

## What Does ADAM Offer?

### Cognitive Behaviour Therapy (CBT) Programs

ADAM offers cognitive behaviour programs with a self help focus for Panic Disorder and Social Anxiety, and a general Overcoming Anxiety program is delivered through our regional offices.

The courses help sufferers understand anxiety and develop coping skills to overcome its debilitating effects, and our facilitators offer first-hand experience in conquering anxiety.

### Ongoing Support Groups

ADAM provides follow-up support groups for graduates of ADAM programs, individuals who have had CBT treatment in other facilities, and for others dealing with anxiety.

### How do you access the groups?

Many group members are self-referred. Please contact the ADAM office to find out more.

### Public Education and Referrals

Information Sessions are available to service providers, community agencies, schools and the general public. ADAM also provides information on anxiety disorders, self-help programs and referrals to other resources. There is no fee for this service.

1-800-805-8885 [www.adam.mb.ca](http://www.adam.mb.ca)

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# Anxiety? WE CAN HELP

## ADAM

Anxiety Disorders  
Association of Manitoba

Help is just a call or click away.  
1-800-805-8885 [www.adam.mb.ca](http://www.adam.mb.ca)

## Did You Know?

Anxiety disorders are one of the most common mental health problems. One in four people will experience an anxiety disorder in their lifetime.

Anxiety disorders can result in significant personal and societal costs, such as lost wages, decreased productivity, reduced quality of life, and frequent use of health care services.

## Causes of Anxiety Disorders

Research suggests that there is no single cause of anxiety disorders, but there are several theories:

- **Genetics.** A family history of anxiety or other mental health problems may increase the risk of having an anxiety disorder.
- **Learned behavior.** You may have learned anxious behaviour from your parents or other caregivers.
- **Research indicates that childhood stress can affect people into adulthood, which can lead to an anxiety disorder.**
- **An imbalance in brain chemistry may be a factor in developing an anxiety disorder.**
- **Acute or prolonged stress may trigger anxiety problems.**

Anxiety disorders are NOT caused by a weak personality nor a lack of desire to get better.

## Treatment of Anxiety Disorders

Treatments for anxiety disorders are highly effective. Cognitive behavioural therapy, medications, or a combined use of these approaches is very effective.

You can get better whether you know the cause of your anxiety or not. While you may be curious as to why you developed an anxiety disorder, it is not necessary to know the reason in order to recover.

Help is available. With treatment, support and active participation, individuals can significantly control their anxiety and improve their health.

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## Social Anxiety Disorder

Extreme anxiety about being negatively evaluated or scrutinized by others and/or being publicly embarrassed. "I'll die of embarrassment" or "What will they think of me if I do that?" dominate their thoughts. Sufferers may have:

- difficulty eating or writing in public
- difficulty maintaining eye contact
- blushing, sweating, dry mouth, racing heart in social interactions

Individuals often have unrealistic assumptions about their competence to interact with others in a social setting, and they might see themselves as 'losers', 'stupid,' or 'boring', when in fact they are very intelligent and capable. Self-confidence and self-esteem are typically low.

## Panic Disorder

Characterized by repeated panic attacks with at least some of the attacks occurring "out of the blue" and a persistent fear of future attacks. People suffering a panic attack believe they are in mortal danger, i.e. they are dying, having a heart attack, going crazy or losing control.

Symptoms may include:

- racing heart or palpitations
- tightness or pain in chest
- shortness of breath
- choking sensations
- dizziness or lightheadedness
- nausea or abdominal distress
- numbness or tingling in extremities
- trembling or shaking
- feelings of unreality or depersonalization
- hot flashes or chills

## Specific Phobias

Irrational fear of a specific object or situation that poses no real threat or danger. Common phobias: fear of heights, fear of flying and fear of animals. Sufferers may avoid the source of their fear at all costs, thus limiting their lives.

## Obsessive Compulsive Disorder

OCD is made up of obsessions and compulsions. Obsessions are unwanted and repetitive thoughts, urges, or images that don't go away. Compulsions are reactions meant to reduce anxiety caused by obsessions. Compulsions may be behaviours like washing, cleaning, or doing things in a certain order.

## Generalized Anxiety Disorder

Unrealistic and excessive worry for at least six months about several common life matters, such as finances, family or health, even when there are no signs of trouble. Although excessive worry is the predominant symptom, other symptoms include:

- irritability
- muscle tension
- stomach/bowel distress
- racing heart
- insomnia
- restlessness
- fatigue
- trembling/twitching

## Post-Traumatic Stress Disorder

PTSD involves exposure to serious trauma, such as death or the threat of death, serious injury, or sexual violence. It causes intrusive symptoms such as re-experiencing the traumatic event. Many people have vivid nightmares, flashbacks, or thoughts of the event that seem to come from nowhere. They often avoid things that remind them of the event—for example, someone who was hurt in a car crash might avoid driving.

## Donation Form

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All donations over \$10 will receive a tax receipt.  
You can also donate online at [www.adam.mb.ca](http://www.adam.mb.ca)

Please make cheques payable to A.D.A.M.  
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