

"Rosemary's Corner"



Information Resources

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ADDICTION

DVDs:

Uppers Downers and All Arounders, CNS Productions, Inc., Kinetic Video, Toronto, ON, (63 min.) 2001.
Carlo DiClemente on stages of Change and Addiction (clinicians' manual), Hazelden Foundation, (1 hour 57 min.) 2004.

Drugs: Uses and Abuses - Stimulants, Kinetic Video, Toronto, ON, (32 min.)1999. *This DVD from Cambridge Educational Production is one in a series of 8 DVDs that examines the therapeutic uses and abuses of drugs.*

Drugs: Uses and Abuses - Inhalants, Kinetic Video, Toronto, ON, (32 min.)1999. *This DVD from Cambridge Educational Production is one in a series of 8 DVDs that examines the therapeutic uses and abuses of drugs.*

Prescription & OTC Drugs Misuse and Abuse, CNS Productions, Inc., Kinetic Video, Toronto, ON, (34 min.) 2004.

Drugs: Uses and Abuses – PCP and Ketamine, Kinetic Video, Toronto, ON, (32 min.)1999. *This DVD from Cambridge Educational Production is one in a series of 8 DVDs that examines the therapeutic uses and abuses of drugs.*

Drugs: Uses and Abuses - Steroids, Kinetic Video, Toronto, ON, (32 min.)1999. *This DVD from Cambridge Educational Production is one in a series of 8 DVDs that examines the therapeutic uses and abuses of drugs.*

Drugs: Uses and Abuses - THC, Kinetic Video, Toronto, ON, (32 min.)1999. *This DVD from Cambridge Educational Production is one in a series of 8 DVDs that examines the therapeutic uses and abuses of drugs.*

Drugs: Uses and Abuses – Psychedelics and Hallucinogens, Kinetic Video, Toronto, ON, (32 min.)1999. *This DVD from Cambridge Educational Production is one in a series of 8 DVDs that examines the therapeutic uses and abuses of drugs.*

Drugs: Uses and Abuses - Narcotics, Kinetic Video, Toronto, ON, (32 min.)1999. *This DVD from Cambridge Educational Production is one in a series of 8 DVDs that examines the therapeutic uses and abuses of drugs.*

Oxycontin and Other Prescription Drugs: Easing the Pain, Hazelden Foundation, 2004. 34 min. *In this program, people who overcame addiction to prescription drugs talk about how they overcame their addiction.*

Medicine House, Kinetic Video, Toronto, ON, 24 min. *This is a documentary about a native community in Canada and how its residents strive to take control of the own health care delivery system.*

8th Fire, CBC, 2012. 172 minutes. *This is a 4 part documentary series on the native peoples relationship with Canada.*

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 Selves of Adolescent Girls, Mary Pipher, ballantine Books, New York, NY, 1994. *The author focuses on the world of teenage girls.*

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 accompanes).*

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.*

DVDs:

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 them or someone else. A discussion guide is included.*

Addictions

DVDs:

Uppers Downers and All Arounders, CNS Productions, Inc., Kinetic Video, Toronto, ON, (63 min.) 2001. Carlo DiClemente on stages of Change and Addiction (clinicians' manual), Hazelden Foundation, (1 hour 57 min.) 2004.

Drugs: Uses and Abuses - Stimulants, Kinetic Video, Toronto, ON, (32 min.)1999. *This DVD from Cambridge Educational Production is one in a series of 8 DVDs that examines the therapeutic uses and abuses of drugs.*

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Prescription & OTC Drugs Misuse and Abuse, CNS Productions, Inc., Kinetic Video, Toronto, ON, (34 min.) 2004.

ANGER

Books:

Forgive and Forget Healing the Hurts We Don't Deserve, Lewis B. Smedes, Harper SanFrancisco, 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.*

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.*

Anxiety and Panic Attacks – Their Cause and Cure, Robert Handly, Fawcett Books, 1987. *This book presents easy to follow method to reducing anxiety and panic attacks.*

Beating Anxiety It's All in Your Mind, John I. Jerkovic, Aventine Press San Diego, CA, 2004. *This is a practical, easy to understand guide written by a former patient.*

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.*

Butterflies in My Belly, Jacqueline MacKay, Acorn Press, Charlottetown, PE, 2009. *“Butterflies in My Belly” is a hopeful story about childhood anxiety that is a useful resource for parents, children, and people who work with children. It will make them feel more comfortable talking about anxiety and help them take steps to resolve it.*

