



Canadian Mental Health Association
West Prince

Consumer & Family Support

Information Resources

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Anxiety/Phobias

Books

Anxiety Disorder Toolkit- BC Partners for Mental Health and Addictions Information. 2003. *Information and Resources for effective self-management of anxiety and anxiety disorders.*

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.*

Self-Coaching – The Powerful Program to Beat Anxiety and Depression. Joseph J. Luciani. John Wiley and Sons Inc., 2007. *Dr. Luciani presents his proven approach that has worked wonders for his patients as well as readers from around the world. Whether you struggle with worrisome thoughts, panic, depression or compulsions, Self-Coaching shows you how to stop feeding these habits.*

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.*

Videos

“Fighting Their Fears- Child and Youth Anxiety”. 2004. 56 min.

“Panic Disorder”- Trouble in Mind series. 50 mins

Information Kits

Obsessive Compulsive Disorder – compiled by CMHA

Anxiety Disorders- Compiled by CMHA

Pamphlets

Understanding Anxiety Disorders

Phobias and Panic Disorders

Obsessive Compulsive Disorders

Post-Traumatic Stress Disorders

Children and Family

Books

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.)

Catch a Falling Star- A Tale from the Iris Dragon Series, Gayle Grass, 2001. *A children’s book that introduces children and parents to the early warning signs of childhood mental illness in a thoughtful and innovative way.*

Drug Use by Adolescents: Identification, Assessment and Intervention. Health and Welfare Canada. 1991. *This book was developed as part of an initiative by the Addictions Research Foundation of Ontario to provide front-line professional with an overview of current research findings and clinical practice in the field of youth and drugs.*

- Book of Readings
- Study Guide.
- Unit 1-Adolescent Development
- Unit 2-Drugs and Their Use
- Unit 5-Intervention and Treatment

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)

Hole in One- A tale from the Iris the Dragon Series. Gayle Grass, 2008, *A children's book dealing with the topic of anxiety disorder.*

How to Talk So Kids Will Listen. Adele Faber & Elaine Mazlish, Reissued in Perennial Currents 2004, *The down-to-earth, respectful approach makes relationships with children of all ages less stressful and more rewarding.*

I Can Fix It! – A Tale from Iris the Dragon Series. Gayle Grass, 2009. *A children's book dealing with Asperger's syndrome and stigma.*

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)

New Hope for Children and Teens with Bipolar Disorder. Boris Birmaher, MD., Three River Press, New York, 2004. *Inside you'll discover compassionate and informative methods to help manage the diagnosis and develop the natural strengths, gifts and skills that every child has to offer.*

Parenting School-Age Children (6-12). Shepell-fgi Health and Wellness Resource. 2003.

The Bipolar Child- The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder. Demitri Papolos, MD. & Janice Papolos. Braodway Books, New York. 1999. *Their new book balances scientific and clinical knowledge with moving personal accounts of experiences of real families.*

The Storm in my Brain-Kids and Mood Disorders produced by The Child and Adolescent Bipolar Foundation and The Depression and Bipolar Support Alliance.

Videos

“Beyond the Blues- Child and Youth Depression”. 2004. *Youth talk about their experience with depression and bipolar illness.* 56 min.

“Childhood Depression” The Doctor is in Series. Canadian Learning Company. 37 min.

“Fighting Their Fears- Child and Youth Anxiety”. 2004. 56 min.

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

“Parenting With Humor”- Loretta LaRoche. 2007. *Parenting with Humor and Optimism: It is Possible. Loretta gives you the behavioral tools you need to more successfully manage turbulence of childhood and to enjoy the trip together!*

“Sooper Puppy: Once Upon a Feeling” . 17 minutes

“What is Pediatric Bipolar Disorder? A resource for educators”. Produced by Child and Adolescent Bipolar Foundation. 2004. CD

“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

Depression/Bi-Polar Depression

Books

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

An Unquiet Mind- A Memoir of Moods and Madness. Kay Redfield Jamison. Vintage Books, New York. 1996. *This book examines manic-depression from the dual perspectives of the healer and the healed, revealing both the terrors and the cruel allure that at times prompted her to resist taking medications.*

