



Canadian Mental Health Association  
Prince Edward Island Division

## Division Resource Library

# "Rosemary's Corner"

## *Information Resources*

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## ADOLESCENCE

### Books:

Conquering the Beast Within, Cait Irwin, Three Rivers Press, New York, 1998. *Through words and images the author shares her life with depression and journey back to good health.*

Reviving Ophelia Saving the Lives of Adolescent Girls, Mary Pipher, Ballantine Books, New York, 2001.

Tackling Tough Stuff: Adolescent Skills to Understand Depression, Joyce A. Walker, The University of Minnesota Hospital and Clinic, 1992. *This is a book of activities to address depression and self destructive activities in adolescents (video accompanies).*

Understanding Teenage Depression A Guide to Diagnosis, Treatment and Management, Maureen Empfield and Nicholas Bakalar, Henry Holt and Company, New York, 2001. *Based on the latest scientific findings, a comprehensive guide to the diagnosis and treatment of teenage depression.*

### Booklets:

It Starts Here: A Guide to Mood Disorders for Teens, The Mood Disorder Association of Ontario, Toronto, 2003. *An excellent, practical and easy to read booklet for those with a mood disorder and those who care for them.*

Mental Health and High School: A Guide for Students, Canadian Mental Health Association, Toronto, 2004. *This is a guide for teens struggling with mental health problems. It gives them tools to get through high school and go on to work or further education.*

Your Education – Your Future: A Guide to college and university for students with psychiatric disabilities, Canadian Mental Health Association, Toronto, 2004. *This resource is designed to make the transition to college or university easier for individuals with mental illness.*

### Videos:

A Map of the Mind Fields: Managing Adolescent Psychosis, National Film Board, 2004 (56 minutes). *Psychosis is a brain disorder where an individual experiences some loss of contact with reality. Three people share their personal stories: Amanda, 16, Max, 12, and Tara, 18.*

Beyond the Blues: Child and Youth Depression, Knowledge Network, 56 min., 2004. *Through the personal stories of three young people (two with depression and one with bipolar disorder) this video traces the journey of depression from the early signs and symptoms, to assessment, diagnosis and treatment.*

Fighting Their Fears: Child and Youth Anxiety, National Film Board, 2004 (56 minutes). *Through interviews with experts and three young people, this compelling documentary outlines the causes, symptoms and treatments for anxiety disorders and emphasizes the importance of early identification and intervention.*

One Day at a Time, Canadian Mental Health Association, 28 minutes, 2001. *Parents of young people with psychosis share their experience and how their sharing with each other is beneficial for themselves and their families.*

Youth And Depression Out Of The Dark, Canadian Mental Health Association/Newfoundland and Labrador, 2000, 32 minutes. *Out of the Dark* is designed to provoke discussion of issues surrounding depression, and how to give young people some guidelines on how to help themselves or someone else. A discussion guide is included.

## **ANGER**

### **Books:**

Forgive and Forget Healing the Hurts We Don't Deserve, Lewis B. Smedes, Harper San Francisco, New York, 1996. *A book on forgiveness that shows it is possible to heal our pain and find room in our hearts to forgive.*

From Anger to Forgiveness, Earnie Larsen, A Hazeldon Book, New York, 1992. *Earnie Larson lays out a strategy for identifying and facing up to our underground reservoirs of resentment and anger and moving beyond them to forgiveness.*

Getting Over Getting Mad, Judy Ford, Conari Press, Berkeley California, 2001. *Ford shows us how to deal with anger productively.*

Responding to Anger A Workbook, Lorraine Bilodeau, Hazeldon Foundation, New York, 2001. *In this practical easy to use workbook you learn what to do when anger erupts.*

SOS Help for Emotions Managing Anxiety, Anger and Depression (2<sup>nd</sup> Edition), Lynn Clark, SOS Programs and Parents Press, Bowling Green, KY, 2001. *A self-help book about Rational Emotive Behavior Therapy. Helps you to manage your emotions before they manage you.*

Stop the Anger Now, Ron Potter-Efron, New Harbinger Publications, Inc., Oakland, CA, 2001. *This workbook presents skills on the prevention, containment and resolution of anger.*

The Dance of Anger, Harriet Lerner, Harper Perennial, New York, 1997. *Dr. Lerner teaches women to identify the true sources of their anger and to use anger as a powerful vehicle for lasting change.*

## **ANXIETY**

### **Books:**

Anxiety and Depression Workbook for Dummies, Charles H. Elliot, PhD and Laura L. Smith, PhD, Wiley Publishing, Inc., Indianapolis, Ill. 2006. *This hands on guide focuses on helping you pinpoint the root of your problems and find relief from your symptoms in a detailed, step-by-step manner.*

Beyond Anxiety and Phobia, Edmund J. Bourne, New Harbinger Publications, Inc., Oakland, CA, 2001. *This book provides a full spectrum of complementary approaches that get to the heart of anxiety and phobia and go beyond standard treatments and medication.*

From Panic to Power, Lucinda Bassett, Quill, New York, 1995. *Proven techniques to calm your anxieties, conquer your fears and put control in your life.*

Living with Anxiety, Bob Montgomery and Laurel Morris, Perseus Publishing, Cambridge Massachusetts, 2001. *This book is filled with practical exercises, calming strategies, and clinically tested methods for preventing anxiety.*

Panic No More. Your Guide To Overcome Panic Attacks, Jean Carlton, Stonehorns Press, Tulsa, Oklahoma, 1994. *This book teaches why drugs often don't work, and how to live free from fear as well as the causes and treatment for panic attacks.*

SOS Help for Emotions Managing Anxiety, Anger and Depression (2<sup>nd</sup> Edition), Lynn Clark, SOS Programs and Parents Press, Bowling Green, KY, 2001. *A self-help book about Rational Emotive Behavior Therapy. Helps you to manage your emotions before they manage you.*

The Anxiety and Phobia Workbook, Edmund J. Bourne, New Harbinger Publications, Inc., Oakland, CA, 1995. *The anxiety cure eight step program for getting well.*

The Anxiety Cure, Robert L. DuPont, Elizabeth DuPont, and Caroline DuPont, John Wiley and Sons, Inc., New York, 1998. *This book offers an eight step practical program for relief of anxiety symptoms.*

The Shyness and Social Anxiety Workbook, Martin M. Antony and Richard P. Swinson, New Harbinger Publications, Inc., Oakland, CA, 2000. *This book is ideal for anyone who wants to learn to be more comfortable around other people.*

Treatment Plans and Interventions for Depression and Anxiety Disorders, Robert L. Leahy and Stephen J. Holland, The Guilford Press, New York, 2000. *A book for clinicians providing treatments plans for major depression, anxiety, panic and agoraphobia, PTSD, social phobia, specific phobia and OCD.*

Treatment Plans And Interventions For Depression And Anxiety, Robert L. Leahy and Stephen J Holland, 2000-2001.

Triumph Over Fear, Jerilyn Ross, Bantam Books, Toronto 1995. *A book of life-changing new information about the many faces of anxiety-plus a powerful self-help program that can bring relief in a matter of weeks*

You Mean I Don't Have To Feel This Way? New Help for Depression, Anxiety, and Addiction, Collete Dowling, Bantam Books, New York, 1993. *This book offers help to those who have depression, panic, anxiety, phobias, MPS, alcohol and drug abuse, bulimia, migraine, and obesity. It documents the latest research that links depression and related disorders to a physical cause and show why willpower, understanding, and psychotherapy so often fail to work.*

## Videos:

Fight or Flight? Overcoming Panic and Agoraphobia, Monkey See Productions, NSW, Australia (47 min.). *Detailed accounts from sufferers and a step-by-step overview of treatment from anxiety specialists.*

Fighting Their Fears: Child and Youth Anxiety, National Film Board, 2004 (56 minutes). *Through interviews with experts and three young people, this compelling documentary outlines the causes, symptoms and treatments for anxiety disorders and emphasizes the importance of early identification and intervention.*

The Promise of Recovery A Psychiatric Illness Guide for Consumers and Their Families, Dennis C. Daley, Gerald T. Rogers Productions Inc., 28 min. *Provides information and guidance on psychiatric illnesses for consumers and their families.*

# **ATTENTION DEFICIT HYPERACTIVITY DISORDER**

## **Books:**

ADHD Help For Your Family at Home, School and Work, Thom Hartmann, Underwood Books, Grass Valley, 2000

All About Attention Deficit Disorder, Thomas W. Phelan, Child Management Inc., Illinois, 1996.

