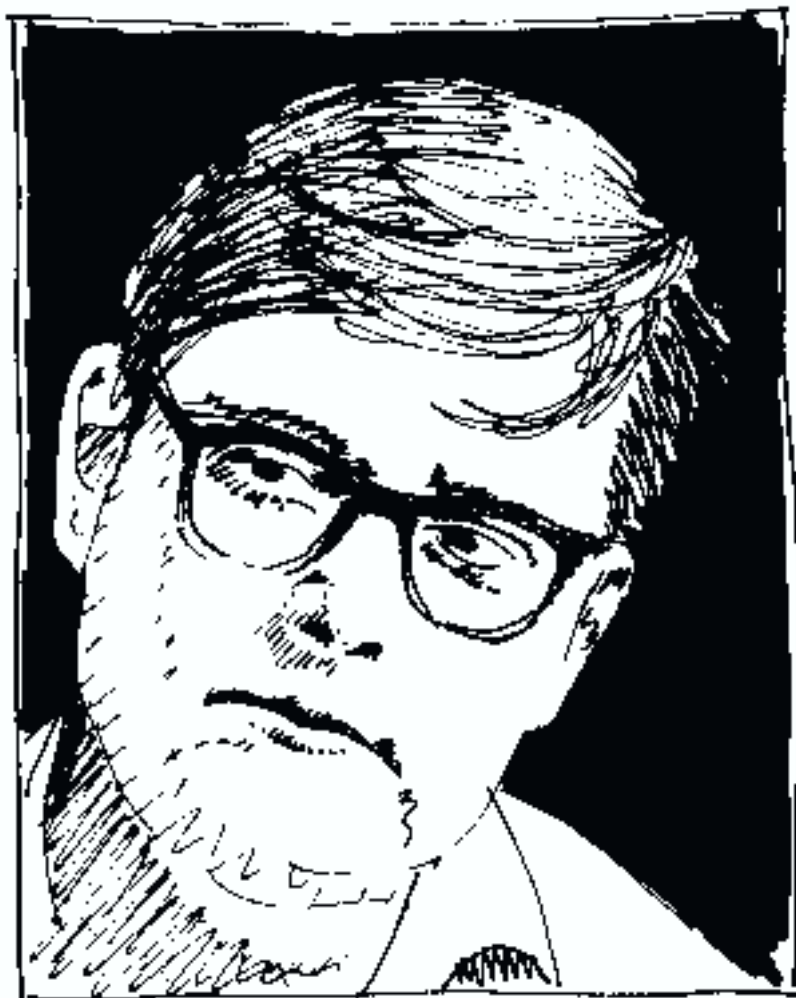


**Do you feel afraid and uncomfortable
when you are around other people?**

A REAL ILLNESS

Social Phobia



Does This Sound Like You?

Do you feel afraid and uncomfortable when you are around other people? Is it hard for you to be at work or school? Please put a check in the box next to problems you have.

- I have an intense fear that I will do or say something and embarrass myself in front of other people.
- I am always very afraid of making a mistake and being watched and judged by other people.
- My fear of embarrassment makes me avoid doing things I want to do or speaking to people.
- I worry for days or weeks before I have to meet new people.
- I blush, sweat a lot, tremble, or feel like I have to throw up before and during an event where I am with new people.
- I usually stay away from social situations such as school events and making speeches.
- I often drink to try to make these fears go away.

If you put a check in the box next to some of these problems, you may have **Social Phobia.**

Social Phobia is a **real** illness that can be serious.

Maybe you think your fear is just a part of who you are. And you may think you can't change the way you feel. But there is a name for your fear. It is social phobia.

It's not your fault if you have this illness, and you don't have to suffer.

Read this booklet and learn how to get help. You **can** feel better and get your life back!

1. What is Social Phobia?

Social phobia is a real illness. It can be treated with medicine and therapy.

If you have social phobia, you are very worried about embarrassing yourself in front of other people. Your fears may be so serious that you cannot do everyday things. You may have a very hard time talking to people at work or school. Your fear may even keep you from going to work or school on some days.