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

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.*

Hope For Wholeness- The Spiritual Path to Freedom from Depression. Sharon L. Fawcett. Navpress. 2008. *Its risky to look at depression in a positive light. This illness is the leading cause of disability worldwide. It threatens lives, steals hope, and destroys the spirit. But it can also be an opportunity for growth. Through her personal experience, Sharon Fawcett reveals how.*

Hyperican (St. John's Wort) Depression. Harold H. Bloomfield, M.D., Mikael Nordfors, M.D. and Peter McWilliams. Prelude Press, 1996. *Can depression be successfully treated with safe, inexpensive. Medically proven herb available without prescription?*

Interventions for Postpartum Depression- Nursing Best Practice Guideline. Produced by Registered Nurses Association of Ontario, 2005. *This nursing best practice guideline is a comprehensive document providing resources necessary for the support of evidence-based nursing practice.*

Mind Over Mood- Change How you Feel by Changing How you Think. Dennis Greenberger, PhD & Christine Padesky, PhD. The Guilford Press, 1995. *Step-by-step worksheets teach you specific skills that have helped thousands of people conquer depression, panic attacks, anxiety, anger, guilt, shame, low self-esteem, eating disorders, substance abuse and relationship problems.*

New Hope for Children and Teens with Bipolar Disorder. Boris Birmaher, MD., Three River Press, New York, 2004. *Inside you'll discover compassionate and informative methods to help manage the diagnosis and develop the natural strengths, gifts and skills that every child has to offer.*

New Hope for People with Depression. Marian Broida, RN. Prima Publishing, 2001. *This book dispels the myths, answers your questions, and clearly examines the challenges of dealing with depression and what you can do to manage this common condition.*

Prozac Backlash- Overcoming the Dangers of Prozac, Zoloft, Paxil and other Antidepressants with Safe, Effective Alternatives. Joseph Glenmullen, MD. A Touchstone book published by Simon & Schuster, 2000. *Glenmullen documents the ominous long-term side effects associated with these and other serotonin-boasting medications.*

The Antidepressant Survival Guide. Robert J. Hedaya, MD. Three Rivers Press. 2000. *This book offers a proven program of nutrition, exercise, stress reduction, and hormone supplementation that not only lessens the side effects of antidepressants but enhances their benefits as well.*

The Bipolar Child- The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder. Demetri Papolos, MD. & Janice Papolos. Braodway Books, New York. 1999. *Their new book balances scientific and clinical knowledge with moving personal accounts of experiences of real families.*

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 Mindful Way Through Depression- Freeing Yourself from Chronic Unhappiness. Mark Williams, John Teasdale, Zindel Segal & Jon Kabat-Zinn. The Guilford Press. 2007. *Mindfulness, a simple yet powerful way of paying attention to your most difficult emotions and life experiences, can help you break the cycle of chronic unhappiness once and for all.*

Undoing Depression- What Therapy Doesn't Teach You and Medication Can't Give You. Richard O'Connor, PhD. Berkley Books, New York. 1997. *This book teaches us how to replace depressive patterns of thinking, relating and behaving with new and more effective set of skills.*

Videos

“Beyond the Blues- Child and Youth Depression”. 2004. *Youth talk about their experience with depression and bipolar illness.* 56 min.

“Beyond the Darkness”- ABC News 20-20 production. 2005. 20 min.

“Bipolar Disorder: New Understandings, New Hope. 2002. 37 min.

“Bipolar Disorder- Understanding the Full Spectrum”. 2003. 22 min.

“Childhood Depression” The Doctor is in Series. Canadian Learning Company. 37 min.

“Demystifying Depression”. Talk with Erin Davis – Womens Network. 2005. 120 min.

“Depression”. Time Life Medical TV program. 1996. 30 min.

“Depression: Beyond the Darkness” ABC News Nightline. 50 min

“Depression and Bipolar” The Doctor is in series. 27 min.