Healing ADD: The Breakthrough Program that Allows you to see and Heal the 6 Types of ADD, Daniel G. Amen, Berkley Books, New York, 2001.

The Link Between ADD & Addiction, Wendy Richardson, Pinon Press, Colorado, 1997. *Illuminates the relationship between ADD and addiction.*

## **Videos:**

A New Look at ADHD, Russell A. Barkley, Guilford Press, 2000. *Introduces Barkley's theory about the nature and origins of ADHD.*

Trouble In Mind: Attention Deficit Disorder, *Presents viewers with the signs and symptoms of ADHD and outlines treatments for and positive aspects of this disorder.*

# **CHILDREN AND PARENTING**

## **Books:**

A Lasting Impression: A Teacher's Guide to Helping Children of Parents with a Mental Illness (both by Canadian Mental Health Association, Alberta).

Boost Your Child's Self-Esteem, Karin Ireland, Berkley Books, New York, 2000. *Simple effective ways to boost your children's self-respect and confidence.*

Catch A Falling Star A Tale From The Iris The Dragon Series, Gayle Grass, Iris the Dragon Inc., Smith Falls, Ontario, 2001. *A fairy story for children about mental illness in childhood.*

Kids are Worth It!, Barbara Coloroso, Somerville House Publishing, Toronto, 1995. *Teaches powerful methods to teach self-discipline.*

Kids Speak Up: Shining Light on Mental Illness

Parenting through Crisis: Helping Kids In Times of Loss, Grief and Change, Barbara Coloroso, Penguin Books, Toronto, 1999. *A guide to helping children through death, illness or divorce as well as adoption, single parenting and reproductive technology.*

Parenting with Wit and Wisdom In Times of Chaos and Loss, Barbara Coloroso, Viking, Toronto, 1999. *A guide to helping children through death, illness or divorce as well as adoption, single parenting and reproductive technology.*

Someone in my family has a Mental Illness, Lyne Brindamour, Family Services of the North Shore, British Columbia, 2000. *This workbook was developed for children 7 to 14 years of age with a parent or other family member with a mental illness.*

Stuck In Time: The Tragedy of Childhood Mental Illness, Lee Gutkind, Henry Holt and Company, New York, 1993. *The stories of three children, their frustrations, fears and families. A prescriptive challenge for the future.*

The Bully, the Bullied, and the Bystander, Barbara Coloroso, HarperCollins Publishers Ltd., Toronto, 2002. *A compassionate blueprint for breaking the cycle of violence.*

The Fall of Freddie the Leaf A Story of Life for All Ages, Leo Buscaglia, Slack Inc., New York, 1982. *A story for children who have suffered a permanent loss.*

## Videos:

Sooper Puppy Series, J. Gary Marshall, California, 1995. *This animated series is for children aged primary to grade three. Videos are 16 to 21 minutes in length and present life lessons in an entertaining manner to children. These videos are used in the I'm Thumbbody self-esteem program for children.*

Sooper Puppy A Friend In Need, *Baxter learns it's always important to warn a friend who is doing something wrong. Later they will appreciate your concern.*

Sooper Puppy Drink, Drank, Drunk, *Baxter learns about the effects of alcohol.*

Sooper Puppy Puff of Smoke, *In this video Baxter learns about addictions from Grandpaw.*

Sooper Puppy That's Trouble, *In this video Baxter's fun gets carried away and Baxter gets in trouble. Baxter learns a valuable lesson about resisting peer pressure.*

Sooper Puppy This, That, or the Other, *In this video Baxter learns the more choices you make the better you get at it and failure is a part of success.*

## **CHRONIC PAIN**

### Books:

Chronic Fatigue Syndrome The Facts, Frankie Campling & Michael Sharpe, Oxford Medical Publications, New York, 2000. *Offers sufferers, their families and friends a compassionate guide to this illness based on the best available scientific evidence.*

Chronic Fatigue Syndrome, Fibromyalgia and Other Invisible Illnesses, Katrina Berne, Hunter House Publishers, Salt Lake City, 2002. *Describes the first signs of illness, the difficult process of diagnosis and the frustrating search for effective treatment.*

Fibromyalgia and Muscle Pain, Leon Chaitow, Thorsons, London, 1995. *A practical guide to Fibromyalgia.*

The Chronic Illness Workbook Strategies and Solutions for Taking Back Your Life, Patricia A. Fennell, New Harbinger Publications, Inc., Oakland California, 2001. *A comprehensive coping guide that readers can use to navigate the physical, social and psychological aspects of their illness.*

## CO-DEPENDENCY

### Books:

Codependent No More, Melody Beattie, Hazeldon, Center City, Minnesota, 1987. *Contains life stories, exercise and self-tests to understand and deal with codependency.*

Codependents' Guide to the Twelve Steps, Melody Beattie, Simon & Shuster, New York, 1990. *A twelve-step program specifically for codependent issues.*

Recovering From Rescuing, Jacqueline Castine, Health Communications, Inc., Deerfield Beach, Florida, 1989.

Women Who Love Too Much, R. Norwood, Pocket Books, 1985. *Through a series of intimate, revealing case histories, and a ten-point recovery program, the author offers women a way to free themselves from destructive loving.*

## DEPRESSION/BI-POLAR DEPRESSION

### Books:

A Brilliant Madness Living with Manic-Depressive Illness, Duke, P. & Gloria Hochman, Bantam Books, New York, 1992. *A combination of personal experience and Insight gathered with a review of the clinical picture of manic-depressive Illness.*

A Guide to Recovery: Bipolar Affective Disorder, The Organization for Bipolar Affective Disorders, Calgary, Alberta, 1999. *A practical and comprehensive book about mood disorders, treatments for them, coping methods, crisis intervention and other issues related to the illness.*

An Unquiet Mind A Memoir of Moods and Madness, Dr. Kay Redfield Jamison, Vintage Books, New York, 1995. *Dr. Jamison examines bipolar disorder both as a doctor and someone with the illness.*

Bipolar Disorder Demystified, Lana R. Castle, Marlowe & Company, New York, 2003. *Castle has lived most of her life with this illness and turns her personal experience into an enlightening and useful guide for all those who suffer from the illness as well as their friends and family.*

Bipolar Disorder for Dummies, Candida Fink, MD and Joe Kraynak, Wiley Publishing, Inc., Indianapolis, Ill. 2005. *This reassuring guide provides information on brain biology, medication and therapies. It also provides techniques and advice for adults, teens and children to ease symptoms and feel better.*

Can I Catch it Like a Cold?: A story to help children understand a parent's depression, Gretchen Kelbaugh, Centre for Addiction and Mental Health, Toronto, 2002. *This book tells the story of Alex and his struggle to understand his father's depression. The book recommended for children five to nine years of age provides answers to many of the questions children have about depression.*

Conquering Depression, R. Joffe and A. Levitt, Empowering Press, Hamilton, Ontario, 1998. *This book clears away confusion about depression and provides valuable information on the treatment of the disease.*

Conquering the Beast Within, Cait Irwin, Three Rivers Press, New York, 1998. *Through words and images the author shares her life with depression and journey back to good health.*

Control Of Depressed Moods, McLean, D. Peter Stuart, B. Richard and Wilson, F. Robert, British Columbia, Behavior Change Systems Inc., 1980. *Increasing your personal productivity, improved patterns of self-expression, developing additional outside interests, and learning to control unwanted thoughts are four steps delivered by this book designed to make a change in the persons life.*

Darkness Visible A Memoir of Madness, William Styron, Vintage Books, New York, 1990. *A powerful personal account of suicidal depression.*

Dealing with Depression: A Common Sense Guide to Mood Disorders (2nd. edition), Gordon Parker, Allen & Unwin, Crows Nest NSW, 2004. *A user-friendly guide to depression and mood disorders for sufferers, their families and health professionals.*

Depressed & Anxious: The Dialectical Behaviour Therapy Workbook for Overcoming Depression & Anxiety, Thomas Marra, New Harbinger Publications, Oakland, Ca, 2004. *Dialectical Behavior Therapy (DBT) for co-occurring depression and anxiety. This book offers powerful tools to overcome this disorder.*

Depression and Bipolar Disorders, Dr. Virginia Edwards, Key Porter Books, Toronto, 2002. *Describes the difference between normal "low moods" and depressive disorders. The author explains how depression affects the brain and how its effects can be reversed.*

Depression How to Combine the Best Traditional and Alternative Therapies, Milton Hammerly, Adams Media Corporation, Avon, Massachusetts, 2001.

