

Anxiety Canada is proud to be affiliated with HeretoHelp. HeretoHelp is a project of the BC Partners for Mental Health and Substance Use information. The BC Partners are funded by the Provincial Health Services Authority.

Most scared ever, I'm terrified!

Very scared, I want outta here!

I'm scared, it's hard to cope.

Getting worried. I can feel it.

A tiny bit worried, but hardly noticable.

Calm and Chill