“Depression and the Elderly”. 2005. 27 min.

“Depression: Trouble In Mind Series” .2005. 24 min

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

“Great Minds of Medicine”. Dr. Kay Redfield Jamison. 1997. 48 min. *Gain insight into the harrowing ordeal of manic depressive illness.*

“Late Life Depression” The Doctor Is In Series. 2005. *Individuals and professionals talk about late life depression, the causes and how to effectively deal with the disorder.* 27 min “Manic – Depression”

“Out of the Dark- Youth and Depression”. 2000. *A young woman shares her experience with depression and what made a difference.* 33 min

“Postpartum Depression-Trouble in Mind Series”. 1999. 24 min.

"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.*

“The Truth About Teenage Depression- The Other Side of Blue”. 2000. 32 min.

“What is Pediatric Bipolar Disorder? A resource for educators”. Produced by Child and Adolescent Bipolar Foundation. 2004. CD

“Women and Depression” . Dr. In the House Series. 2000. 28 min.

Pamphlets

Depression and Bipolar

Postpartum Depression

Seasonal Affective Disorder

Depression in the Workplace

Eating Disorders

Booklets

Eating Disorders and Disordered Eating. Visions- BC’s Mental Health Journal. No.16/Fall 2002

Videos

“Eating Disorders-Part I Obsessions with Food”. By John Bradshaw. 1994. 57 min

“Eating Disorders-Part II Dangers of Diets”. By John Bradshaw. 1994. 57 min

“Eating Disorders-Part III Ten Components of Non-Addictive Eating”. By John Bradshaw. 1994. 57 min

Pamphlet

Eating Disorders

Family Violence

Booklet

Moving On. PEI Advisory Council on the Status of Women. 2001.

Video

“You Can’t Beat a Woman”. 1997. 95 min. *This is an unconventional cinematic exploration of violence against women. It is a documentary about journeys: journeys in and out of lives, to unique places, through history and over time.*

Grief/Loss

Books

Blooms and Butterflies: Life After Loss. Faris Jean Atkinson, 2004. *A personal journey through sorrow following the untimely loss of family members at two different stages of the author’s life. “An invaluable guide to anyone who has experienced or is living through bereavement, ... offers a beacon of hope.”*

Healing a Friend’s Grieving Heart. Alan D. Wolfelt, PhD. Companion Press. 2001. *100 practical ideas for helping someone you love through loss.*

Final Gifts. Maggie Callanan & Patricia Kelley. Bantam Books. 1992. *Understanding the special awareness, needs and communications of the dying.*

Grieving Mental Illness- A Guide for Patients and Their Caregivers. Virginia Lafond. University of Toronto Press. 1994. *This is much more than a self-help book. It offers an important theoretical marriage- a marriage that joins the acknowledgment of what mental illness means to the person with an educational model for understanding and using the grief that accompanies mental illness.*

Booklet

Miscarriage: Where to Begin? Written by Laura Moore-Simpson. 2005.

Video

“When Children Grieve”. 1987. 16 min.

Kit

Kids Cope With Grief.

A Resource for Families Dealing with Separation and Divorce

Mental Health

Books

The Heart of the Mystic- Approaching Dawn. Herb MacLean. Infinity Publishing Co. 2002. *A book of inspirational poetry.*

The Seven Principles for Making Marriage Work. John M. Gottman, PhD. & Nan Silver. Three Rivers Press. 1999. *The seven principles that guide couples on the path toward a harmonious and long-lasting relationship.*

The Insider's Guide to Mental Health Resources Online. John M. Grohol, The Guilford Press, 2000/2001. *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.*

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.*

"How Serious is This" . Barbara LaRoche. 2005. 76 min.

"I Ain't Going to Quit-You and Your Emotional Responses" A seminar by Richard Flint. 2005. 106 min.

"Life Is Short, Wear Party Pants." Loretta LaRoche. 2005. 92 min.

"Mastering the Shiftwork Lifestyle" VHS

CD

Directory of Community Resources and Self-Help Groups in PEI. CMHA/PEI Division. 2006.