Don't Be Sad, Conquering Seasonal Affective Disorder, Celeste A. Peters, Good Health Books, Calgary, Alberta, 1994. *A user-friendly guide to the winter syndrome with all the latest treatment techniques.*

Ending the Depression Cycle, Peter J. Bieling and Martin M. Antony, New Harbinger Publications, Oakland, 2003. *A practical step-by-step guide dedicated to the prevention of depression relapse. It provides up-to-date information, effective strategies, and practical advice to help individual stay free from depression.*

Feeling Good the New Mood Therapy, David D. Burns, Quill, New York, 1980. *A drug free method of treating depression.*

Feeling the Rainbow, Noble, D. D., Aurora Ontario Sound Health Enterprises, Aurora, Ont., 1988. *The first of three books that explore the life of Mandy Cartwright, a woman of feelings, faith and love. She reaches out in life and makes mistakes, suffering tragedy, loss and the pain of depression as a result.*

Free to Be Me! From Depression Valley to Plain Happiness, Alvin Curley, Five Pillars Publications, Prince Edward Island, 2002. *Advice on how to reach your personal goals and transform yourself.*

From Sad to Glad, Nathan S. Kline, Ballantine Books, New York, 1974. *Dr. Kline, a pioneer in the biochemical treatment of depression, explains the remarkably simple and successful approach that has led thousands to more joyful lives.*

High, Flat, Down and Back Up Again! A Guide to Manic-Depressive Illness, Alain Amzallag, AuthorHouse, Bloomington, 2005. *This book depicts the author's journey with manic depression (bipolar disorder). This guide/book provides hope and insight for persons afflicted with manic-depressive illness by displaying the struggle, the coping and the perception form within.*

His Bright Light The Story of Nick Traina, Danielle Steel, Delacorte Press, New York, 1998. *This is Danielle Steel's powerful personal story of the son she lost and the lessons she learned during his courageous battle with bipolar disorder.*

Is He Depressed or What?, David B. Wexler, New Harbinger Publications, Inc., Oakland, Ca, 2005. *If you think a man in your life is struggling with depression, this book can help you recognize his symptoms and encourage him in overcoming his depressed feelings. This book offers compassionate advice to help you do what's best for him, for yourself, and for your relationship.*

It Starts Here; A Guide to Mood Disorders for Teens, The Mood Disorder Association of Ontario, Toronto, 2003. *An excellent practical and easy to read booklet for those with a mood disorder and those who care for them.*

It's Not All In Your Head, Susan Swedo and Henrietta Leonard, M.D., Harper Collins, New York, NY 1996. *The authors offer cutting-edge research news on women's health, new breakthroughs treating, depression, postpartum blues, chronic fatigue, headaches, PMS, anxiety and panic attacks, attention deficit disorder, and more.*

Living Without Depression and Manic Depression, A Workbook for Maintaining Mood Stability, Mary Ellen Copeland 1994. *A practical workbook outlining specific ways for dealing with depression and manic depression.*

Loving Someone with Bipolar Disorder: Understanding & Helping Your Partner, Julie A. Fast and John D. Preston, New Harbinger Publications Inc., Oakland, CA, 2004. *This book provides supportive and helpful information, strategies and real life examples to help overcome the unique challenges of loving someone with bipolar disorder.*

Men and Depression What to do When the Man You Care About Is Depressed, Theresa Francis-Cheung and Robin Grey, Thorsons, London, 2002. *This book offers both help and understanding for men suffering from depression and those that care about them.*

New Hope for People with Bipolar Disorder, Jan Fawcett, Bernard Golden, and Nancy Rosenfeld, Prima Health, Roseville, California, 2000. *This book dispels myths and fears surrounding bipolar disorder and offers compassionate and practical guidance for anyone affected by this disorder.*

New Hope for People with Depression, Marian Brioda, Prima Publishing, New York, 2001. *A compassionate, practical, immediate guide for anyone interested in overcoming depression.*

On An Even Keel, Iault, Charles and L. Chamberlain Iault, Public-Art Ltd., Beresford, New Brunswick, 1992. *A valuable educational tool that reviews the lives of consumers living with Bi-Polar Disorder and offers suggestions for areas of prevention and treatment.*

Overcoming Depression, Demitri Papolos and Janice Papolos, HarperCollins Publishers Inc., New York, 1997. *A book on depression and manic depression that offers up to date medical information and practical advice.*

Parenting Well When You're Depressed A Complete Guide for Maintaining a Healthy Family, Nicholson, Henry, Clayfield and Phillips, New Harbinger Publications, Inc., Oakland, California, 2001. *A valuable resource for parents with depression. Clear information and practical exercises are presented.*

Reviving Ophelia Saving the Lives of Adolescent Girls, Mary Pipher, Ballantine Books, New York, 2001.

Skywriting: A Life Out of the Blue, Jane Pauley, Random House, New York, 2004. *Newscaster Jane Pauley shares her story of self-discovery and the ups and downs of her life and career including coping with bipolar disorder.*

SOS Help for Emotions Managing Anxiety, Anger and Depression (2<sup>nd</sup> Edition), Lynn Clark, SOS Programs and Parents Press, Bowling Green, KY, 2001. *A self-help book about Rational Emotive Behavior Therapy. Helps you to manage your emotions before they manage you.*

Surviving Manic Depression: A Manual on Bipolar Disorder for Patients, Families and Providers, E. Fuller Torrey and Michael B. Knable, Basic Books, New York, 2005. *A comprehensive book based on the latest research. It provides detailed coverage of every aspect of the disorder from causes and treatments to managing relapses.*

Tackling Tough Stuff: Adolescent Skills to Understand Depression, Joyce A. Walker, The University of Minnesota Hospital and Clinic, 1992. *This is a book of activities to address depression and self-destructive activities in adolescents (video accompanies).*

The Bipolar Disorder Survival Guide, David J. Milkowitz, The Guilford Press, New York, 2002. *This book is filled with information and practical advice for those diagnosed with bipolar disorder and their families.*

The Deepest Blue How Women Face and Overcome Depression, Lauren Dockett, New Harbinger Publications, Inc., Oakland, California, 2001. *This book provides insight, good advice, and moving first hand accounts.*

The Depression Workbook A Guide for Living with Depression and Manic Depression(second edition), Mary Ellen Copeland, New Harbinger Publications, Inc., Oakland California, 2001. *Presents self-help strategies to relieve depression.*

The Depression Workbook, Mary Ellen Copeland, New Harbinger Publications, Inc., Oakland California, 1992. *A detailed and essential tool to assist people struggling with depression and mania to gain insight into their illnesses.*

The Doctors Book of Home Remedies for Depression, Mary S. Kittel editor, Rodale, 2001.

The Everything Health Guide to Adult Bipolar Disorder, Jon P. Bloch, Adams Media, Avon, Massachusetts, 2006. *This book provides the information you need if you or someone you love is diagnosed with bipolar disorder,. Symptoms, therapies and how to cope with daily life are discussed.*

The Noonday Demon An Atlas of Depression, Andrew Solomon, Simon and Schuster, New York, 2001. *This all-encompassing book examines depression in personal, scientific and cultural terms.*

Treatment Plans And Interventions For Depression And Anxiety, Robert L. Leahy and Stephen J Holland, 2000-2001.

Understanding Depression What We Know and What You Can Do About It, J. Raymond DePaulo Jr., John Wiley & Sons, Inc. New York, 2002. *Dr. DePaulo presents a thorough accessible guide to the nature of depression, its cause, effects and treatments. Information on bipolar disorder is also included.*

Understanding Depression: A Complete Guide to its Diagnosis and Treatment (2nd. edition), Donald F. Klein and Paul H. Wender, Oxford University Press, 2005. *This updated and expanded edition evaluates treatments, explores the causes of depression, contains excerpts from real patient histories and includes self-tests to determine the need for psychological evaluation.*

Understanding Teenage Depression A Guide to Diagnosis, Treatment and Management, Maureen Empfield and Nicholas Bakalar, Henry Holt and Company, New York, 2001. *Based on the latest scientific findings, a comprehensive guide to the diagnosis and treatment of teenage depression.*

When Someone You Love Is Depressed, Laura Epstein Rosen and Xavier Francisco Amador, Simon and Schuster, New York, 1996. *Teaches concrete methods you and your loved one can use to protect yourselves and your relationship from depression's impact.*

You Are Not Alone, A Handbook For Facilitators of Self-Help and Mutual Aid Support Groups, People with Depression and Manic-Depression, Their Families and Friends The Mood Disorders Association of Metropolitan Toronto, 1994.

