**Dr Mo Zoha MRCPsych**

**Consultant Psychiatrist**

Appointments:

Tel: 0207 535 7763

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**Resources for Anxiety Disorders**

**Websites with useful / reliable information:**

* Royal College of Psychiatrists website:

[Anxiety, panic and phobias | Royal College of Psychiatrists (rcpsych.ac.uk)](https://www.rcpsych.ac.uk/mental-health/problems-disorders/anxiety-panic-and-phobias)

[Obsessive-compulsive disorder (OCD) | Royal College of Psychiatrists (rcpsych.ac.uk)](https://www.rcpsych.ac.uk/mental-health/problems-disorders/obsessive-compulsive-disorder)

[Post Traumatic Stress Disorder (PTSD) | Royal College of Psychiatrists (rcpsych.ac.uk)](https://www.rcpsych.ac.uk/mental-health/problems-disorders/post-traumatic-stress-disorder)

[Coping after a traumatic event | Royal College of Psychiatrists (rcpsych.ac.uk)](https://www.rcpsych.ac.uk/mental-health/problems-disorders/coping-after-a-traumatic-event)

* For helpful information on medication and side effects:

[DrZoha Home (choiceandmedication.org)](https://www.choiceandmedication.org/drzoha/)

* Website of the mental health charity MIND

[www.mind.org.uk](http://www.mind.org.uk)

**Free online resources for psychological treatments (CBT):**

[Living Life to the Full | helping you help yourself (llttf.com)](https://llttf.com/)

[Getselfhelp.co.uk CBT self help and therapy resources](https://www.getselfhelp.co.uk/index.html)