



## Coping with anxiety during pregnancy and following the birth: A cognitive behavior therapy-based self-management guide for women and health care providers

<https://libraries.phsa.ca/permalink/catalog112594>

[http://www.cw.bc.ca/library/pdf/BCRMH\\_AnxietyGuide\\_final.pdf](http://www.cw.bc.ca/library/pdf/BCRMH_AnxietyGuide_final.pdf)

Haring, Michelle, Smith, Jules E., Bodnar, Doris, Misri, Shaila, Little, Ruth M., Ryan, Deirdre. [Vancouver, BC]: BC Reproductive Mental Health Program , 2013. (Book) — 2 copies, [2 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: GH 400 HAR 2013

“ This guide was created to help women who are dealing with anxiety during pregnancy and following the birth of their baby. It includes educational information that may be worked through gradually, and will help you to better manage symptoms by making changes in your thinking, behavior and self-care ...