You Mean I Don't Have To Feel This Way? New Help for Depression, Anxiety, and Addiction, Collete Dowling, Bantam Books, New York, 1993. *This book offers help to those who have depression, panic, anxiety, phobias, MPS, alcohol and drug abuse, bulimia, migraine, and obesity. It documents the latest research that links depression and related disorders to a physical cause and show why willpower, understanding, and psychotherapy so often fail to work.*

## Information Kits:

- Depression
- Bipolar Disorder

## Videos:

Atem Lo Levad – You Are Not Alone: 1) “Understanding Bipolar Disorder”, Anthony Levitt, MD (42 minutes), and 2) “What is Depression”, Ayal Schaffer, MD (33 minutes), Mood Disorder Association of Ontario, 2000.

Beyond the Blues: Child and Youth Depression, Knowledge Network, 56 min., 2004. *Through the personal stories of three young people (two with depression and one with bipolar disorder) this video traces the journey of depression from the early signs and symptoms, to assessment, diagnosis and treatment.*

Bipolar Disorder: New Understandings, New Hope, Ontario Mood Disorders Association, 2002.

Bipolar Disorder: Understanding the Full Spectrum, The International Society for Bipolar Disorders, 20 minutes.

Depression and Substance Abuse, Medical Audio Visual Communication Inc., 19 minutes, 2004. *This video defines depression and substance abuse; and shows how depression can lead to substance abuse and how substance abuse can lead to depression. Treatment options are also discussed.*

Depression, Road To Recovery

Faces of Depression, Adolescent Depression

Four Portraits of Manic Depression

Late Life Depression, Dartmouth-Hitchcock Medical Center, 27 minutes, 2003. *Depression is not an automatic part of aging. It can be controlled and in some case cured. This video discusses depression in older adults and its treatment.*

Living Well With Bipolar Disorder A New Look, Monkey See Productions, NSW, Australia, 2002.

Manic Depression The Role of Self Help with Gwen Finnan

Manic Depressive Illness, An Interview with Patty Duke, 20/20

Overcoming Depression, The Health Television System Inc., 2001, 9:40 minutes. *A video for individuals with depression and their families.*

Portraits of Survival

Puzzle Pieces, Adolescent Depression

Tackling Tough Stuff: Adolescent Skills to Understand Depression,

The Doctor Is In Series: Addictions and Mental Illness

The Doctor Is In Series: Childhood Depression

The Doctor Is In Series: Depression and Manic Depression

The Doctor Is In Series: Women and Depression

The Other Side of Blue: The Truth About Teenage Depression (31 min.)

Trouble In Mind Series: Bipolar Disorder

Trouble In Mind Series: Depression

Troubled Teens: Tackling Tough Stuff

Youth And Depression Out Of The Dark, Canadian Mental Health Association/Newfoundland and Labrador

## Audio:

Coping Effectively with a Manic Depressive, (NDAMDA)

Crisis Intervention: How to Prevent or Stop an Episode, (NDAMDA)

Manic Depression, An Interview, CBC

CD:

The Interface of Depression, Sleep and Anxiety Disorders: Strategies to Manage the Sleepless Anxious Depressed Patient. A satellite symposium of the 52<sup>nd</sup> annual meeting of the Canadian Psychiatric Association, 2002, Banff, Alberta.

DVD:

Beating Depression, Films for the Humanities & Sciences, 2005, 46 minutes. *This DVD discusses mood disorders through the eyes of five individuals from different backgrounds coping with these disorders. Different treatment methods are discussed.*

Depression: Separating Myth from Facts. National Health Video, Inc., Los Angeles, Ca, 2004, 15 minutes. *Provides a clear definition of depression. Four stories demonstrate how depression can look and how anyone can be affected. Treatment options are also described.*

## DISSOCIATE IDENTITY DISORDER

### Books:

The Dissociate Identity Disorder Sourcebook, Deborah Bray Haddock, Contemporary Books, Chicago, 2001. *A book about Dissociate Identity Disorder, formerly called multiple personality disorder, from the patient's perspective. A practical and sensitive guide for those with the disorder and their families and therapists.*

The Stranger In the Mirror Dissociation The Hidden Epidemic, Marlene Steinberg and Maxine Schnall, Cliff Street Books, New York, 2001. *Provides insights into how we all respond to trauma and overcome it.*

## DRUGS

### Books:

Clinical Hand Book Of Psychotropic Drugs K. Bezchlibnyk- Butler Hogrefe & Huber Publishers

Psychotropic Agents Handbook For Mental Health Workers, B. Dewitte Publications, 1991.

Talking Back to Prozac, Peter R. Breggin and Ginger Ross, Greggin St.Martins Paperback, New York, 1994. *An overview of the pros and cons of Prozac.*

The Essential Guide To Prescription Drugs 2002 Edition, James J. Rybacki, Harper Resource, New York, 2002.

### Videos:

Healthy Steps, Eli Lilly Canada Inc., Toronto, Ont., 2003, 40 minutes (approximately). *This video offers individuals taking antipsychotic medications advice on how to develop healthy eating habits and increase their activity level. Includes personal testimonials.*

### DVD:

Healthy Lifestyle Solutions: A Guide to Weight management Strategies for Patients taking Psychotropic Drugs, Paab and Lilly, 2005, 17 minutes. *This DVD offers tips and strategies to help those on psychotropic drugs maintain weight by eating right and exercising. Individuals coping with the issue as well as professionals share their experiences.*

## **EATING DISORDERS**

### **Books:**

A Starving Madness Tales of Hunger and Hope In Psychotherapy, Judith Ruskay Rabinor, Gurze Books, Oceanside, California, 2002. *A compelling collection of real stories that offer hope and transformation.*

An Introduction To Food And Weight Problems, National Eating Disorder.

Anatomy of Anorexia, Steven Levenkron, W.W. Norton and Company, New York, 2001. *Offers a broad perspective on the many causes of this condition and what families and patients can plan for in terms of treatment.*

Dying to be Thin, Ira M. Sacker and Marc A. Zimmer, Warner Books, New York, 1987. *A practical guide to detecting and helping those with eating disorders.*

Eating Disorders: An Overview: A Comprehensive Look At Anorexia Nervosa and Bulimia Nervosa, National Eating Disorder Information Center 1988. *A multi-determined model of Eating Disorders, treatment strategies/approaches, biology of eating disorders.*

Even If It Kills Me, Dorothy Joan Harris, Scholastic Canada, Toronto 1987. *A story about anorexia written for young women*

Looking Good, Teenagers and Eating Disorders, Marion Crook, Press Ltd., Toronto, 1992. *Written to help teens, their parents, teachers, counselors, doctors and friends to understand and work with eating disorders.*

The Secret Language of Eating Disorder: How You Can Understand and Work to Cure Anorexia and Bulimia, Peggy Claude-Pierre, Random House of Canada, Toronto, 1997. *Claude-Pierre offers insights into the mind of the sufferer and the myths of eating disorders.*

Why Are They Starving Themselves? Understanding Anorexia Nervosa and Bulimia, Elaine Landau, Julian Messner, New York, 1983. *A well-balanced combination of general information, personal accounts and statements on these two forms of eating disorders.*

### **Videos:**

Dying to be Thin, NOVA, 60 minutes, 2000. *We are introduced to several young women seeking recovery from eating disorders. Leading eating disorder specialists discuss advances being made in diagnosis and treatment.*

Trouble In Mind: Eating Disorders

## **EMPLOYMENT**

Hangin' In There: Strategies for Job Retention by Persons with a Psychiatric Disability, Canadian Mental Health Association, Toronto, 2005. *A booklet written primarily for people with a psychiatric disability. It focuses on the issue of job retention. A section where employers give their views on employing someone with a psychiatric disability is also included*

Working Well: An Employer's Guide to Hiring and Retraining People with Mental Illness, Canadian Mental Health Association –National Office, Toronto, 2002. *This publication is for Canadian employers concerned about retaining employees with a mental illness.*

## **GRIEF**

### **Books:**

150 Facts About Grieving Children, Erin Linn, The Publisher's Mark, Nevada, 1990. *Drawing on her personal experience the author offers advice on how to help children who are grieving.*

APart At The Seams, Sherri Sinykin, Hazelden, 1991. *This book is about the family's grieving over a deceased member.*

Cues From the Heart Prayers for Bereaved Parents, Margaret B. Spiess, Baker Book House Company, Grand Falls, Michigan, 1991.