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

Being There When Mental Illness Strikes Someone near You. Canadian Mental Health Association, Ontario. 2006. *A guide for friend, family member or co-worker.*

Families Speak Up –Shining Light on Mental Illness. Canadian Mental Health Association, Alberta South Central Region. 2000.

Mental Illness and Addictions in Canada. Mood Disorders Society of Canada. 2006

The Human Face of Mental Health and Mental Illness in Canada. Government of Canada. 2006

Videos

“Antisocial Personality Disorder”. Trouble in Mind Series. *Different doctors share information and insight into the disorder.* 50 min.

“Creating Wellness-Key Concepts of Mental Health”. 2001. *A workshop with Mary Ellen Copeland on ways for individuals living with mental illness to take care of themselves.* 50 min.

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

“From Madhouse to Our House”. Ontario Peer Development Initiative and the Centre or Research and Education in Human Services. 2005. *Consumer/Survivor stories.* 25 min.

“Healthy Steps for Healthy Living” *For patients taking antipsychotic medications. Topics on housing, healthy eating and healthy activities.* 80 min.

“I Love You Like Crazy”. Mental Illness Education Project Videos. 1999. *Eight mothers and fathers who have mental illness discuss the challenges they face as parents.* 27 min.

“Invisible Workforce”. Mental Illness Education Project Videos. 2000. *This video features a remarkably diverse group of employers, job developers and employees with psychiatric disabilities.* 19 min.

“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.*

“PSA on Father with Mental Illness”

“PSA on Man with Mental Illness, Bathroom scene”

“Safe Haven- Safe Passage”. 1994. *Individuals who live with mental illness share their experience and how the Notre Dame Place Clubhouse program has helped them in their recovery.* 15 min.

The Bonnie Tapes: Recovering from Mental Illness, 27 minutes
 My Sister is Mentally Ill, 22 minutes
 Mental Illness in the Family, 26 minutes
 Families Coping with Mental Illness, 43 minutes

“Working Like Crazy” – National Film Board, 1999, 54 minutes. *A fresh look at the struggles and victories of former mental health patients who work in businesses owned and run by other psychiatric survivors. It offers alternatives to conventional community mental health and economic development.*

Obsessive-Compulsive Disorders

Books

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.*

Videos

“Obsessive Compulsive Disorder” . Trouble In Mind Series. 1999. *Signs and symptoms of OCD and how behavior therapy helps.* 25 min.

“Step On a Crack”. Obsessive-Compulsive Disorder. 1996. 28 min.

Parenting

Books

How to Talk So Kids Will Listen. Adele Faber & Elaine Mazlish, Reissued in Perennial Currents 2004, *The down-to-earth, respectful approach makes relationships with children of all ages less stressful and more rewarding.*

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

Parenting School-Age Children (6-12). Shepell-fgi Health and Wellness Resource. 2003

Videos

“Parenting With Humor”- Loretta LaRoche. 2007. *Parenting with Humor and Optimism: It is Possible. Loretta gives you the behavioral tools you need to more successfully manage turbulence of childhood and to enjoy the trip together!*

Post Traumatic Stress Disorder

Books

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

Life After Trauma- A Workbook for Healing. Dena Rosenbloom, PhD & Mary Beth Williams, PhD. Guilford Press. 1999. *This supportive workbook helps survivors of all types of trauma rebuild their lives.*

The PTSD Workbook. Mary Beth Williams, PhD. & Soili Poijula, PhD. New Harbinger Publications, Inc. 2002. *Readers learn how to determine the type of trauma they experienced, identify their symptoms and learn the most effective strategies they can use to overcome them.*

Videos

“Post Traumatic Stress Disorder”. Trouble In Mind Series.1999. *Symptoms and treatment of PTSD.* 24 min.

Prescription Drugs

Books

Consumer Drug Reference. Consumer Reports- A Division of Consumers Union, Yonkers, New York. 2002.

