

**ADDICTIONS FOUNDATION OF MANITOBA
AUDIOVISUAL RESOURCES**

SUBJECTS

ANXIETY

Anxious moments : breaking the routine : overcoming obsessive compulsive disorder (arvi)

Adult: 19 minutes

VHS; 2002

Les Productions Rivard

VTR/BF 575/.A6/B7/2002

This video describes what it is like to live with obsessive-compulsive disorder and describes treatment techniques available to people who have OCD.

Anxious moments : coming out of hiding : overcoming S.A.D. (arvi)

Adult: 19 minutes

VHS; 2002

Les Productions Rivard

VTR/BF 575/.A6/C6/2002

This video describes what it is like to live with social anxiety disorder (S.A.D.) It describes the symptoms of S.A.D. , some of the barriers that people feel when trying to seek help, and treatment techniques available to people who have S.A.D.

Anxious moments : facing the monster : overcoming specific phobia (arvi)

Adult: 17 minutes

VHS; 2002

Les Productions Rivard

VTR/BF 575/.A6/F3/2002

This video describes what it is like to live with phobias. It describes what people experience when they have specific phobias, some of the barriers that people feel when trying to seek help, and treatment techniques available.

Anxious moments : out from under the cloud : overcoming generalized anxiety disorder (arvk)

Adult: 17 minutes

VHS; 2002

Les Productions Rivard

VTR/BF 575/.A6/O8/2002

This video describes what it is like to live with anxiety. It describes what people experience when they have an anxiety disorder, some of the barriers that people feel when trying to seek help, and treatment techniques available to people.

Anxious moments : taking it in stride : overcoming post-traumatic stress disorder (arvm)

Adult: 16 minutes

VHS; 2002

Les Productions Rivard

VTR/RM 575/.A6/T3/2002

This video describes what it is like to live with post-traumatic stress disorder (PTSD). It describes what people experience when they have PTSD, some of the barriers that people feel when trying to seek help, and treatment techniques available.

Anxious moments : working through the fear : overcoming panic disorder (arvn)

Adult: 16 minutes

VHS; 2002

Les Productions Rivard

VTR/BF 575/.A6/W6/2002

This video describes what it is like to live with panic disorder. It describes what people experience when they have a panic disorder, some of the barriers that people feel when trying to seek help, and treatment techniques available.