

Online Self - Help Resources for Anxiety

Psychology Today [The Anxiety Files](#), by Dr. Robert Leahy Blog by Dr. Leahy, author of "The Worry Cure", discussing a variety of anxiety issues, and describing straight forward, powerful cognitive techniques for coping with anxiety and worry.

www.psychologytoday.com/blog/anxiety-files

[The Worry Cure & Seven Steps to Overcoming Worry](#)

Streaming audio of lectures by Dr. Leahy: on YouTube, search using "the worry cure Leahy".

<https://www.youtube.com/watch?v=EgqKNECATbc&list=PLvsP1TMBi0TYVbfFXppfg2xOyDiYtOqyZ>

[E-couch](#)

Free interactive website with information, exercises and strategies to treat anxiety and depression, using a cognitive-behavioral approach. www.ecouch.anu.edu.au/new_users/welcome01

[Overview of the Four Steps Method for OCD \(and other anxiety problems\)](#) Jeffery Schwartz, M.D., research psychiatrist at ULCA and "author of Brain Lock", outlines an effective self-help method of dealing with OCD and excessive worry. www.jeffreyschwartz.com/resources
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[Generalized Anxiety - self-help](#) Description of Generalized Anxiety Disorder symptoms and basic approaches to reducing anxiety. PsychCentral.com is a good general resource for mental health information. <http://psychcentral.com/disorders/generalized-anxiety-disorder-symptoms/>

[Anxiety Disorders Association of America](#) Information on the various types of anxiety disorders, how to find help, ways of coping with and reducing anxiety, as well as resources for professionals. Lots of very good videos. www.adaa.org

Other great websites:

[Social Anxiety Association](#) www.socialphobia.org

[Dr. Margaret Wehrenberg: A New Foundation for the Future](#) www.margaretwehrenberg.com/blog/

[OCD Center of Los Angeles](#) www.ocdla.com