



Canadian Mental Health Association  
Prince County Branch

Consumer & Family Support

## *Information Resources*

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## ANXIETY/PHOBIAS

### **Books**

Broken Wings: A Flight Attendant's Journey. Nattanya Andersen, Avia Publishing Inc., Coquitlam, BC, 1997. *Deals with post traumatic stress disorder.*

Getting Help for Social Anxiety Disorder. Irena Esche, MD, Jean Goulet, MD, and Michael Van Ameringen, The Medicine Group Ltd., 1999. *Explains the disorder, associated illnesses, treatment, and educational programs available.*

Master Your Panic and Take Back Your Life! Denise F. Beckfield, PhD, 1998. *A practical self-empowering book on overcoming debilitating panic attacks.*

Overcoming Panic Attacks. Shirley Babior, Carol Goldman, Pfeifer-Hamilton Publishers, Duluth, MN, 1990. *Strategies to free yourself from the anxiety trap.*

Overcoming Panic Disorder. Lorna Weinstock, M.S.W., and Eleanor Gilman. *A Woman's Guide to understanding the origins, implications, and treatment of panic disorder, written in a warm and supportive style.*

The Anxiety & Phobia Workbook – Third Edition. Edmund J. Bourne, Ph. D. *A practical and comprehensive guide offering help to anyone who is struggling with panic attacks, agoraphobia, social fears, generalized anxiety, obsessive-compulsive behaviors, or other anxiety disorders.*

The Boy Who Couldn't Stop Washing. Judith L. Rapoport, MD, Fitzhenry and Whiteside, Toronto, 1989. *Tells the stories of those who are afflicted with obsessive-compulsive disorder and describes treatment that is often a combination of drugs and behavior modification therapy.*

### **Information Kits**

Obsessive Compulsive Disorder – compiled by CMHA

## CHILDREN AND FAMILY

### **Books**

1-2-3 Magic. Thomas W. Phelan, PhD, Child Management Inc., 1995. *Effective discipline for children 2 - 12.*

A Lasting Impression. *A teacher's Guide to Helping Children of Parents with a Mental Illness.* 28 page Workbook. (see also Families Speak Up and Kids Speak Up.)

Don't Pop Your Cork on Mondays. Adolph Moser, Ed.D., Landmark Editions, 1988. *The children's anti-stress book.*

Families Speak Up Shining Light on Mental Illness. *When a parent has a mental illness, everyone in the family is affected.* 20 page Workbook. (see also Kids Speak Up and A Lasting Impression)

Helping Your Anxious Child. Ronald M. Rapee, Ph.D., Susan H. Spence, Ph.D., Vanessa Cobham, Ph.D., Ann Wignall, M. Psych., New Harbinger Publications, Inc., 2000. *Parents are provided a step-by-step guide for assisting their children in overcoming a variety of worries, fears, and anxieties.*

Keys to Parenting Your Anxious Child. Katharina Manassis, M.D., Barron's Educational Series, Inc., 1996. *A practical guide that shows parents how to recognize a child's anxieties.*

Kids Are Worth It. Barbara Coloroso, Summerville House Publishing, 1995. *Giving your child the gift of inner discipline.*

Kids Speak Up Shining Light on Mental Illness. Written by a group of children whose parents have a mental illness. *...sharing their experiences with others their age: their fears, their joys, their disappointments, their dreams.* 20 pages. (see also Families Speak Up and A Lasting Impression)

Parent Effectiveness Training. Dr. Thomas Gordon, New American Library, New York, 1975. *Offers a proven method to bring parents and their children together and to show parents how to help their children become mature, healthy, happy, and loving.*

Parenting Through Crisis. Barbara Coloroso, Penguin Books, 1999. *Helping kids in times of loss, grief, and change.*

The Bully, The Bullied, and The Bystander. Barbara Coloroso, Harper Collins Publishers Ltd., 2002. *From pre-school to high school—how parents and teachers can help break the cycle of violence.*

Embracing Cultural Diversity. Department of Canadian Heritage and Canadian Mental Health Association, 1998. *A resource guide for parents from birth to 12 years; gives parents confidence to deal with questions of cultural diversity with their children.*

Chicken Soup for the Mother's Soul. *101 stories to open the hearts and rekindle the spirits of mothers.*

## **Videos**

“One Day At A Time” – CMHA National, Toronto, 28 minutes. *Parents of young people with psychosis share their experiences.*

“Sooper Puppy: Flying High” – *Teaches children about the effects of drugs and how to say no to drugs.* 17 minutes

“Sooper Puppy: Self-Esteem” – *Children will recognize the value of liking yourself, realize that you can learn and grow from your mistakes.* 19 minutes

