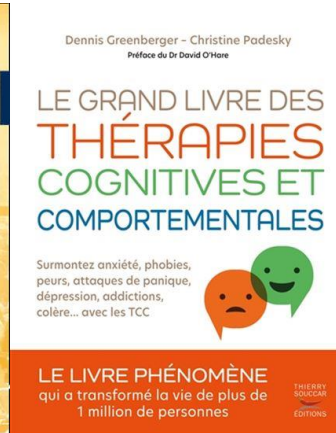
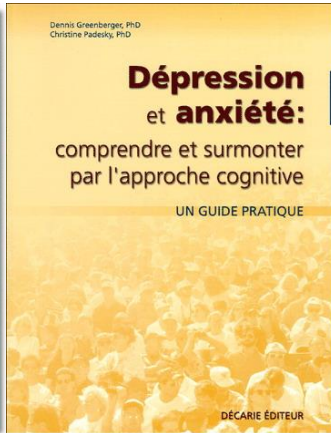
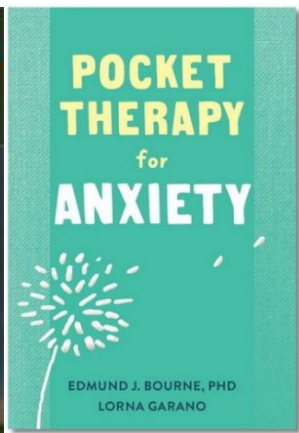
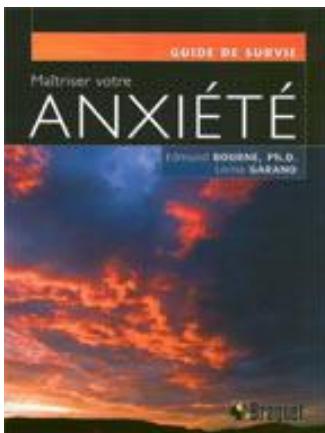
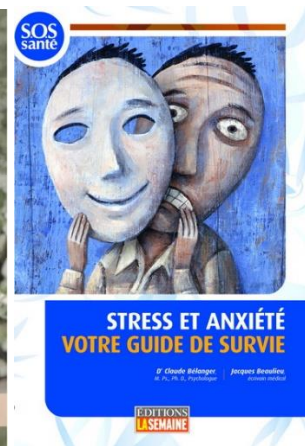
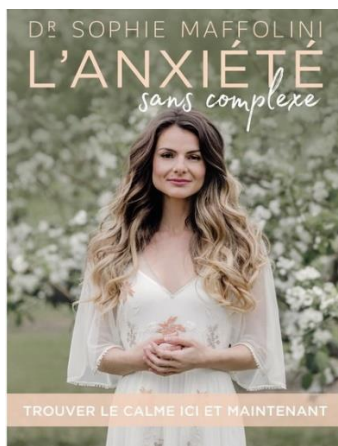
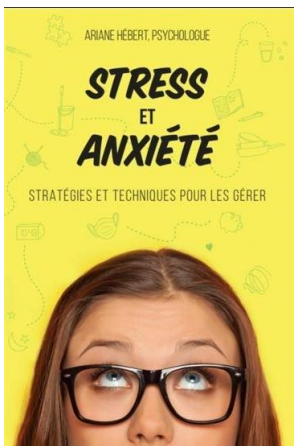
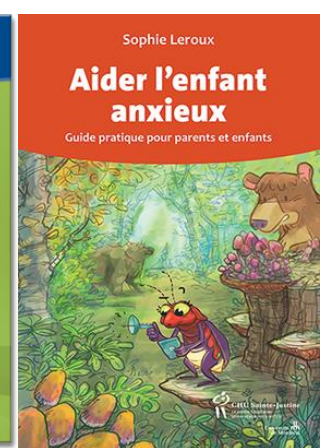
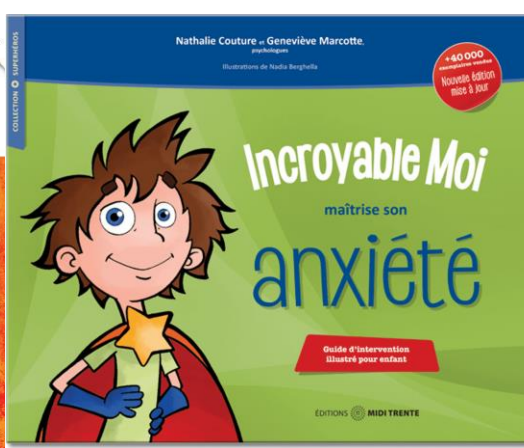
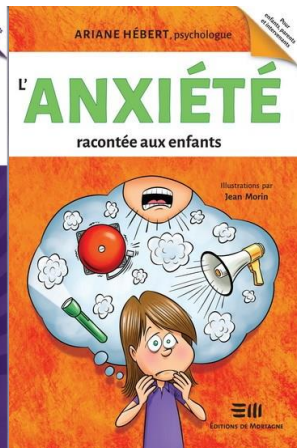
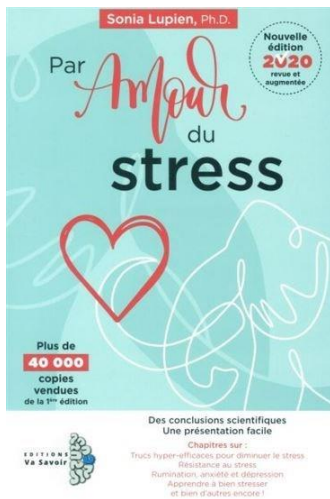


Anxiété, gestion du stress et troubles associés

Anxiety, stress management and related disorders





RESSOURCES EN LIGNE / ONLINE RESOURCES :

- Anxiety & Depression Association of America : www.adaa.org
- Association canadienne pour la santé mentale (B) : www.acsm.ca / www.cmha.ca
- CANMAT (canadian network for mood and anxiety treatments) : www.canmat.org
- Espace mieux-être Canada / Wellness Together Canada (B) : www.wellnesstogether.ca
- Phobies zero : www.phobies-zero.qc.ca
- Relief (B) : www.monrelief.ca

LIGNES D'ÉCOUTE ET RESSOURCES TÉLÉPHONIQUES / CRISIS LINES AND TELEPHONE RESOURCES :

- Ligne d'écoute pour trouble anxieux, Maison Le Ricochet (Collines) : 873-455-2938

APPLICATIONS MOBILES / MOBILE APPLICATIONS :

- i-S.M.A.R.T. (gestion du stress, journal su stress)
- PTSD Coach (Anciens combattants Canada, trouble de stress post-traumatique)
- Mindshift TCC (anxiété)