You may worry that you will blush and shake in front of other people. You may believe that people are watching you, just waiting for you to make a mistake. Even talking on the phone, signing a check at the store, or using a public restroom can make you afraid.

Many people are a little nervous before they meet new people or give a speech. But if you have social phobia, you worry for weeks before. You may do anything to stay away from the situation.

2. When does Social Phobia start and how long does it last?

Social phobia usually starts when a person is still a child or teenager. It is rare for it to start after a person reaches their mid-twenties. Anyone can have social phobia, but more women than men have the illness. It sometimes runs in families.

Without treatment, social phobia can last for many years or even a lifetime.

3. Am I the only person with this illness?

No. You are not alone. In any year, at least 5.3 million Americans have social phobia.

4. What can I do to help myself?

- **Talk to your doctor about your fears and worries.**
Tell your doctor if these worries are keeping you from doing everyday things and living your life. You may want to show your doctor this booklet. It can help you explain how you feel.
- **Ask your doctor if he or she has helped other people with social phobia.** Special training helps doctors treat people with social phobia. If your doctor doesn't have special training, ask for the name of a doctor or counselor who does.
- **Get more information.** Call 1-88-88-ANXIETY to have free information mailed to you.

You **can**
feel
better.

5. What can a doctor or counselor do to help me?

- A doctor may give you medicine to help you feel less anxious and afraid. But it may take a few weeks for the medicine to work.
- Talking with a specially trained doctor or counselor helps many people with social phobia. This is called “therapy.” Therapy helps you become more comfortable in social situations.



Here is one person's story:

“In school I was always afraid of being called on, even when I knew the answers. When I got a job, I hated to meet with my boss. I couldn't even sit and have lunch with my co-workers. I worried about being stared at or judged, and that I would make a fool of myself. My heart would pound, and I would start to sweat when I thought about meetings. The feelings got worse the closer the event came. Sometimes I couldn't sleep or eat for days before a staff meeting.



“A friend told me to call the doctor. I'm so glad I did. My doctor gave me medicine that helps me feel less afraid around people. It is hard work, but a counselor is helping me learn to cope better with my fears in social settings.”

Remember - you can get help now:

- Talk to your doctor about your fears and worries.
- Call 1-88-88-ANXIETY (1-888-826-9438). It is a free call.
You will get free information about social phobia mailed to you.

The National Institute of Mental Health (NIMH) is part of the Federal government. NIMH conducts medical research to find new and better ways to prevent and treat mental illnesses. NIMH also provides free information about mental illnesses.

To get free information about other mental illnesses, write to NIMH at:

National Institute of Mental Health
6001 Executive Boulevard
Room 8184, MSC 9663
Bethesda, MD 20892-9663

You can also find free NIMH information online at:
<http://www.nimh.nih.gov>

About Lucy MacDonald: Counsellor, Author, Speaker

Visit Lucy's blog on [Positive Attitude Quotes](#).

Visit Lucy's [Positive Perspectives Extra](#) blog.

Visit Lucy's [Confidential Counselling](#) blog.

Visit Lucy's website at www.lucymacdonald.com

Lucy MacDonald, M.Ed., a Canadian author, has been a counselor in private practice for the last five years and is certified with the Canadian Counselling Association. Lucy has a Master of Education degree from McGill University with an undergraduate degree in Psychology from Concordia University.

Counsellor in Private Practice

Lucy runs a private counselling and consulting practice and specializes in stress, burnout, anger, grief, parenting issues, and divorce. You can contact Lucy at by email at lucy@lucymacdonald.com

Keynote Speaker and Workshop Presenter: Work-Life Wellness

Lucy is an accomplished speaker, working in private industry, government, academic and nonprofit organizations. Lucy's clients include Kraft Canada, Pfizer, Investors Group, McGill University and Concordia University. Lucy is known for her engaging, dynamic and straightforward speaking style, along with her sense of humor. For more information visit Lucy's website www.lucymacdonald.com

Author

Learn to be an Optimist

Lucy MacDonald is the internationally acclaimed author of [Learn to be an Optimist: A practical guide for achieving happiness](#). In [Learn to be an Optimist](#), a positive thinking self-help book, Lucy takes a practical and insightful approach to helping you increase your optimism and suggests realistic ways to transform daily living by developing a positive attitude. **Learn to Manage Your Time** will be released in January 2006.