Don't Let Death Ruin Your Life, Jill Brooke, Plume, New York, 2001. *Gives hope and direction for getting through the painful experiences of grief and mourning.*

Fatherloss How Men of all Ages Come to Terms with the Deaths of Their Dads, Neil Chethik, Hyperion, New York, 2001. *Discusses the experience of losing a father for sons.*

Healing a Father's Grief, William H. Schatz, Compassionate Friends, 1984.

Helping Children Grieve When Someone They Love Dies, T. Huntley, Augsburg Fortress, 1991. *Shows how children of different ages understand death & offers ways for parents to help them grieve.*

How It Feels When A Parent Dies, Jill Krementz, A. Knopf, 1981. *Describes how children of different ages deal with death and discusses their feelings and experiences.*

Life After Loss A Personal Guide Dealing with Death, Divorce, Job Change and Relocation (3rd Edition), Bob Deits, Fisher Books, Cambridge, Maryland, 1992. *A guide to emotional recovery after major loss.*

Making Meaning of the Madness One Man's Journey Through Grief, Dan Lundine, Tall Timbers Publishing Corporation, Langley, British Columbia, 1997. *Provides insight and understanding into the feelings people have after the death of a loved one, especially a father.*

On Children and Death, Elisabeth Kubler-Ross, Collier Books, New York, 1983. *Help for the parents and loved ones of children who have a terminal illness or who have died suddenly.*

On Death and Dying What the Dying have to Teach Doctors, Nurses, Clergy and their own Families, Elisabeth Kubler-Ross, Collier Books, New York, 1969. *A remarkable book on dealing with death.*

Recovering from the Loss of a Child, Katherine Fair Donnelly, Berkley Publishing, New York, 1982. *Words of comfort and hope from parents who have survived their grief.*

Still To Be Born, P. Schwiebert, 1986. *A guide for bereaved parents.*

Straight Talk About Death for Teenagers How to Cope with Losing Someone You Love, Earl A. Grollman, Beacon Press, Boston, 1993. *A book written for teenagers whose friend or relative has died.*

The Bereaved Parent, Harriet Sarnoff Schiff, Penguin Books, New York, 1977. *A book for parents whose child has died and all who want to help them.*

The Grief Recovery Handbook, John W. James and Frank Cherry, HarperPerennial, New York, 1989. *A recovery plan for loss.*

The Mourning Handbook, Helen Fitzgerald, Simon and Schuster, New York, 1994. *Offers practical and compassionate advice on coping with all aspects of death and dying.*

The Worst Loss How Families Heal from the Loss a Child, Barbara D. Rosof, Henry Holt and Company, New York, 1994. *Assistance for families who have experienced the death of a child.*

When a Parent Is Sick Helping Parents Explain Serious Illness to Children, Joan Hamilton, Pottersfield Press, Lawrencetown Beach, Nova Scotia, 2001. *This book provides parents and other caregivers with suggestions on how to help children with the information their parent is seriously ill.*

When Hello Means Good-bye, Pat Schwiebert, RN and Paul Kirk, M.D., Prenatal Loss, Portland Oregon 1985. *A guide for parents whose child dies before birth, at birth or shortly after birth.*

Where's Linda?, Elizabeth Allen and Louise Allen, Canadian Mental Health Association, 1986. *A journal on grief.*

### Videos:

Our Grieving Hearts, Kaos Films Worldwide Inc., 2002.

Saying Good-bye, Sunburst Communications (grades 2-4)

When Children Grieve, Churchill McIntyre Media Ltd.

## MENTAL ILLNESS

### Books:

Beyond Crazy Journeys Through Mental Illness, Julia Nunes and Scott Simmie, McClelland and Stewart Ltd., Toronto, 2002. *Through powerful stories it demonstrates how it is possible to get past the stigma and the labels that surround mental illness and move forward.*

Grieving Mental Illness A Guide for Patients and Their Caregivers, Virginia Lafond, University of Toronto Press, Toronto, 1994. *A model for grieving mental illness.*

In Search of Sanity, A Chronicle of the Canadian Mental Health Association, Griffin, J.D., Third Eye. London, Canada, 1989. *This is the authorized history of the Canadian Mental Health Association*

Just Ask, A Handbook for Instructors of Students Being Treated for Mental Disorders, Howard Davidson, Detselig Enterprises Ltd., Calgary, Alberta, 1993. *Provides practical information about the special needs of adult students who are being treated for mental disorders.*

Mental Health Services in Canada, 1990 Health and Welfare Canada. *A descriptive overview of the broad spectrum of mental health services available to Canadians.*

Mindscapes: images en tete, National Gallery of Canada, 2004. *A book of art work that was on display at the National Gallery of Canada by Individuals with mental illness.*

On Our Own, Patient-Controlled Alternatives to the Mental Health System, Judi Chamberlin, McGraw - Hill, Toronto, Ont., 1978. *The author makes a compelling case for patient-controlled facilities-voluntary, small, responsive to their communities and their residents.*

Return To Community, Building Support Systems for People with Psychiatric Disabilities, Paul J. Carling, The Guildford Press, New York, NY, 1995. *This book is an impassioned call to action that provides a comprehensive, practical approach to fully integrating people with serious mental illnesses into the community.*

Surviving Mental Illness, Stress, Coping and Adaptation, Agnes B. Hatfield and Harriet P. Lefley, The Guilford Press, New York, 1993. *This book examines the subjective experiences of patients, service providers, caregivers and community.*

The Dark Side of the Light Chasers, Debbie Ford, Riverhead Books, New York, 1998. *Stories and exercises to help reclaim "wholeness".*

The Insiders Guide to Mental Health Resources, John M. Grohol, Guilford Press, New York, 1997.

The Last Taboo: A Survival Guide To Mental Health Care In Canada, Scott Simmie and Julia Nunes, McClelland and Stewart Ltd, Toronto, 2001. *Scott Simmie recounts his own battle with a serious mental illness and his partner Julia Nunes provides a caregiver and supporter's perspective.*

The Power of Letting Go, Patricia Carrington, Vega, London, 2001. *Presents a technique for coping with life's many challenges.*

Understanding and Treating Mental Illness, The Strengths and Limits of Modern Psychiatry, Cleghorn, J. M., and Betty Lou Lee, Toronto, 1991. Hogrefe and Huber Publishers. *This book is a good compendium of the current state of our knowledge about the diagnosis, treatment and options when dealing with mental illness.*

## Videos:

Confronting Stigma Through Disclosure: A Personal Story with Karen Liberman, Mood Disorders Association of Ontario and Toronto, 44 minutes, 1999.

First Break, National Film Board of Canada, 1997. *Three young people share the stories of their first break or episode of mental illness.*

Healthy Steps, Eli Lilly Canada Inc., Toronto, Ont., 2003, 40 minutes (approximately). *This video offers individuals taking antipsychotic medications advice on how to develop healthy eating habits and increase their activity level. Includes personal testimonials.*

I Ain't Gonna Quit, Richard Flint, Flint Incorporated, Florida.

Trouble In Mind Series: Antisocial Personality Disorder

Trouble In Mind Series: Panic Disorder

Trouble In Mind Series: Psychosomatic Disorder

Understanding Self-Injury, Cavalcade Production

Will My Voice Be Heard 20 min.

## MENTAL ILLNESS/FAMILIES

### Books:

A Family Affair, Helping Families Cope with Mental Illness, Brunner/Mazel, Committee on Psychiatry and the Community, New York, 1986. *This is a book about how families try to deal with mentally ill relatives and what they need in order to continue in their tasks.*

A Lasting Impression: A Teacher's Guide to Helping Children of Parents with a Mental Illness (both by Canadian Mental Health Association, Alberta).

All Together Now: How Families are Affected by Depression and Manic Depression, Canadian Mental Health Association.

