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Attention News, Health, Youth, Family Editors

ANXIETY AWARENESS PROGRAM DESIGNED FOR STUDENTS LAUNCHES  
ACROSS CANADA

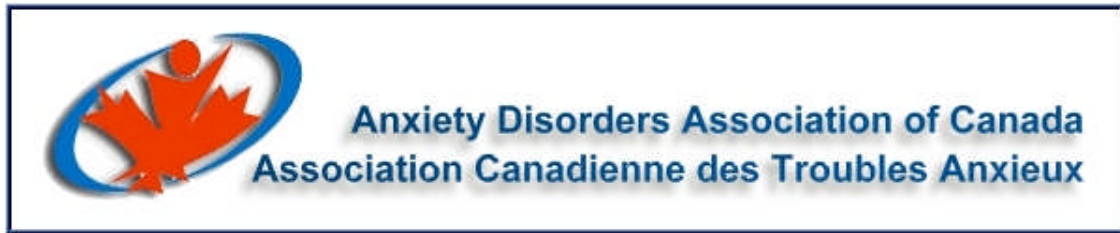
MONTREAL, October 7, 2008 THE ANXIETY DISORDERS ASSOCIATION OF CANADA (ADAC/ACTA) today announces it is launching *STUDENT ZONE* - Canada's first anxiety awareness program for university, college and cegep students . The bilingual program which includes a website: <http://www.anxietycanada.ca>, posters and brochures, is aimed at helping post secondary students identify and deal with anxiety disorders.

"We receive dozens of phone calls and emails from university and college students telling us they don't understand what's happening to them and they don't know where to turn to for help," said Sherry Holt M.Ed, President of ADAC/ACTA "Our program is going to offer students an online tool where they can access helpful information at any time. We're also going to have a blog so students can share stories, tips and local help."

Anxiety disorders are the most common mental health concern in Canada. At any time, one in every ten adults is experiencing an anxiety disorder. They are under-diagnosed and under-treated in the health care system. There is a disturbing, and *increasing* lack of capacity in our professionally delivered mental health services to provide intervention, leaving an estimated 80% of cases untreated. Anxiety disorders often begin early in life and left untreated can become debilitating.

A 2004 study done in 40 universities across Canada found that on average 29.2% of university students experienced high levels of anxiety and depression, and that women suffered almost 10% more than men. (CAMH Population Studies e-bulletin Sept/Oct. 2005)

Often, different anxiety disorders occur together or with other conditions such as depression or substance abuse. Left untreated, they can become chronic. Although Anxiety disorders are the most prevalent form of mental disorder they are widely regarded as the most treatable. The treatment of choice in youth and young adults with anxiety disorders is cognitive behavioral therapy (CBT).



ADAC/ACTA ([www.anxietycanada.ca](http://www.anxietycanada.ca)) is a registered Canadian non-profit organization whose aim is to promote the prevention, treatment and management of anxiety disorders and to improve the lives of people who suffer from them. Founded in 2002, ADAC/ACTA seeks to educate consumers, professionals and the public at large about anxiety disorders so that together, informed treatment choices can be made. ADAC/ACTA will be presenting its 2009 Consumer conference in Montreal in April.

For more information on ADAC/ACTA or the Student Zone contact:

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