“Sooper Puppy: What’s The Difference” – *Teaches children that it’s better to learn about someone or something before making judgements.* 20 minutes

“Sooper Puppy: Whose Wuzzit?” – *Children will learn that it’s never right to take something that isn’t theirs without getting permission.* 20 minutes

“1- 2- 3 Magic” – Thomas W. Phelan, 120 minutes. *Effective discipline for children 2 – 12.*

“Winning At Parenting...without beating your kids” – Barbara Coloroso, 1989, 125 minutes. *A humorous approach to the daily hassles of mealtime, bedtime, chores and fighting. Also ways to buffer your kids from sexual promiscuity, drug abuse, and suicide while helping them grow in increased self-discipline, independent problem-solving skills, and responsibility.*

### **Pamphlets**

Children and Attention Deficit Disorders  
Children and Depression  
Children and Difficult Behaviour  
Children and Family Breakup  
Children and Self-Esteem  
Children and The Stress of Parenting  
Children and Their Fears

### **Other**

Mauve: An interactive CD-ROM for Crisis Prevention. Natacha Joubert, Ph.D., 1998 *By and for teens, a resource kit for teen guidance. A learning aid for teenagers, to encourage independent thinking, avoid no-win situations, and gain a broader perspective.*

## **DEPRESSION/BI-POLAR DEPRESSION**

### **Books**

A Brilliant Madness. Patty Duke, 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.*

All Together Now. John Hoffman, Canadian Mental Health Association, Toronto. *A booklet that looks at how families are affected by depression and manic depression.*

Bipolar Disorder for Dummies. Candida Fink, MD and Joe Kraynak, Wiley Publishing, Inc. 2005. *This reassuring guide explains the brain chemistry behind the disease and covers the latest medications and therapies. You get sound advice and self-help techniques that you and your loved ones, including kids and teens, can use to ease and eliminate symptoms, function in times of crisis, plan ahead for manic or depressive episodes, and feel a whole lot better.*

Depressive Illness: A Guide for People with Depression and their Families. Christina Bartha, Carol Parker, Cathy Thomson, Kate Kitchen, Centre for Addiction and Mental Health, 1999. *Offers a basic understanding about this illness, its treatment and management.*

Depression, New Directions in Theory, Research, and Practice. Edited by C. Douglas McCann and Norman S. Endler, Wall and Emerson, Inc., Toronto, 1990. *This book focuses on new directions in theory, research, and practice in depression. It provides a comprehensive and current survey of biological and psychological factors in depression.*

Feeling Good The New Mood Therapy. David D. Burns, M.D., 1999. *The Clinically Proven Drug-free Treatment for Depression.*

Feeling The Rainbow. Donna Dobrenchuk Noble with Richard Mitchener, Sound Health Enterprises, 1992. *The second book of a trilogy documenting and encouraging healing and recovery from mental illness.*

Free To Be Me! From Depression Valley to Plain Happiness. Alvin Curley, Five Pillars Publications, Summerside, PEI, 2002. *A true story of a journey to wellness, using models such as Reality Therapy, Neuro-Linguistic Programming, Innerwealth Technology, and the Holistic Health Approach.*

Mood Disorders. BC's Mental Health Journal – Visions, Canadian Mental Health Association, No. 11, Fall 2000. *Offers first hand experiences of people who have struggled with and gained control over mood disorders such as depression and manic depression.*

Overcoming Depression. Dr. Richard Gillett, MacMillan Canada, 1987. *A practical self-help guide to prevention and treatment.*

Post Partum Depression and Anxiety, A Self-Help Guide for Mothers. Pacific Post Partum Support Society, Grandview Printing Co. Ltd., Vancouver, 1987. *The material in this book is based on fifteen years of counselling thousands of women with post partum depression. Emphasis has been put on those common threads that run through the experience of post partum depression.*

Riding The Roller Coaster - Living With Mood Disorders. Marja Bergen, Northstone Publishing, Kelowna, BC, 1999. *A first person account filled with encouragement for those managing mood disorders.*

Skywriting: A Life Out of the Blue. Jane Pauley, Random House, Inc. 2004. *This memoir tells of her extraordinary life, which includes a diagnosis of bipolar disorder.*

The Bipolar Disorder Survival Guide: What You and Your Family Need to Know. David J. Miklowitz, PhD, The Guilford Press, 2002. *“A practical, straightforward book that will be a great help to those who have bipolar illness, as well as their families.”*

The Depressive Spectrum. Dean Schuyler, MD, Jason Aronson Publishing, New York, 1974. *A comprehensive review of depression in all its range of emotions, its signs and symptoms, classification, theories, outcomes and all the treatment options.*

