Responding to the needs of people experiencing social anxiety disorder

Clinical Guidelines

Andrews, G., Bell, C., Boyce, P., Gale, C., Lampe, L., Marwat, O., Rapee, R., and Wilkins, G. Royal Australian and New Zealand College of Psychiatrists clinical practice guidelines for the treatment of panic disorder, social anxiety disorder and generalised anxiety disorder 2018, Vol 52(12) 1109-1172. Available at: https://www.ranzcp.org/files/resources/college_statements/clinician/cpg/ranzcp-anxiety-clinical-practice-guidelines.aspx

NICE Guidelines - 2013 but reviewed in 2017: https://www.nice.org.uk/guidance/cg159

Guides

Beyond Blue Ltd, Reavley, Jorm, Wright, Morgan, Bassilios, Hopwood, Allen, Purcell. Suggested citation: Reavley NJ, Jorm AF, Wright J, Morgan AJ, Bassilios B, Hopwood M, Allen NB, Purcell R. A guide to what works for anxiety: 3rd Edition. Beyond Blue: Melbourne, 2019. Available at: https://resources.beyondblue.org.au/prism/file?token=BL/0762

Books

Overcoming shyness and social anxiety by Gillian Butler. May 1999. Robinson.

Websites

National social anxiety centre website https://nationalsocialanxietycenter.com/

Based in Victoria: https://www.arcvic.org.au/anxiety-disorders/social-anxiety-disorder

Sian Prior wrote a book, Shy, about her own experiences of social phobia - this is a link to her webpage and a post about coping with social phobia: https://sianprior.com/2017/10/ten-strategies-dealing-shyness/

For the community

Anxiety disorders information for community from RANZCP available at https://www.yourhealthinmind.org/mental-illnesses-disorders/anxiety-disorders

The Conversation for a public audience: https://theconversation.com/explainer-what-is-social-anxiety-disorder-36601