Dancing with Fear, Paul Foxman, Hunter House Publishers, Alameda, CA, 2007. *This is a comprehensive guide to understanding and relieving the many forms of fear, anxiety and stress.*

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.*

Overcoming Anxiety for Dummies, Charles H. Elliott, Laura L. Smith, Hoboken, NY, Wiley Publishing, Inc., 2010. *This engaging guide is full of techniques to overcome your worries and gain control of your life.*

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.*

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 & Phobia Workbook (5th Edition), Edmund J. Bourne, New Harbinger Publications, Inc., Oakland, CA, 2010. *This workbook is full of effective skills for assessing and treating anxiety.*

The Anxiety Book: Developing Strength in the Face of Fear, Jonathan Davidson, Riverhead Books, New York, NY, 2003. *This book focuses on anxiety, its prevalence, and methods of coping with anxiety.*

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 Anti-Anxiety Workbook, Martin M. Anthony and Peter J. Norton, The Guilford Press, New York, New York, 2009. *The authors present a toolkit of proven strategies to overcome worry, phobias, panic and obsessions.*

The Cognitive Behavioural Workbook for Anxiety: A Step by Step Program, William J. Knauss, New Harbinger Publications, Inc., Oakland, CA, 2008. *This workbook offers a step by step program you can use to end anxiety and get back to living a rich and productive life.*

The Mindful Way through Anxiety, Susan M. Orsillo, Lizabeth Roemer, The Guilford Press, New York, NY, 2011. *This book describes clinically tested mindfulness practices specifically for anxiety in its many forms.*

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 treatment 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, Collette 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.*

When Panic Attacks, David D. Burns, Three Rivers Press, NY, NY, 2006. *This book presents the techniques needed to defeat anxiety.*

DVDs:

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.

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

Taking Charge of Adult ADHD, Russell A. Barkley, The Guilford Press, New York, NY, 2010. *This is a one stop resource for those impacted by ADHD.*

DVDs:

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.*

BORDERLINE PERSONALITY DISORDER

Books:

The Essential Family Guide to Borderline Personality Disorder, Randie Kreger, Hazelden, Center City, Minnesota, 2008. *This book offers information and techniques to assist those who have borderline personality disorder, those who love them and those who treat them.*

Stop Walking on Eggshells – taking your life back when someone you care about has borderline personality disorder (second edition), Paul T. Mason and Randi Kreger, New Harbinger Publications Inc., Oakland, CA, 2010. *This book includes the latest borderline personality disorder research and includes coping and communication skills to stabilize relationships.*

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.*

Butterflies in My Belly, Jacqueline MacKay, Acorn Press, Charlottetown, PE, 2009. *"Butterflies in My Belly" is a hopeful story about childhood anxiety that is a useful resource for parents, children, and people who work with children. It will make them feel more comfortable talking about anxiety and help them take steps to resolve it.*

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.*

Hole in One: A Tale From The Iris The Dragon Series, Gayle Grass, Iris the Dragon Inc., Smith Falls, Ontario, 2008. *A fairy story for children about mental illness in childhood.*

I Can Fix It: A Tale From The Iris The Dragon Series, Gayle Grass, Iris the Dragon Inc., Smith Falls, Ontario, 2009. *A fairy story for children about the topic of Asperger's Syndrome and stigma.*

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

Mama and Daddy Bear's Divorce, Cornelia Maude Spelman, Albert Whitman & Company, Illinose, 1998. *To very young children divorce needs to be explained in the simplest of terms. The author tells a story that depicts divorce to a young child, explaining the message that no matter where the parents are they will always be the child's mother or father and they will always love their child.*

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.*

What happens next? Information for kids about separation and divorce, Department of Justice Canada, Ottawa, ON, 2007. *This is a booklet for children between nine and twelve years old. It was developed to give children an idea of the process that may happen when their parents split up and that it's normal for kids to have an emotional response to the divorce/separation of their parents.*

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, Hazelden, 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.