The Depression Workbook: A Guide for Living With Depression and Manic Depression. Mary Ellen Copeland, MS and Matthew McKay, PhD, New Harbinger Publications, Oakland, California, 1992. *The material in this book is the result of a study of the coping strategies and experiences of a large group of depressives and manic-depressives from around the US. The workbook is designed as a guide to achieving the maximum level of stability possible and to enhance wellness in the future.*

The Hibernation Response. Peter Whybrow, MD and Robert Bahr, Avon Books, 1988. *A study of seasonal affective disorder (SAD).*

The Last Taboo: A Survival Guide to Mental Health Care in Canada. Scott Simmie and Julia Nunes, McLelland & Stewart Ltd., Toronto, Ontario, 2001. *A practical roadmap for people with mental disorders and those who care about them.*

The Manual for Affective Disorder Support Groups. Wendy Miller Resnick, RN, MS, The Depression and Related Disorders Association, Inc., 1988. *This manual was prepared in an effort to provide an organizational framework for developing and maintaining an affective disorder support group.*

The New Biology of Mood. Solomon Snyder, MD, published by Roering/Pfizer Pharmaceuticals, 1988. *A review of pharmacology and depression written for the health professional.*

Understanding Manic Depressive Illness: An Information Guide for Patients and their Families. Ruth Thompson, MSW, Harvey C. Stancer, MD, PhD, Emmanuel Persad, MB, BS, Clarke Institute of Psychiatry, Toronto, 1984. *This booklet is written for patients suffering from manic depressive illness ( bipolar affective disorder), their families and anyone else who is interested in gaining a basic understanding of the illness.*

You Can Beat Depression. Dr. John Preston, Impact Publishers, San Luis Obispo, California, 1996. *A comprehensive guide to prevention and recovery.*

## **Videos**

“Bipolar Personality Disorder” - Narrated by Kate Jackson from the Trouble in Mind series, 25 minutes. *An in-depth look at the mania aspect of Bipolar Disorder, past treatments and modern diagnosis and treatments.*

"Call Me Anna" - *The story of Patty Duke, a two-hour feature film based on her book about manic depressive illness.*

"Depression: The Road to Recovery" - A patient guide produced by Eli Lilly Pharmaceuticals. Also available in French under the title of "De L'Ombre A La Lumiere."

“Faces of Depression” – National Mental Health Association, 1993, 13 minutes. *People with the illness share their experiences. Stresses the importance of getting a diagnosis and treatment.*

“Out of the Blue” – NBC Dateline, September 2, 2004, 60 minutes. *An interview with broadcast journalist, Jane Pauley on her struggle with bipolar disorder.*

“Over Prescribing Antidepressants and Other Drugs” – A documentary aired on CBC’s Fifth Estate, November 2003, 1 hour.

“Fighting the Dragon” – A documentary on depression aired on CTV Nov. 22, 2002.

"Taking Control of Depression - Mending the Mind" - featuring Edward Asner, physicians from the National Institutes of Mental Health and Alan Xenakis, MD, 30 minutes, 1991. *Explains the facts about depression, symptoms and causes, methods of diagnosis, treatments that work.*

## **Audio**

Coping Effectively With Manic Depressive Illness

Manic Depressive Self-Help

Crisis Intervention - How to Prevent or Stop an Episode

## **DRUGS**

### **Books**

Prescription Drugs - by the editors of Consumer Guide with Peggy Boucher Mullen, Pharm. D., Publications International, Ltd., 1992. *Tells you all you need to know about the prescription drugs you take--how to buy, store, and administer them; possible side effects; and how you may be able to save money when you purchase them.*

Psychotropic Agents - A Handbook for Mental Health Workers. Betty Dewitte, Irene Ralph, BI Publications, 1986. *A reference book for drugs used in the treatment of psychiatric disorders.*

### **Videos**

"Drug Dialogue - A Home Video for Parents" - *Intended to provide parents of youth with information and practical tips on how to prevent alcohol and other drug abuse by discussing alcohol and drug issues with their children. The video is 20 minutes long and is available in English or French.* Health and Welfare Canada and MC Productions Ltd., 1989.