Free Newsletter: Positive Perspectives

Sign up today and receive Lucy's free newsletter Positive Perspectives - a free monthly e-newsletter to help you develop a positive mental attitude so that you can enjoy happiness, prosperity, and good health. Sign up at Lucy's website www.lucymacdonald.com. Positive Perspectives is read by people all over the world – 60 plus countries and counting!

Visit Lucy's blog on [Positive Attitude Quotes](#).

Visit Lucy's [Positive Perspectives Extra](#) blog.

Visit Lucy's [Confidential Counselling](#) blog.

Lucy MacDonald

Confidential Telephone Counselling and Consulting Services

514-223-1015

1-866-441-8909

lucy@lucymacdonald.com

Telephone counselling can be helpful if you are struggling with:

- Stress at home or work
- Burnout
- Sadness and grief
- Anger
- Divorce or separation
- Family or parenting issues
- Work-life balance
- Lack of assertiveness
- A personal crisis

Making the Decision

The decision to seek counselling is never an easy one. If I can be of help to you or someone you care about call today for assistance, information, or an appointment. You can also reach me via email at lucy@lucymacdonald.com

Counsellor Practitioner of the Year (2005)

Lucy is the recipient of the 2005 Counsellor Practitioner Award by the Canadian Counselling Association for “excellence in leadership as a practicing counsellor” and her involvement “both within and outside the work community to promote counselling”.

Credentials

- Master of Education – Counselling Psychology , McGill University
- Canadian Certified Counsellor * with the Canadian Counselling Association
- In private practice since 1998

Counselling Approach

I use a brief, solution-focused approach to help people cope with and manage a variety of life challenges.

Counselling Specialty

- Stress management
- Burnout recovery
- Anger Management
- Assertiveness training
- Divorce and separation
- Parenting Concerns



www.lucymacdonald.com

Lucy MacDonald

Number of Sessions

You are not required to commit to a specific number of sessions – you are the best judge of what you need.

Telephone Counselling

Consulting via telephone is an alternative source of help when in-person sessions isn't possible or convenient for you. A telephone session saves you time, is more it is often easier to get a appointment than an in-persons session. Telephone sessions are especially useful if you are traveling. You can reach me at 514-223-1015 or 1-866-441-8909

Fees

Telephone sessions: 30 minutes (or less) \$45, 50 minutes \$90

Fees are in Canadian dollars and are payable in advance via PayPal on [Lucy's website](#).

Canceling Appointments

Appointments that are cancelled up to 24 hours prior to the appointment can be re-scheduled. There is a cancellation fee of \$45. If you schedule another appointment to take place within 48 hours the cancellation fee is waived. Appointments can be cancelled by phone and by email. The receipt of your phone message or email to cancel an appointment will be acknowledged.

Confidentiality and Records

Counseling often involves sharing sensitive, personal and private information. Ethical guidelines require that all interactions, including content of your sessions, your records, scheduling of or attendance at appointments, and personal progress are confidential. No one can have access to any information without your signed consent. Exceptions to confidentiality:

1. A client poses a clear and imminent danger to themselves or to someone else.
2. A client requests release of information.
3. A court orders release of information.
4. Clients raise the issue of their mental health in a law suit.

*** What is a Canadian Certified Counsellor?**

The Canadian Counselling Association (CCA) “identifies to the public, those counsellors who, through a process of credential evaluation, are judged qualified to provide counselling services.” As a Canadian Certified Counsellor I am required to continue to develop my expertise and adhere to a code of ethics. If you have any concerns about my professional conduct please call the Canadian Counselling Association at 1-877-765-5565.

