

Practising Well Community of Practice

Approaches to caring for anxious patients

March 27, 2024

The Practising Well Community of Practice (CoP) is an intentional conversation for shared learning hosted by the OCFP in collaboration with the U of T DFCM. You can reach us by email at practisingwell@ocfp.on.ca.

Practising Well is designed to support you in providing the best care possible for your patients with their **mental health, substance use disorders and chronic pain**.

General Resources

- Mental Health and Addictions Community of Practice - <https://ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/community-of-practice/>
- Self-learning – <https://ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/community-of-practice/past-events/>
- Peer Connect Mentorship - <https://ontariofamilyphysicians.ca/supports-for-family-doctors/mental-health-and-addictions-supports/peer-connect-mentorship/>
- Ontario College of Family Physicians - <https://www.ontariofamilyphysicians.ca/>

Resource	Type	Link
Anxiety Disorders	Ontario Health Quality Standards	Anxiety Disorders - Health Quality Ontario (HQO) (hqontario.ca)
Academic Detailing (CEP)	Resource	https://cep.health/academic-detailing/
Managing Patients with Anxiety Disorders and Depression (CEP)	Resource	CEP Centre for Effective Practice
Evidence2Practice (CEP_	Resource	Home — E2P (cep.health)
Illness Anxiety Disorder (National Library of Medicine)	Resource	Illness Anxiety Disorder - StatPearls - NCBI Bookshelf (nih.gov)
Anxiety Canada	Organization	Anxiety Canada Self-help Resources, Programs & Services
Looking After Yourself (Centre for Clinical Interventions)	Resource	CCI - Self Help Resources for Mental Health Problems