## **EATING DISORDERS**

### **Booklets**

An Introduction to Food and Weight Problems - The National Eating Disorder Information Centre, Toronto. *Information on anorexia, bulimia, and weight preoccupation.*

### **Pamphlet**

Eating Disorders

## FAMILY VIOLENCE

### **Books**

Beyond Don't: Dreaming Past the Dark. Elly Danica, 1996, Gynergy Books, Charlottetown, PEI. *One woman's struggle with the multi-layered reality of child sexual abuse.*

Don't: A Woman's Word. Elly Danica, 1988, Gynergy Books, Charlottetown, PEI. *The story of an incest survivor.*

He Told Me Not To Tell. Jennifer Fay, 1991. *A parent's guide for talking to children about sexual assault.*

I Am Not Your Higher Power! Sara Society, 1995, Vancouver. *Writings of persons-in-support of survivors of sexual abuse.*

Leaping upon the Mountains. Mike Lew, 1999. *Men Proclaiming Victory over Sexual Child Abuse.*

Self-Help or Self-Delusion: A SARA 12 Step History. Sara Society, 1999. *A manual recording the work and projects of Sara since its inception.*

The Courage to Heal. Ellen Bass and Laura Davis, 1988, Harper Collins Publishers, New York. *A guide for women survivors of child sexual abuse.*

Why Me?. Lynn B. Dougherty, PhD., 1984, Mother Courage Press, Racine, Wisconsin. *Help for victims of child sexual abuse, even if they are adults now.*

## GRIEF

### **Books**

Coping With a Miscarriage: Why It Happens and How to Deal With Its Impact on You and Your Family. Hank Pizer, Christine O'Brien Palinski, New American Library, New York, 1980. *Provides clear, reassuring information about the causes and warning signs of miscarriage, current approaches to the prevention of miscarriage as well as how to deal with the fears and guilt that often accompany miscarriage.*

Giving Sorrow Words: How to Cope With Grief and Get On With Your Life. Candy Lightner, Nancy Hathaway, Warner Books, New York, 1990. *The result of interviews with more than one hundred people whose lives were forever changed by the death of a loved one. Explores all aspects of the grieving process, including the significance of religious and cultural traditions.*

Go Toward The Light. Chris Oyler, Laurie Becklund, Beth Polson, Harper and Row, New York, 1988. *A mother's account of how she and her young family faced and courageously survived the death of a seven year old son from AIDS.*

Grieving Mental Illness. Virginia Lafond, University of Toronto Press, 1994. A guide for patients and their caregivers.

I Never Know What To Say: How to Help Your Family and Friends Cope With Tragedy. Nina Hermann Donnelly, Random House Canada, Toronto, 1987. *A simply worded guide for those who would like to help a friend or relative through the process of mourning death, or dying, or other types of extreme loss, but who often feel they don't know what to say or will say or do the "wrong" thing.*

Year One: A Record. John Tittensor, Penguin Books, New York, 1984. *A father's agonizing yet enlightening account of grieving and survival after the accidental death of his two young children.*

## **MENTAL HEALTH**

### **Books**

Building Community: The Consumer Community Developer Project. Canadian Mental Health Association, 1995. *A project initiated to build the consumer voice at the local level.*

Mental Health Promotion Resource Directory. Canadian Public Health Association, 1998. *An inventory of information about projects and activities that have been self-identified as using a Mental Health Promotion approach.*

Mental Health Promotion Tool Kit. Canadian Mental Health Association, 1999. *A practical resource for community initiatives.*

Perfect Women: Hidden Fears of Inadequacy and The Drive to Perform. Colette Dowling, Summit Books, New York, 1988. *It draws on the author's own story, revealing case histories, and new psychological information about self-disorders. It provides a process that will help readers get to the source of their feelings of inadequacy and realize a self-respect that will endure.*

Reality Therapy - A New Approach to Psychiatry. William Glasser, MD, Harper & Row, New York, 1965. *Explains Reality Therapy and contrasts it with conventional treatment; and shows it in successful practice with individual cases and with groups of many different types.*

Steps to Employment: A Workbook for People Who Have Experienced Mental Health Problems. Canadian Mental Health Association, 1997.

The Insider's Guide to Mental Health Resources Online. John M. Grohol, The Guilford Press, 1997. *For both computer novices and experienced surfers, this invaluable guide helps readers take full advantage of the growing Internet and World Wide Web resources in psychology, psychiatry, and related areas, such as self-help and patient education.*

The Last Taboo. Scott Simmie and Julia Nunes, McLelland & Stewart, Toronto, 2001. *A survival guide to mental health care in Canada.*

The 7 habits of Highly Effective People. Stephen R. Covey, 1990. *Powerful lessons in personal change.*

The Yellow Book. Canadian Mental Health Association, BC Division, 1999. *A media sourcebook on mental health issues.*

### **Internet Resources**

Mental Health Resources on the Web. Compiled by Les Wagner, CMHA West Prince, PEI, 1999. *A computer disk which provides links to internet sites on Depression/Manic Depression, Suicide, Schizophrenia, Anxiety Disorders, Personality Disorders, and Eating Disorders.*

### **Videos**

“Working Like Crazy” – National Film Board, 1999, 54 minutes. Offers alternatives to conventional community mental health and economic development.