The New Codependency: Help ND Guidance for Today's Generation, Melody Beattie, Simon & Schuster Paperbooks, New York, NY, 2009. *This book is a manual to be who we are and gives us the tools to reclaim our lives by renouncing unhealthy practices.*

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.*

CONCURRENT DISORDERS

Clean: Overcoming Addiction and Ending America's Greatest Tragedy, David Sheff, Houghton Mifflin Harcourt, New York, NY, 2013. *This book presents a myth shattering look at addiction, and offers realistic hope for recovery for those with addiction and their families.*

Dual Disorders Recovery Book: A Twelve Step Program for Those of Us With Addicton and an Emotional or Psychiatric Illness, Hazelden Educational Materials, Center City, Minnesota, 1993. *This book offers a compelling combination of personal experience with professional insight.*

The Mindfulness Workbook for Addiction, Rebecca E. Williams and Julie S. Kraft, New Harbinger Publications, Inc, Oakland, CA 2012. *This book will help you identify the root of your of your addictive behaviors and help replace addictive behaviors with healthy ones.*

Understanding the Twelve Steps, Terence T. Gorski, Prentice Hall/Parkside, New York, NY. *This practical guide presents a straightforward explanation of the twelve steps.*

DVDs:

Adults and Co-occurring Disorders, Hazelden Foundation, Centre City, Minnesota, 2003 (28 miutes). *In this DVD men and women speak frankly about how addiction and mental health problems often go together.*

Mental Health and Addiction, edbetter films, 2010 (22 minutes).

DEPRESSION/BI-POLAR DISORDER

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 Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in her Childbearing Years, Ruta Nomacs, Simon & Schuster Paperbooks, New York, 2006. *This book examines the relationship between depression and childbearing issues.*

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.*

Adult Bipolar Disorder: Understanding your Diagnosis and Getting Help, Mitzi Waltz, O'Reilley, Sebastopol, CA, 2002. *This book covers topics such as medications, therapy, support and others that those with the illness and their loved ones need to help themselves.*

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.*

* Anxiety and Depression Workbook for Dummies, Charles H. Elliot and Laura L. Smith, Wiley Publishing, Inc., Hoboken, NJ, 2006. *This workbook focuses on helping pinpoint the root of your problems and find relief from your symptoms.*

Bipolar 101, Ruth C. White and John D. Preston, New Harbinger Publications, Inc., Oakland, CA, 2009. *This is a practical guide to identifying triggers, managing medications, coping with symptoms and more.*

Bipolar Breakthrough, Ronald R. Fieve, Rodale, New York, 2009. *In this book the author reveals the benefits of this disorder (Bipolar II), and illustrates easy stay well strategies.*

Bipolar Disorder An Owners Manual, Paul Termansen, Pacific Bipolar Foundation, BC, 2007. *This manual is for people with bipolar disorder and their families.*

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.*

Break the Bipolar Cycle: A Day-By-day guide to Living with Bipolar Disorder, Elizabeth Brondolo, Xaviere Amador, McGraw Hill, New York, 2008. *This guide offers liveable workable solutions to manage bipolar disorder.*

Breaking Free from Depression: Pathways to Wellness, Jesse H. Wright, Laura W. McCray, Th Guilford Press, New York, NY, 2012. *This book provides tools to help those with depression move forward with hope.*

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.*

Change your Thinking: Overcoming Stress, Anxiety and Depression, and Improve your Life with CBT, Sarah Edelman, Da Capo Press, US, 2007. *This is a highly practical guide for taking charge of your negative emotions through cognitive behavior therapy.*

Choice Theory. William Glasser, HarperCollins Publishers, New York, 1998. *Dr. William Glasser offers readers a new and effective way of getting along with people in our lives. The Choice Theory gives us the freedom to sustain the relationships that lead to healthy, productive lives.*

Cognitive Behavioral Therapy for Dummies, Rhena Branch and Rob Wilson. John Wiley & Sons, Inc., Sussex, England, 2006. *Cognitive Behavioral Therapy (CBT) is an easy and effective way to overcome depression, anxiety or another problem you are facing. The authors in this book provide an easy way to understand and practice CBT.*

Cognitive Behavioral Therapy Workbook for Dummies (2nd Ed.). Rhena Branch and Rob Wilson. John Wiley & Sons, Inc., Sussex, England, 2012. *The authors in this book show the reader how to put the ideas*

from the book of CBT into practice. Many hands-on exercises to help you overcome a problem you are facing.