Choice Theory A New Psychology Of Personal Freedom, William Glasser, HarperPerennial, New York, 1998. *A new and effective way to get along with the people in our lives.*

Families of the Mentally Ill, Coping and Adaptation, Edited by Agnes B. Hatfield and Harriet P. Lefley, Guilford Press, New York, 1987. *Designed to help professionals become more sensitive to families so professionals can develop more soundly-based techniques for working with families.*

Family Education in Mental Illness, B. Hatfield, Guilford Press, 1990. *A resource that will help professionals become more effective family educators offers the key elements for creating curricula in family education by combining what is known about mental illness with essential principles of education.*

Hidden Victims, Julie Tallard Johnson, New York, 1988, Doubleday. *A very important book for families facing mental illness. It provides an eight-stage process to recover.*

How To Live With a Mentally Ill Person: A Handbook of Day-To-Day Strategies, Christine Adamec, New York, John Wiley and Sons Inc. 1996. *This resource focuses on the effects of mental illness on the family and the strategies one mother found effective.*

Kids Speak Up: Shining Light on Mental Illness

Mind Matters, How the Mind and Brain Interact To Create Our Conscious Lives, Michael S. Gazzaniga Houghton Mifflin Co., Boston, Mass., 1988. *Describes how the mind and the brain are bound together.*

My Sister's Keeper, Learning To Cope with a Siblings Mental Illness., Margaret Moorman, W.W. Norton and Co. New York 1992. *A comprehensive and touching book that helps you understand the effects of mental illness on siblings.*

Nothing To Be Ashamed Of: Growing Up with Mental Illness in Your Family, Dinner S. H., Lothrop, Lee and Shepard Books, New York, 1989. *This book is written with adolescents in mind and highlights a variety of mental illnesses and the ways family can help. The language is easy to understand.*

Our Promise to Children, Kathleen A. Guy, The HLR publishing Group, Arnprior, Ontario, 1997. *A much needed and exciting book about all kids and what they need to develop.*

Stuck In Time, The Tragedy of Childhood Mental Illness., Lee Gutkind, Henry Holt and Co., New York 1993. *Examines lives of three adolescents and the pain of a family that is desperate for help*

The Family Mental Health Encyclopedia, Frank J. Bruno, John Wiley and Sons Inc., Toronto 1991. *A convenient reference book that will answer questions that may arise about mental health, mental disorders, and kinds of therapy.*

The Yellow Book A Media Sourcebook On Mental Health Issues, Canadian Mental Health Association BC Division, 1999.

Understanding and Treating Mental Illness, The Strengths and Limits of Modern Psychiatry, Cleghorn, J. M., and Betty Lou Lee, Hogrefe and Huber Publishers, Toronto, 1991. *This book is a good compendium of the current state of our knowledge about the diagnosis, treatment and options when dealing with mental illness.*

When Someone You Love has a Mental Illness: A Handbook for Family, Friends, and Caregivers, Rebecca Woolis, Jeremy P. Tarcher/Penguin, New York, 2003. *This updated and revised edition of When Someone You Love Has a Mental Illness offers exciting and vital current information about recovery from mental illness and substance abuse while addressing short-term daily problems of living with someone who has a mental illness and long term planning and care.*

## Videos:

A Map of the Mind Fields: Managing Adolescent Psychosis, National Film Board, 2004 (56 minutes). *Psychosis is a brain disorder where an individual experiences some loss of contact with reality. Three people share their personal stories: Amanda, 16, Max, 12, and Tara, 18.*

Asylum, CBC documentary on Institutionalization.

Changing Minds, Reel Films Ltd.(with the support of CMHA Nfld. Division), 52 minutes, 1995. *A compelling look at mental health issues from the perspective of users of the mental health system.*

Cracking the Shell, CBC documentary on Mental Illness.

Families Coping with Mental Illness, Mental Illness Education Project Videos.

Interrupted Lives, A full-length film on mental illness.

One Day at a Time, Canadian Mental Health Association, 28 minutes, 2001. *Parents of young people with psychosis share their experience and how their sharing with each other is beneficial for themselves and their families.*

Out of Madness People-Grow, a video on the Self-Help Group for people with mental illness called Grow.

When The Music Stops, A video for families coping with mental illness.

## Pamphlets/Booklets:

Working Well: An Employer's Guide to Hiring and Retraining People with Mental Illness, Canadian Mental Health Association –National Office, Toronto, 2002. *This publication is for Canadian employers concerned about retaining employees with a mental illness.*

## **OBSESSIVE COMPULSIVE DISORDER**

### **Books:**

Tormenting Thoughts and Secret Rituals The Hidden Epidemic of Obsessive Compulsive Disorder, Ian Osborn, Dell Trade Paperback, New York, 1999. *A comprehensive book on the experiences, diagnosis and treatment of OCD.*

STOP Obsessing! How to Overcome Your Obsessions and Compulsions, Edna B. Foa, and Reid Wilson, Bantam Books, New York, 2001. *A self help program for sufferers of OCD.*

Obsessive Compulsive Disorder A Survival Guide for Family and Friends, Roy C., Obsessive Compulsive Anonymous World Services, Inc., New York, 1993. *A book specifically for the family and friends of someone with OCD.*

The OCD Workbook Your Guide to Breaking Free from Obsessive Compulsive Disorder, Bruce M. Hyman and Cherry Pedrick, New Harbinger Publications, Inc., Oakland, California, 1999. *This book offers a clear explanation of behavior therapy for OCD.*

### **Videos:**

Trouble In Mind: Obsessive Compulsive Disorder

Step on a Crack (Obsessive Compulsive Disorder), Canadian Learning Company, Woodstock, Ontario.

OCD: The War Within, National Film Board of Canada, 2002, 72 min. *OCD: The War Inside documents the personal stories of sufferers of OCD and their families.*

## **POST TRAUMATIC STRESS DISORDER**

### **Books:**

Broken Wings A Flight Attendant's Journey, Nattanya Andersen, Avia Publishing Inc., Coquitlam, British Columbia, 1997. *A professional flight attendant offers Insights Into PTSD.*

The PTSD Workbook Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms, Mary Beth Williams and Soioi Poijula, New Harbinger Publications, Inc., Oakland, California, 2001. *Tools for PTSD sufferers to use to conquer their symptoms.*

### **Booklet:**

Post Traumatic Stress Disorder (PTSD) and War-Related Stress, Veterans Affairs Canada, 2001. *This informative booklet contains information on what PTSD is, the symptoms of PTSD, associated problems and treatment of PTSD.*

## Videos:

The Doctor Is In Series: Post Traumatic Stress Disorder, Kinetic Video.

Trouble In Mind: Post Traumatic Stress Disorder

## **POSTPARTUM DEPRESSION**

## Books:

Behind the Smile My Journey Out of Postpartum Depression, Marie Osmond, Warner Books, New York, 2001. *Marie Osmond shares her battle with and journey out of postpartum depression.*

Depression After Childbirth How to Recognize, Treat and Prevent Postnatal Depression(fourth edition), Katharina Dalton, Oxford University Press, New York, 2001. *An updated classic text that helps women and their loved ones understand and cope with postnatal depression.*

Postpartum Depression and Anxiety A Self Help Guide for Mothers, Postpartum Support Society, Vancouver, BC, 1994.

Postpartum Depression, Every Woman's Guide to Diagnosis, Treatment, and Prevention Sharon L. Roan, Adams Media Corp. Holbrook, Mass. 1997. *Comprehensive information and solutions through advice of top experts in the field and the personal experiences of dozens of women who have recovered from this postpartum illness.*

## Videos:

Trouble In Mind: Postpartum Depression

# SCHIZOPHRENIA

## Books:

A Beautiful Mind: The Life of Mathematical Genius and Nobel Laureate John Nash, Sylvia Nasar, Simon and Schuster, New York, 1998. *The true story of John Nash, a mathematical genius who struggled for years with schizophrenia and emerged to win a Nobel Prize.*

Learning About Schizophrenia Rays of Hope, Schizophrenia Society Of Canada, 2001.

Learning about Schizophrenia: Rays of Hope (3<sup>rd</sup>. edition), Schizophrenia Society of Canada, 2003. *The updated edition to this popular resource for families and caregivers. Topics covered include: symptoms, definition, coping skills and early intervention.*

Schizophrenia At Home, Atkinson, M. Jacqueline, New York University Press, New York, 1986. *This book sets out to examine how relatives can best be involved in therapy and rehabilitation programs. Ways in which the family can be involved and offer practical suggestions and advice are focused on.*

Surviving Schizophrenia, Torrey, E. Fuller, New York, Harper and Row, Publishers 1988. *"Surviving Schizophrenia" describes the nature, causes, symptoms, treatment, and course of the illness. Also, living with schizophrenia from both the patient's and the family's points of view.*

The Broken Brain, Andreasen C. Nancy, Harper and Row Publishers, New York 1981. *Provides a readable guide to the new scientific understanding of schizophrenia. Dr. Andreasen's book seeks to remove the shame, guilt, and punishment that are still attached to the mentally ill and, instead, to regard them "as human beings who deserve sensitivity and love".*

The Day Voices Stopped A Memoir of Madness and Hope, Ken Steele and Claire Berman, Basic Books, New York, 2001. *Ken Steele a man with schizophrenia and an advocate for the rights of the mentally ill, shares his experience with schizophrenia, and offers advice to families on how to support their ill family member.*

## Information Kit

### Videos:

Clinical Issues in Schizophrenia - Parkinson's [2000]

Evelyn, National Film Board.