### **Pamphlets**

The following pamphlets are produced by the Canadian Mental Health Association and can be purchased in quantity:

Mental Health For Life	Mental Illnesses
Getting Help: When & How	The Myths of Mental Illness
Mental Illness in the Family	Feeling Angry?
Stress	Separation and Divorce
Coping With Unemployment	You and Your Aging Parents
Growing Older	Preventing Suicide
Grief After Suicide	Grieving
Depression and Manic Depression	Schizophrenia
Depression in the Workplace	Violence and Mental Illness
Children and Attention Deficit Disorders	Understanding Anxiety Disorders
Children and Difficult Behaviour	Phobias and Panic Disorder
Children and Self-Esteem	Post-Traumatic Stress Disorder
Children and Depression	Obsessive-Compulsive Disorder
Children and Family Break-up	Seasonal Affective Disorder
Children and the Stress of Parenting	When a Young Person is Suicidal
Children and Their Fears	Reflections on Youth Suicide
Eating Disorders	Post Partum Depression

# MENTAL ILLNESS

## **Books**

Dual Diagnosis of Major Mental Illness and Substance Abuse Volume 2: Recent Research and Clinical Implications. Robert E. Drake and Kim T. Mueser, Editors, Jossey-Bass Publishers, San Francisco, 1996.

First Episode Psychosis: A Guide for People with Psychosis and their Families. Donna Czuchta, RN, MSc and Kathryn Ryan, RN, MSc(N), Addiction Research Foundation, 1999. *Provides information about first episode psychosis, its treatment and recovery. Increased awareness of signs, symptoms and treatment may improve treatment outcomes for people with a first episode of psychosis.*

For Better or For Worse: A Couple's Guide to Dealing With Chronic Illness. Beverly Kievman with Susie Blackmun, Contemporary Books, Chicago, 1989. *Addresses the financial, medical, and psychological problems of chronic illness that face the caregiving spouse, dealing with the tough realities in a time of devastating change.*

The Last Taboo: A Survival Guide to Mental Health Care in Canada. Scott Simmie and Julia Nunes, McLelland & Stewart Ltd., Toronto, Ontario, 2001. *A practical roadmap for people with mental disorders and those who care about them.*

When Someone You Love Has A Mental Illness: A Handbook for Family, Friends, and Caregivers. Rebecca Woolis, M.F.C.C., Putnam Publishing, New York, 1992. *Addresses short-term, daily problems of living with a person with mental illness, as well as long-term planning and care. Practical, comprehensive, clearly written. Excellent for families recently stricken with severe mental illness of parents, siblings, and friends of people with mental illness, as well as professionals in the field.*

When Something's Wrong: Ideas for Families. Canadian Psychiatric Research Foundation, 2005. *This handbook was designed to give parents, caregivers or other family members useful strategies to cope with and assist children and youth with mood, behaviour, or thinking difficulties (e.g., social withdrawal, disorganized thinking, hostility, aggression, agitation).*

## **Videos**

"Families Coping with Mental Illness" - The Mental Illness Education Project, 1995, 43 minutes. *Ten people discuss having a relative with schizophrenia or bipolar disorder.*

"Out of Madness People Grow" – Man Alive with Roy Bonisteel, CBC, 1986, 30 minutes. *Profiles a support group called "Grow" that was created for people with mental illness. There are over 500 Grow groups around the world. They follow a step program.*

The Bonnie Tapes:    Recovering from Mental Illness, 27 minutes  
                              My Sister is Mentally Ill, 22 minutes  
                              Mental Illness in the Family, 26 minutes

“Walls and Bridges” – Narrated by Kelly Ryan, MITV, 1991, 30 minutes. *Discusses mental illness in general in five parts: The Stress, The Stigma, The Homeless, The Law, and The Hope.*

## **PARENTING**

### **Books**

1-2-3 Magic. Thomas W. Phelan, PhD, Child Management Inc., 1995. *Effective discipline for children 2 - 12.*

Don't Pop Your Cork on Mondays. Adolph Moser, Ed.D., Landmark Editions, 1988. *The children's anti-stress book.*

Helping Your Anxious Child. Ronald M. Rapee, Ph.D., Susan H. Spence, Ph.D., Vanessa Cobham, Ph.D., Ann Wignall, M. Psych., New Harbinger Publications, Inc., 2000. *Parents are provided a step-by-step guide for assisting their children in overcoming a variety of worries, fears, and anxieties.*