Psychosis/Schizophrenia

Books

Learning About Schizophrenia: Rays of Hope. *A reference manual for families and caregivers.* Published by the Schizophrenia Society of Canada. 1999 and 2003 editions.

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.*

Videos

“A Map of the Mind Fields: Managing Adolescent Psychosis” 2004. 56 min.

“Dark Voices: Schizophrenia” Fires of the Mind series. 2001. *This program seeks to understand how schizophrenia touches the lives of patients and their family members while examining the disease's etiology and pathology.* 56 min.

“First Break” - National Film Board of Canada, 1997. *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.* 51 min.

“Living With Schizophrenia” .2000. *Bill MacPhee shares his personal account He brings you into a world of psychosis and bizarre behavior, and is able to help you understand schizophrenia and how it affects not just the individual, but the entire family.* 70 min.

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

“Schizophrenia-CTV program.” 2003. 20 min.

“Schizophrenia – The Familiar Stranger”, SSPEI, 1999, 15 minutes

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

Self-Help

Books

Beyond Codependency- And getting Better All the Time. Melody Beattie. Hazelden Foundation. 1989. *It is a book about what to do once the pain has stopped and you’ve begun to suspect that you have a life to live. It is about what happens next.*

Codependent No More- How to Stop Controlling Others and Start Caring for Yourself. Melody Beattie. Hazelden Foundation. 1992. *Have you lost sight of your own life in the drama of helping others? This book has helped readers change their codependent attitudes and behaviors and experience newfound freedom, joy and health.*

Self Help or Self Delusion- A Sara Twelve Step Story. 1999.

The Arthritis Helpbook. Kate LOrig, RN, Dr.PH, & James Fries MD. DaCapo Press. 2000. *A tested self-management program for coping with arthritis and fibromyalgia.*

The Language of Letting Go. Melody Beattie. Hazelden Foundation. 1990. *The author returns to the fundamentals of codependency recovery-letting ourselves feel all our emotions, accepting powerlessness and owning our own power.*

Seniors

Books

Aging With Grace. David Snowdon, PhD. Bantam Books. 2001. *Dr Snowdon shares what he has learned from the “Nun Study” about leading longer, healthier and more meaningful lives.*

Alzheimer’s Disease-A Guide for Families and Caregivers. Lenore Powell, PhD with Katie Courtice. Perseus Publishing. 2002. *A compassionate and comprehensive guide for the families and caregivers of Alzheimer’s patients.*

Beating the Senior Blues- How to Feel Better and Enjoy Life Again. Leslie Eckford, LCSW. & Amanda Lambert, MS. New Harbinger Publications, Inc. 2002. *The many ideas in this book are specifically designed to help you recognize the symptoms of depression and begin to take charge of your life again.*

Lifelines. Muriel Gillick, MD. W. W. Norton and Co. 2001. *This book aims to help the frail elderly and their families cope with the often unforeseen dilemmas of aging, the most common chronic ailments, the acute problems and their impact on living options.*

National Guidelines for Seniors Mental Health- The Assessment and Treatment of Depression. Canadian Coalition for Seniors Mental Health. 2006.

Prince Edward Island Seniors’ Quick Reference Guide, November 2002. Atlantic Seniors Health Promotion Network, PEI

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.*

The Canadian Journal of Geriatrics. Canadian Academy of Geriatric Psychiatry. Volume 9. Supplement 2. 2006

The Mind of the Aging and the Elderly. Consultant Robert Cancro, MD. 1988

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

Videos

“Alzheimer’s Disease”. The Doctor Is In Series. *Viewers learn all the current information about this dreaded disease; that losing one’s memory is not a normal part of aging; about the other ravages of senility.* 27 min.

“Alzheimer’s Disease”. The Trouble In Mind Series. 1995. *Professionals and individuals share information about the disease.* 24 min.

“Dare To Age Well”. Health Canada. 2001. *CD collection of publications and photos presenting the many aspects of healthy aging in Canada.*

“Delirium”. Trouble In Mind Series. 1999. *Individuals, families and professionals share information about delirium.* 50 min.