Full of Sound and Fury, National Film Board.

Negative Symptoms in Schizophrenia

New Hope in The Treatment of Schizophrenia

Out of Darkness

Reaching Out The Importance of Early Treatment, BC Schizophrenia Society, 2001. 22 min.

Robbie's Story, CBC.

Schizophrenia, It Can Happen To Someone You Know, 15 Min.

Shattered Dreams, National Film Board of Canada.

The Bonnie Tapes, Mental Illness Education Videos, New Jersey.

Mental Illness In the Family (26 min.)

Recovering From Mental Illness (27 min.)

My Sister Is Mentally Ill (22 min.)

The Promise, a feature film on schizophrenia from a sibling perspective.

The Seventh Wave, B.C. Public Television.

### Audio:

Schizophrenia Anonymous, Overview of movement and accompanying resource manual for SA.

### CDs:

Schizophrenia Internet Resources, AstraZeneca Canada Inc.

## **SEASONAL AFFECTIVE DISORDER**

### Books:

Don't Be Sad, Conquering Seasonal Affective Disorder, Celeste A. Peters, Good Health Books, Calgary, Alberta 1994. *A user-friendly guide to the winter syndrome with all the latest treatment techniques.*

## **SELF ESTEEM**

### Video:

Building Self Esteem Discover Your Personal Power to Change, Hazeldon Foundation, 1996 (35 min.).

## SELF-HELP

### Books:

International Journal of Self-Help and Self-Care, Alfred Katz, Baywood Publishing Co., Inc., Amityville, New York, 2000.

Making Self-Help Mutual Aid Work: The Resource Kit, Ontario Self-Help Network, Ontario, 2000.

Redefining Self-Help, Policy and Practice, Frank Riessman and David Carroll, Jossey-Bass Publishers, San Francisco 1995. *This resource offers an accurate portrayal of both the strengths and challenges involved in self-care, self-help groups, peer counselling, and coalition building.*

Self Help Concepts and Applications, Alfred H. Katz, Hannah L. Hedrick, Daryl Holtz Isenberg, Leslie M. Thompson, Therese Goodrich, Dr. Austin H. Kutscher, 1992. *This book discusses the strategies for health and the role of self-help.*

Self-Help - A "How to" Manual, Self Help Connection, Dartmouth, N.S. 1990.

Self-Help and Mutual Aid Groups International and Multicultural Perspectives, Francine Lavoie, Thomasina Borlman, Benjamin Gidron, The Haworth Press, Inc., New York, 1994.

Self-Help Groups, Getting Started-Keeping Going, Judy Wilson, Longman Group UK Ltd., 1986. *Discusses the process of starting new groups, things to consider, dealing with problems, etc.*

Self-Help Groups, Human Development Council 1992. *A practical handbook.*

Steps In Building a Self-Help Group, Canadian Mental Health Association, Windsor, Ontario, 1992.

The Guide to Self-Help Mutual Aid Initiatives 1999, Self Help Resource Centre, Toronto, 1999. *Information about self-help groups and organizations who are provincial in scope.*

The Self-Help Way Mutual Aid and Health, Jean-Marie Romeder, Canadian Council on Social Development, Ottawa, 1990.

You Are Not Alone: A Guide for Mood Disorders Self-Help and Peer Support Groups in Ontario, The Mood Disorders Association of Ontario.

### Reports:

A Directory of Self-Help/Mutual Aid Groups in Metro Toronto, Self-Help Clearinghouse of Metropolitan Toronto, 1997.

## SELF-INJURY

### Books:

A Bright Red Scream: Self-Mutilation and the Language of Pain, Marilee Strong, Penguin Books, New York, 1998. *Marilee Strong shatters the stereotypes and dispels the myths surrounding the phenomenon of self-mutilation. The book is thick with scientific studies, up-to-date research and tender portraits of real self-mutilators.*

### Videos:

Can You See My Pain? Wisconsin Public Television and NEWIST/CESA7, 2000, Wisconsin, 25 minutes. *This video is for mental health therapists as well as people who self-injure and their friends and family.*

Self-Injury: From Suffering to Solutions, SVE & Churchill Media, Chicago, IL, 2002, 18:10 minutes. *This video addresses the harmful yet seldom discussed affliction that affects many teenagers and others today. Topics covered include: the cyclic nature of self-injury (S.I.), the nature of S.I. and its victims and effects. Students and others both familiar and unfamiliar with self-injury can learn ways to recognize this problem and help themselves and others.*

Understanding Self Injury, Calvacade Productions, Nevada City, CA, 1994, 30 minutes. *This video discusses the difficult topic of self injury, some of its causes, treatment and hope for recovery. Persons with self injury share their experience and recovery.*

### Audiotape:

Understanding and Treating the Self-Injurious Patient, Karen M. Latza, Karen Conterio and Wendy Lader, S.A.F.E. Alternatives, Chicago, IL, 2004, 90:16 minutes. *The tape provides a guide to assessment and intervention strategies for mental health therapists. Topics covered include: What is Self-Injury?, Why do People Self-Injure?, What is a no-harm contract?, and What strategies have been helpful for the self-injurer in treatment?*

## SENIORS

### Books:

Caring for Yourself While Caring for You're Aging Parents, How to Help, How to Survive (second edition), Claire Berman, Henry Holt and Company, New York, 2001. *For men and women who are involved in caring for aging parents and for those who see care giving in their future, this book focuses on the stresses and needs of caregivers while addressing the issues they are likely to confront.*

The Encyclopedia of Health and Aging: The Complete Guide to Well Being In Your Later Years, Evelyn Michaels with Dr. Michael Gordon, Key Porter Books, Toronto, Ontario, 2001. *A guide for older adults that encourages them to retain a sense of independence and control over their health and well-being.*

## Videos:

Late Life Depression, Dartmouth-Hitchcock Medical Center, 27 minutes, 2003. *Depression is not an automatic part of aging. It can be controlled and in some case cured. This video discusses depression in older adults and its treatment.*

Triad Three for the Management of Alzheimer Disease The Alzheimer Journey: The Road Ahead, Alzheimer Canada.

Trouble In Mind: Alzheimer's Disease, *This video provides a detailed explanation of the disease and details of advances in treatment.*

Trouble In Mind: Delirium, *Helpful information on the signs and treatment of delirium (50 min.).*

## CDs:

Injury Prevention for Seniors and Veterans, Health Canada and Veterans Affairs Canada, 2002.

## SEXUAL ABUSE

### Books:

Adult Children of Abusive Parents A Healing Program for Those Physically, Sexually, or Emotionally Abused, Steven Farmer, Ballantine Books, New York, 1990.

After Sexual Assault Your Guide to the Criminal Justice System, Department of Justice, Canada, 1990.

Canada's Law On Child Sexual Abuse, M. Wells, Communications & Public Affairs, Government of Canada, 1990.

Hope In Healing, Tess Edwards and Mary Derouard, Source RE Source, Toronto, Ontario, 1994.

Leaping upon the Mountains: Men Proclaiming Victory over Sexual Child Abuse, Mike Lew, Small Wonder Books, Boston, Massachusetts, 1999. *This book provides hope, understanding and essential advice for healing to men who are survivors of boyhood sexual abuse and those who care about them.*

Negatives Into Positives, SARA, Surrey BC, 1990.

Rainbow 'Round My Shoulders, Jan Grey and Eliza Moorhouse, SARA, Surrey, BC.

SARA A New Reality, SARA Society, Surrey, BC, 1990.

Self Help or Self Delusion A SARA Twelve Step History, SARA, Surrey, BC. 1999.

Surviving Childhood Sexual Abuse Workbook, Carolyn Ainscough and Kay Toon, Fisher Books, Tucson, Arizona, 2000. *Practical exercises for problems resulting from childhood abuse.*

The Courage to Heal Workbook For Women and Men Survivors of Child Sexual Abuse, Laura Davis, HarperPerennial, New York, 2000. *A workbook for men and women healing from the effects of child sexual abuse.*

The Courage To Heal, E. Bass & L. Davis, 1988, Harper & Rowe, New York. *A guide providing healing for survivors and those who care about them. The authors provide clear explanations, practical suggestions, a map of the healing journey.*

The Sexual Healing Journey A Guide for Survivors of Sexual Abuse (revised), Wendy Maltz, Quill, New York, 1991. *A book that offers sound and detailed guidelines for sexual healing.*

Victims No Longer: The Classic Guide for Men Recovering from Sexual Child Abuse (2nd. edition), Mike Lew, Quill, New York, 2004. *Comprehensive, compassionate and clear, this book offers hope and direction for men reclaiming personal power and creating healthy relationships.*

### Videos:

The Healing Years, Kinetic Video, *Learn the key to healing from sexual abuse through the profiles of three female survivors of incest from diverse socioeconomic backgrounds.* (52 min.).