Keys to Parenting Your Anxious Child. Katharina Manassis, M.D., Barron's Educational Series, Inc., 1996. *A practical guide that shows parents how to recognize a child's anxieties.*

Kids Are Worth It. Barbara Coloroso, Summerville House Publishing, 1995. *Giving your child the gift of inner discipline.*

Parent Effectiveness Training. Dr. Thomas Gordon, New American Library, New York, 1975. *Offers a proven method to bring parents and their children together and to show parents how to help their children become mature, healthy, happy, and loving.*

Parenting Through Crisis. Barbara Coloroso, Penguin Books, 1999. *Helping kids in times of loss, grief, and change.*

The Bully, The Bullied, and The Bystander. Barbara Coloroso, Harper Collins Publishers Ltd., 2002. *From pre-school to high school—how parents and teachers can help break the cycle of violence.*

### **Videos**

"1-2-3 Magic" - Thomas W. Phelan, PhD, 1990, 120 minutes. *Effective discipline for children 2 - 12.*

"Winning at Parenting ... without beating your kids" - Barbara Coloroso, 1989, 125 minutes. *A humorous approach to the daily hassles of mealtime, bedtime, chores, and fighting. Also ways to buffer your kids from sexual promiscuity, drug abuse and suicide while helping them grow in increased self-discipline, independent problem-solving skills and responsibility.*

# SCHIZOPHRENIA

## **Books**

Learning About Schizophrenia: Rays of Hope. *A reference manual for families and caregivers.* Published by the Schizophrenia Society of Canada.

Living and Working With Schizophrenia. J.J. Jeffries et al, University of Toronto Press, 1990. *Offers practical advice and clear, accessible information to those who suffer from schizophrenia, their relatives, friends, teachers, and employers.*

Schizophrenia: A Guide for People with Schizophrenia and their Families. Paterson et al, Clarke Institute of Psychiatry, revised 1997. *Offers a basic understanding of this illness, its treatment and management.*

Schizophrenia: A Handbook for Families. Health and Welfare Canada in cooperation with the Schizophrenia Society of Canada, 1991. *A complete guide for those interested in having more information about the illness and knowing how to support those with the illness.*

Schizophrenia Simplified: A Field Guide to Schizophrenia for Frontline Workers, Families, and Professionals. John F. Thornton and Mary V. Seeman, Hogrefe and Huber Publishers, Toronto, 1991. *Focuses on the interaction of the social, medical, and legal systems in serving the needs of the person with schizophrenia. Includes a brief review of who is affected and the causes and outcomes of this illness.*

Schizophrenia: Youth's Greatest Disabler. Schizophrenia Society of Alberta, 1990. *Gives an introduction to schizophrenia by providing basic facts about the illness.*

The Shell People: My Story of Schizophrenia. Sharon Mercato, Ashlar House Publishing, Brampton, Ontario, 1992. *The autobiography of a young woman afflicted with schizophrenia. This book reflects the thoughts and feelings of the author through various stages of learning to live with the illness.*

## **Videos**

A Family Affair – School Presentation

C21 – Profiles of two young people diagnosed with schizophrenia, January 2003, 20 minutes

Combatting Schizophrenia – Presentation for Police

Dr. Anne Bassett - Schizophrenia Research, June 1994

Dr. Barry Jones - Message for the Schizophrenia Society of Canada

Living With Schizophrenia

New Hope in the Treatment of Schizophrenia

Out of Darkness

Reaching Out – The Importance of Early Treatment, 22 minutes

Report on Schizophrenia - CBC Compass News, May 29, 1996, 5 minutes

Schizophrenia: Hope Not Despair, Schizophrenia Society, 1999, 18 minutes

Schizophrenia: It Can Happen to Someone You Know

Schizophrenia "One in a Hundred", Inquiring, The Seventh Wave  
Schizophrenia Society of Canada President's Message 1994-95  
Schizophrenia Society of Canada National Strategy - TV News Conference Coverage  
Schizophrenia – The Familiar Stranger, SSPEI, 1999, 15 minutes  
Strange Voices - TV movie with Nancy McKeon, two hours  
The Bonnie Tapes: Recovering from Mental Illness, 27 minutes  
My Sister is Mentally Ill, 22 minutes  
Mental Illness in the Family, 26 minutes

## **Audio**

Clozapine: How Does It Work  
Schizophrenia Society of Canada News Conference Coverage

## **Internet**

Schizophrenia Internet Resources – CD-ROM for computer

# **SELF-HELP**

## **Books**

A Directory of Self-Help and Community Resources in Prince Edward Island. CMHA PEI Division, updated annually.