“Depression and the Elderly”. 2005. 27 min.

“Late Life Depression” The Doctor Is In Series. 2005. *Individuals and professionals talk about late life depression, the causes and how to effectively deal with the disorder.* 27 min

“Standing Still” . 1996. *Documentary on the lives of four older women.*20 min.

“The Alzheimer Journey- The Road Ahead”. *A video and workbook that outlines many of the practical issues you will face in the days, months and years ahead, and provides realistic and straightforward information on the day-to-day issues, resources and what to expect at various stages of the disease*

Stress

Books

Power Over Stress: 35 quick prescriptions for mastering the stress in your life. Kenford Nedd, M.D., 2003. *This book can show you a better way to handle stress.*

Videos

“How Serious is This” . Barbara LaRoche. 2005. 76 min.

"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 Party Pants.” Loretta LaRoche. 2005. 92 min.

“Managing Stress Before It Manages You”. 2005. 30 min.

“Preventing and Managing Stress”. 2001. 20 min.

"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

How Al-Anon Works for Families and Friends of Alcoholics. Al-Anon Family Group Headquarters, Inc. 1995

Alcoholics Anonymous. Alcoholics Anonymous World Services, Inc. 2001. *The story of how many thousands of men and women have recovered from alcoholism.*

Drug Use by Adolescents: Identification, Assessment and Intervention. Health and Welfare Canada. 1991. *This book was developed as part of an initiative by the Addictions Research Foundation of Ontario to provide front-line professional with an overview of current research findings and clinical practice in the field of youth and drugs.*

- Book of Readings
- Study Guide.
- Unit 1-Adolescent Development
- Unit 2-Drugs and Their Use
- Unit 5-Intervention and Treatment

Suicide

Books

Healing After the Suicide of a Loved One. Ann Smolin, CSW. & John Guinan, PhD. Published by Simon & Schuster. 1993. *This book will steer you away from the all-to-common tendency to blame yourself and will put you on the path to healing and recovery.*

Blooms and Butterflies: Life After Loss. Faris Jean Atkinson, 2004. *Share the author's anguish as she and her husband struggle to understand and deal with their middle child's moods and depression that eventually led their daughter to commit suicide at the age of 18.*

Pamphlets

Grief After Suicide

Preventing Suicide

Reflections on Youth Suicide

Signals of Suicide

When a Young Person is Suicidal

Videos

“10th Annual National Survivors of Suicide Day”. 2008. *This broadcast features a panel of experienced survivors and mental health professionals, and offers emotional support and information about resources for healing after the loss of a loved one to suicide.* 88 min.

“Aftermath of Suicide” 2001. *People share their struggles in dealing with the suicide of a loved one*. French with English subtitles. 50 min.

“A Mother’s Story Suicide, A Child of Promise”. 2005. *A mother shares with a grade 9 class the impact her son’s suicide had on her family*. 60 min.

“Patrick’s Story” – National Film Board and Cooper Rock Pictures, 1999. 24 minutes.

“Remembering Tom” - National Film Board and Cooper Rock Pictures. 1999. 24 minutes.

“Suicide- A Teenage Dilemma”. 1986. 30 min.

“Teen Suicide- Finding the Will to Live” Part I. 2005. *Individuals, families and professional share information about understanding suicide and why would someone do that?* 28 min.

“Teen Suicide- Finding the Will to Live” Part II. 2005. *Individuals, families and professional share information about identifying warning signs and preventing suicide.* 35 min.

Youth

Books

Mind –Body- Spirit. A Mental Health Information and Resource Guide for Youth. 2000. Developed by the Youth in Action Project.

Youth Helping Youth . 2000. A pilot Project of the Self-Help Connection and the National Network for Mental Health. *A guide to starting a self-help group*

Videos

“Beyond the Blues- Child and Youth Depression”. 2004. *Youth talk about their experience with depression and bipolar illness.* 56 min.

“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.*

“Out of the Dark- Youth and Depression”. 2000. *A young woman shares her experience with depression and what made a difference.* 33 min

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