### Audio:

Twelve Steps and Twelve Traditions, SARA Society, 1993.

# STRESS

## Books:

Be Your Best Friend, Mario Biasoio, Harvard Marketing Porters Lake, N.S., 1997. *This book provides you with the tools and inspiration to transform your relationship with yourself.*

Building Greater Self-Satisfaction, Steps to An Action Program, A Self-Help Prevention Program, Canadian Mental Health Association, 1980.

Don't Stress the Small Stuff with Your Family, Simple Ways to Keep Daily Responsibilities and Household Chaos from Taking Over Your Life, Richard Carson, Hyperion, New York, 1998. *Richard Carson tells us how not to let small annoyances in our home lives get us down and ways to make our relationships at home more peaceful and loving.*

Don't Sweat the Small Stuff and It's All Small Stuff, Richard Carlson, Simon & Schuster Inc., New York, 1997. *This tape tells you how to keep from letting the little stresses in your life turn into major stresses.*

Don't Sweat the Small Stuff at Work, Richard Carson, Hyperion, New York, 1998. *This book presents simple ways to minimize stress and conflict at work and bring out the best in yourself and others.*

Herbs To Relieve Stress, David Hoffman, Keats Publishing, New Canaan, Conn., 1996.

Power Over Stress: 35 Quick Prescriptions for Mastering Stress in Your Life, Kenford Nedd, QP Press, Toronto, 2003. *This book shows you ways to better handle stress. It contains 35 simple techniques to help transform the way to handle life's difficulties.*

Stress and Your Child: Help Kids Cope With The Strains and Pressures of Live, Bettie Youngs, Fawcett Columbine, New York, 1985. *Dr. Youngs presents skills to help children master stress and channel it to promote health, fitness and self esteem.*

Stress For Success, How to Make Stress on the Job Work for You, Peter G. Hanson, M.D., Ballantine Books, New York, 1989. *The author demonstrates how you can use stress to meet challenges and achieve optimum success in your career.*

The Complete Idiot's Guide to Managing Stress for Canadians, Richard Earle and John Davidson, Prentice Hall Canada, Toronto, Ontario, 2000. *This book is packed with healthy, affordable ways to deal with stress at home and at work.*

The Everything Stress Management Book Practical Ways to relax, be healthy, and maintain your sanity, Eve Adamson, Adams Media Corporation, Avon, Massachusetts, 2002. *This book shows us how to achieve our life goals and keep our physical and mental health intact.*

The Relaxation and Stress Reduction Workbook (Fifth Edition), Martha Davis, PhD, Elizabeth Robbins Eshelman, M.S.W and Matthew McKay, PhD, New Harbinger Publications, Inc. Oakland, CA, 2000. *This comprehensive book on stress management is designed to teach the most popular stress management and relaxation techniques and exercises used today.*

## Audio:

Don't Sweat the Small Stuff and It's All Small Stuff, Richard Carlson, Simon & Schuster Inc., New York, 1997 (1.5 hours). *This tape tells you how to keep from letting the little stresses in your life turn into major stresses.*

## Videos:

How Serious Is This? with Loretta LaRoche, WGBH Educational Foundation, Boston, Mass., 1995. *The third video in Loretta LaRoche's humorous video series on how we look at and handle stress.* (80 min.)

Humour Your Stress with Loretta LaRoche, WGBH Educational Foundation, Boston, Mass., 1996. *A humorous look at stress and how we handle it.* (60 min.)

Managing Stress Before It Manages You, Briefings Publishing, 2000.

Stanford Health Series: Preventing and Managing Stress, Stanford Center for Research in Disease Prevention. *Experts present the causes of stress and suggest ways to lessen its negative impact.* (22 min.)

The Joy of Stress with Loretta LaRoche, WGBH Educational Foundation, Boston, Mass., 1995. *A humorous look at stress and how we handle it.* (56 min.)

# SUICIDE

## Books:

A Handbook for the Caregiver on Suicide Prevention, Council on Suicide Prevention, Hamilton and District, 1990.

Adolescent Suicide Recognition, Treatment and Prevention, Barry Garfinkel and Gordon Northrup, The Haworth Press, New York, 1989.

After Suicide A Ray of Hope for Those Left Behind, Eleanora Betsy Ross, Perseus Publishing, Cambridge, Mass., 1997. *The book offers penetrating understanding coupled with practical advice.*

But I Didn't Say Goodbye, Barbara Rubel, Griefwork Centre Inc., New Jersey, 1999. *A guide for parents and professionals helping child suicide survivors.*

Healing After the Suicide of a Loved One, Ann Smolin and John Guinan, A Fireside Book, New York, 1993. *A book for the survivors of suicide, it is filled with case studies, excellent information and advice.*

Hope and Healing: A Practical Guide for the Survivors of Suicide, Calgary Health Region, 2003. *This guide was written with the help of suicide survivors and the professionals who help them through this difficult time. It focuses on the practical matters survivors need to deal with after a completed suicide.*

In a Darkness, A Story of a Young Suicide, James A. Wechsler, The Pickering Press Florida 1972. *This book is an articulate and poignant reminder of the hell that most families who have a family member with schizophrenia go through*

My Son, My Son A Guide To Healing After Death, Loss or Suicide, Iris Bolton, Bolton Press Atlanta, Roswell, GA, 1983. *Iris Bolton shares the story of her own grief due to the death of her son by suicide and her journey to healing.*

Night Falls Fast: Understanding Suicide, Kay Redfield Jamison, Vintage Books, New York, 1999. *This is a book that helps us to understand the suicidal mind, to recognize and come to the aid of those at risk, and to comprehend the profound effects on those left behind.*

She Never Said Goodbye One Man's Journey through Loss, Robert Dykstra, Harold Shaw Publishers, Wheaton, Illinois, 1989. *A man reflects on the question and emotions that happen after a suicide.*

Step Back from the Exit - 45 Reasons to Say No to Suicide, Jillayne Arena, Zebulon Press, Milwaukee, WI, 1995. *A rich volume of quotations, insights, and anecdotes for individuals who contemplate suicide.*

Suicide The Forever Decision, Paul G. Quinnett, 2000. *A book for those who think about suicide and for those who know, love and counsel them.*

Suicide Why? 85 Questions and Answers About Suicide, Adina Wroblewski, Afterwords, Minneapolis, 1989.

Survivors of Suicide, Rita Robinson, New Page Books, Franklin lakes, NJ, 2001. *A helping guide for family and friends left behind when a loved one dies by suicide.*

The California's Helper's Handbook For Suicide Intervention, California Department of Mental Health.

## Videos:

Aftermath: The Legacy of Suicide, National Film Board of Canada Production, Montreal, Quebec, 2001. *Personal stories are shared about parents (fathers) who died by suicide and the secrecy and silence that accompanied the suicide. Survivors speak about their experiences and how they came to terms with their fathers' deaths and their own lives (50 min.).*

### Reaching Out with Hope: Adult Suicide

Remembering Tom: Coping with Youth Suicide, National Film Board of Canada Production, Montreal, Quebec, 1999 (24 min.). *Remembering Tom explores the tragic aftermath of a young man's suicide and the painful impact on the family.*

Suicide: A Teenage Dilemma, Human Relations Media, McIntyre Media Limited, Rexdale, Ontario, 30 min.

### Teen Suicide: Finding the Will to Live series

Part 1 - Understanding Suicide, Jaguar Educational, Charleston, WV, 2002. (20 min.)

Part 2 - Identifying Warning Signs and Preventing Suicide, Jaguar Educational, Charleston, WV, 2002. (20 min.)

Teen Suicide: Who, Why- & How You Can Prevent It, Guidance Associates Video, Mount Kisco, NY.

## Booklets:

SOS A Handbook for Survivors of Suicide, Jeffrey Jackson, American Association of Suicidology, Washington DC, 2004. *This booklet is for people who have lost a loved one to suicide, written by someone who has experienced the same loss.*