cognitive behavioural therapy for insomnia mobile app. Provided by Magellan Health Services Inc. Cost is free. <https://link.cep.health/benzohtml21>
- [Go! To Sleep](https://link.cep.health/benzohtml22): A 6-week cognitive behavioural therapy for insomnia online and mobile app program. Provided by the Cleveland Clinic of Wellness. Cost is \$3.99 USD for app or \$40 USD for online. <https://link.cep.health/benzohtml22>
- [CBT for Insomnia](https://link.cep.health/benzohtml23): A 5-session online cognitive behavioural therapy program for insomnia. Cost ranges from \$24.95 USD to \$49.95 USD. <https://link.cep.health/benzohtml23>
- [Sleep Training System](https://link.cep.health/benzohtml24): A 6-week online cognitive behavioural therapy for insomnia program with money-back guarantee and personalized feedback. Cost is \$29.95 USD. <https://link.cep.health/benzohtml24>
- [Sleepio](https://link.cep.health/benzohtml25): Cognitive behavioural therapy for insomnia online and mobile app program. Cost is \$300 USD for a 12-month subscription. <https://link.cep.health/benzohtml25>

In-person cognitive behavioural therapy

- [Canadian Association of Cognitive and Behavioural Therapy — Find a certified therapist webpage](https://link.cep.health/benzohtml26): Online search tool to find a certified therapist who provides cognitive behavioural therapy in Canada. <https://link.cep.health/benzohtml26>

Other psychological therapy

- [Big White Wall](https://link.cep.health/benzohtml27): Online mental health and wellbeing service offering online peer support and self-management tool. This anonymous service is funded by the government, is available 24 hours a day and has no wait times. Cost is free. No referral needed; valid Ontario postal code required. <https://link.cep.health/benzohtml27>
- [Ontario Psychological Association — Find a psychologist search webpage](https://link.cep.health/benzohtml28): Online search tool to find a psychologist or psychological associate in Ontario. <https://link.cep.health/benzohtml28>
- [PsychologyToday—Find a therapist webpage](https://link.cep.health/benzohtml29): Online search tool to find a therapist. <https://link.cep.health/benzohtml29>

Progressive muscle relaxation for anxiety

- [Progressive muscle relaxation instructions](https://link.cep.health/benzohtml30): Free online/printable instructions for patients on how to conduct progressive muscle relaxation. <https://link.cep.health/benzohtml30>

Physical activity

- [Exercise prescription](https://link.cep.health/benzohtml31): Free online/printable patient take-home prescription for aerobic activity or strength training. <https://link.cep.health/benzohtml31>
- [Tips to get active](https://link.cep.health/benzohtml32): Free online/printable physical activity tips for older adults. <https://link.cep.health/benzohtml32>
- [Seniors Active Living Centres](https://link.cep.health/benzohtml33): Map of in-person Seniors Active Living Centres that offer social, cultural, learning and recreational programs for older adults (minimal membership fees). <https://link.cep.health/benzohtml33>
- [YMCA](https://link.cep.health/benzohtml34): List of in-person YMCA locations across Ontario (senior membership approximately \$50/month for individuals or \$77/month for couples). <https://link.cep.health/benzohtml34>

Good Sleep Hygiene, sleep Restrictions, Stimulus Control and Progressive Muscle Relaxation for Insomnia

- [Sleepwell](https://link.cep.health/benzohtml35): Free online supports for sleep, including sleep hygiene checklist, instructions for sleep restriction instructions, stimulus control and progressive muscle relaxation as well as sleep diaries and sleep calculators. <https://link.cep.health/benzohtml35>

Daily Diary

- [Sleep Diary](https://link.cep.health/benzohtml36): Free online/printable template for patients to use to keep track of their daily sleep patterns. <https://link.cep.health/benzohtml36>
- [Worry diary](https://link.cep.health/benzohtml37): Free online/printable template for patients to use to keep track of their panic symptoms. <https://link.cep.health/benzohtml37>

This Tool was developed as part of the Knowledge Translation in Primary Care Initiative, led by Centre for Effective Practice with collaboration from the Ontario College of Family Physicians and the Nurse Practitioners' Association of Ontario. Clinical leadership for the development of the tool was provided by Dr. Arun Radhakrishnan, MSc, MD, CM CCFP and was subject to external review by health care providers and other relevant stakeholders. This Tool was funded by the Government of Ontario as part of the Knowledge Translation in Primary Care Initiative.

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Family Physicians
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