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Anxiety Disorders

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The Anxiety Disorders Clinic is a superspecialized consultation, assessment and treatment service for people between the ages of 18 and 65 who suffer from one or multiple anxiety disorders:

- Panic disorder with or without agoraphobia
- Social phobia
- Generalized anxiety disorder
- Obsessive-compulsive disorder
- Post-traumatic stress disorder



Services provided

The clinic team provides short- to medium-term follow-up to stabilize patients and improve their quality of life.

- Psychiatric and psychological assessments
- Individual and/or group psychological therapy (group therapy offered in French and English for each anxiety disorder) using a cognitive-behavioural approach (CBT)
- Consultations to clarify a diagnosis or give an opinion on medication

Once patients are stabilized, they may be referred to the Out-patient Clinic of the Mood, Anxiety and Impulsivity-Related Disorders Program at the Douglas Institute so that they can build on their skills or return to the community under the supervision of a doctor or community organization.

Access to services

To be admitted to the clinic, patients must be referred by a doctor and have a main diagnosis of anxiety disorder. The referral must be sent to the [Evaluation Liaison Module](#) (MEL) at the Douglas Institute.

Contact us

Douglas Institute
Anxiety Disorders Clinic
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