Chicken Soup for the Mother's Soul. Jack Canfield, Mark Victor Hansen, Jennifer Read Hawthorne, Marci Shimoff, Health Communications, Inc., 1997. *An inspirational book that pays tribute to motherhood.*

Helping You Helps Me: A Guide Book for Self-Help Groups. Karen Hill, Health and Welfare Canada, 1984. *A practical guide to starting and maintaining a self-help group. Leadership, membership, recruitment, fund-raising, problem-solving and decision-making are among the more than twenty topics covered. Also available on cassette.*

Making Self-Help Mutual Aid Work: The Resource Kit. Produced by the Ontario Self-Help Network, a program of the Self-Help Resource Centre.

Self-Help: A "How-To" Manual. The Self-Help Connection, The Canadian Mental Health Association, Nova Scotia Division, 1990. *A general guide for those interested in starting and maintaining self-help groups.*

Self-Help Groups: Getting Started-Keeping Going. Judy Wilson, Longman Group UK Limited, 1986. *This guide draws on the experience of many self-help groups and offers practical advice.*

## Videos

"What is Self-Help?" - Rosemary Faulkner, 1992.

## Audio

"Helping You Helps Me: A guide for self-help groups"

"Relax...let go"

# SENIORS

## Books

Bringing the Self-Help Message to Seniors. Canadian Mental Health Association, 1998. *A report on the National Forum held in Toronto in 1998.*

Let Me Decide. William Molloy, MD, Virginia Mephram, RN, Penguin Books, Toronto, 1989. *The health and personal care directive that speaks for you when you can't.*

Prince Edward Island Seniors and Veterans Health Study. PEI Dept. of Health and Social Services and Veterans Affairs Canada, 1996. *A study done to develop a health promotion strategy for seniors and veterans.*

Services for Seniors, Guide to Government of Canada Services for Seniors and their Families, Second Edition. *This is a guide to information, programs and services of interest to seniors and people who are planning for retirement.*

Supporting Seniors' Mental Health: A Guide for Home Care Staff. Canadian Mental Health Association, 2002. *This guide is the result of a national study in 2001 that assessed the mental health needs of seniors and role of home care.*

Supporting Seniors' Mental Health Through Home Care: A Policy Guide. Canadian Mental Health Association, 2002. *This guide articulates the key "system features" that must be addressed through policy and operationalized in the home care system in order to promote seniors' mental health.*

What Are We Going To Do Now? William Molloy, MD, Key Porter Books, Toronto, 1996. *A sensitive and compassionate book that teaches children how to ensure that their parents have a healthy, happy, and comfortable old age.*

You The Caregiver. PEI Association of Social Workers, Tea Hill Press, PEI, 1991. *A handbook on caring for the elderly.*

## STRESS

### **Books**

Coping With Stress. Published by the Canadian Mental Health Association and the Heart and Stroke Foundation, 1996. *A booklet that provides a first aid kit for stress and resources to help you cope with stress.*

Don't Sweat the Small Stuff at Work. Richard Carlson, PhD, Hyperion, New York, 1998. *Simple ways to minimize stress and conflict while bringing out the best in yourself and others.*

Emotional First Aid: A Crisis Handbook. Irvington Publishers Inc., 1984. *The aim of the book is to communicate basic knowledge of ways to relieve emotional distress based on the understanding of how emotions function.*

Emotional First Aid Manual. John Thomas Stewart, Para Professional Associates Ltd., Vancouver, 1985. *A practical guide for volunteers and para-professionals.*

Resilience: Discovering A New Strength at Times of Stress. Frederic Flach, MD, Random House of Canada, Toronto, 1988. *Discusses ways of coping with stress, recovering from disruption and creating a process for surviving catastrophic events in one's life.*

Staying on Top: When Your World Turns Upside Down. Kathryn D. Cramer, PhD, Penguin Books, New York, 1990. *Provides a sound, straightforward method for recovering from cataclysmic setbacks, and demonstrates how life's traumas can be turned into forces for positive change.*

Stress and Mental Health. Mario Orlandi, PhD, Donald Prue, PhD, Facts on File Publications Inc., New York, 1988. *A book for young adults designed to help teens develop a healthy self-image and a sound attitude toward problem solving and stress management.*

Stress for Success: Thriving on Stress at Work. Peter G. Hanson, MD, Collins Publishers, Toronto, 1989. *Focuses on the major problems and pressures of today's workplace, and explains how to deal with its most stressful challenges.*

The Joy of Stress. Peter G. Hanson, MD, Hanson Stress Management Organization, Islington, 1985. *A book on the effects, mental and physical, of stress. Designed as a guide for dealing effectively with the effects of stress in daily life.*

The Stress Owner's Manual. Ed Boenisch, PhD, C. Michele Haney, PhD, Impact Publishers, San Luis Obispo, California, 1996. *This guide will help you find immediate, short-term relief from stress, pinpoint the sources of life stress, learn ways to manage stress over the long haul, recognize and avoid burnout, and regain meaning, balance and health in your life.*

Your Very Good Health. Allan Somersall, PhD., Harmony With Nature Publishing, Toronto, 1987. *Offers 101 healthy lifestyle choices.*

## **Videos**

"Humor Your Stress" - Jest for the Fun of It with Loretta LaRoche, 60 minutes, 1995. *Shows eight steps to en-lightenment--which translated means, "lightening our ways", including finding the humor in everyday situations.*

"Life Is Short – Wear Your Party Pants!" Loretta LaRoche, Hay House, Inc. 2003. *Gives the tools needed to not only reduce feelings of tension, but to also help bring joy, passion, and gusto into your life.*

"Stress At Work" produced by CMHA York Region Branch, Newmarket, Ontario, 1988, 25 minutes. *This is a documentary on the symptoms, effects, and management of stress. Some mental health experts are interviewed as well as sufferers of stress. The stress management programs of various companies are cited. It offers suggestions to both the employer and employee and is very informative.*

"The Joy of Stress" with Loretta LaRoche, 56 minutes, 1995. *Explains how humor helps strengthen our immune system, reduces stress, and prevents "Hardening of the Attitude."*

## **SUBSTANCE ABUSE**

### **Books**

Alcoholism. Dr. Alvin Silverstein and Virginia B. Silverstein, J. B. Lippincott Company, New York, 1975. *Provides information about what alcohol is, how it affects the body, and the effects of drinking on society past and present.*

Getting Better: Inside Alcoholics Anonymous. Nan Robertson, William Morrow and Co., New York, 1988. *An overview of Alcoholics Anonymous that tells how AA actually works and attempts to explain why it succeeds.*

## **SUICIDE**

### **Books**

After Suicide. John H. Hewett, The Westminster Press, Philadelphia, 1980. *A constructive guide that presents positive steps that can help family and friends find strength together as they readjust and return to healthy, productive living.*

"Before-the-fact" Interventions: A Manual of Best Practices in Youth Suicide Prevention. Jennifer White and Nadine Jodoin, British Columbia Ministry for Children and Families, 1998. *This manual was written to enhance and complement the efforts of individuals and groups interested in suicide prevention among young people.*

Choosing To Live. Thomas E. Ellis, Psy.D., Cory F. Newman, Ph.D., New Harbinger Publications, 1996. *How to defeat suicide through cognitive therapy.*

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## **Pamphlets**

Grief After Suicide  
Preventing Suicide  
Reflections on Youth Suicide  
Signals of Suicide  
When a Young Person is Suicidal

## **Videos**

“College Response: Signals of Suicide Prevention Program” - A program of Screening for Mental Health, Inc., 2005. Includes a discussion guide. 14 minutes.

“Patrick’s Story” – National Film Board and Cooper Rock Pictures, 24 minutes.

“Remembering Tom” - National Film Board and Cooper Rock Pictures, 24 minutes.

# **YOUTH**

## **Books**

Bridging the Gap: Goals for the Development of Youth Policy. Canadian Mental Health Association, 1992.

Changing the Way Things Work: A Young People’s Guide to Social Action. Canadian Mental Health Association, 1992.

Getting Together: Towards a Partnership with Youth. Canadian Mental Health Association, 1993.

Learning Diversity: Accommodations in Colleges and Universities for Students with Mental Illness. Lana M. Frado, Canadian Mental Health Association, 1993.

Working With Young People: A Guide to Youth Participation in Decision-Making. Canadian Mental Health Association, 1995.

Youth Services Directory. Catholic Family Services Bureau, Charlottetown, PEI, 2001. *A comprehensive guide to community services for youth.*

## **Videos**

“First Break” – *Describes the first episode of mental illness in a person’s life, which often occurs in their late teens or early twenties. This film dispels the myths and questions the stigmas attached to mental illness while offering a powerful portrait of coping.* National Film Board of Canada, 1997.

“One Day at a Time” - Canadian Mental Health Association, 28 minutes. *Parents of young people with psychosis share their experiences.*

## **Computer Programs**

“Mauve” – An interactive CD-ROM for crisis prevention directed at teenagers. It is designed to assist teenagers in their search for self-identity and belonging.