Cognitive Behavioral Therapy for Trauma, Victoria Follette, Josef Ruzek and Francis Abueg, The Guilford Press, New York, 1998. *This book addresses trauma related disorders such as PTSD and presents cognitive-behavioral therapy approaches to treating these disorders.*

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 Behaviour Therapy (DBT) for co-occurring depression and anxiety. This book offers powerful tools to overcome this disorder.*

Depression: The New Integrative Approach, Dr. Milton Hammerly, Adams media Corporation, Avon Massachusetts, 2001. *This book describes how to combine the best of traditional and alternative therapies..*

Depression and Bipolar Disorders, Dr. Virginia Edwards, Key Porter Books, Toronto, 2002. *This book 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 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.*

Fracture: A Memoir, Arlen Rundvall. Trafford Publishing, Victoria, BC, 2009. *This book depicts the life of Arlen as he struggles with Bipolar and how he overcomes his thoughts and actions.*

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.*

Get It Done When You're Depressed, Julie Fast and John Peston, ALPHA Books, New York, 2008. *The Strategies offered in this book are practical and easy to apply to let you be more productive even with depression.*

Healing Depression the Mind-Body Way, Nancy Lieber and Sandra Moss, John Wiley & Sons, Inc. Hoboken, NJ, 2009. *This book provides skills to help you create happiness with meditation, yoga and aryaurveda.*

Happiness for Dummies. W. Doyle Gentry. Wiley Publishing, Hoboken, NJ, 2008. *This book guides readers through techniques for living a more meaningful, healthy, and productive life.*

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 from 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.*

Mind and Emotions A Universal Treatment for Emotional Disorder, Matthew McKay, Patrick Fanning, Patricia Zurita Ona, New Harbinger Publishing, Inc., Oakland, CA, 2011. *Drawing on evidence based skills (from cognitive behavioural therapy, acceptance and dialectical behaviour therapy) this workbook offers all the techniques needed to manage unwelcome feelings in an effective and productive ways.*

Mindfulness Based Cognitive Therapy for Depression, Zindel Segal, Mark Williams, and John Teasdale. The Guilford Press, New York, 2002. *The authors in this book offer a new approach to preventing relapse by Mindfulness Based Cognitive Therapy. This book presents readers with an eight-session program to recover from depression and prevent relapse by using mindfulness and cognitive behavioral therapy.*

Mind Over Mood, Change How You Feel by Changing the Way You Think, Dennis Greenberger, Christine A. Padesky, The Guilford Press, New York, NY, 1995. *Mind Over Mood is the winner of several awards, and an effective tool to learn practical steps to feel better and make positive changes.*

No More Sleepless Nights, Peter Hauri and Shirley Linde, John Wiley & Sons, Inc., New York, US, 1990. *This book address issues with sleep. It offers a sleep therapy program, providing hints on how to avoid sleepless nights.*

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. *This is a valuable educational tool that reviews the lives of consumers living with Bi-Polar Disorder and offers suggestions for areas of prevention and treatment.*

Out of the Blue: A Memoir of Workplace Depression, Recovery, Redemption and, Yes, Happiness, Jan Wong, Jan Wong, Canada, 2012. *This is the story of reporter Jan Wong's journey to come to terms with depression.*

Over the Boards: The Ron Ellis Story, Ron Ellis with Kevin Shea, Fenn Publishing Company Limited, Bolton, Canada, 2002. *Ron Ellis tells the story of his life, about his life, his career as a NHL hockey player and a man who struggles with depression.*

Overcoming Bipolar Disorder: A comprehensive Workbook for Managing Your Symptoms & Achieving Your Life Goals, Mark Bauer, Amy M. Kilbourne, Devra E. Green Wald, Evette J. Ludman, New Harbinger Publications Inc., Oakland, CA, 2005. *This workbook will help those with bipolar disorder understand their symptoms, develop coping skills, form more productive partnerships with their healthcare team, and keep their life in balance as they work toward their goals.*

Overcoming Depression, Demitri Papolos and Janice Papolos, HarperCollins Publishers Inc., New York, 1997. *This excellent first person account is filled with encouragement for those managing mood disorders.*

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.*

Riding the Roller Coaster Living with Mood Disorders, Marja Bergen, Northstone, Kelowna, BC, 1999. *The author shares practical tips*

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.*

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).*

Take Charge of Bipolar Disorder. Julia A. Fast and John Preston. Hachette Book Group., New York, 2006. *This book offers a unique four step approach that teaches people with Bipolar Disorder and their loved ones to manage the illness and achieve stability.*

Taming Bipolar Disorder, Lori Oliwenstein, Psychology Today, Alpha Books, New York, 2004. *Drawing on the most respected names in the field, this book gives information to help bring this disorder under control.*

The Bipolar Guide to the Gift. Arlen Rundvall., Trafford Publishing, Vancouver, Canada, 2009. *This book guides readers with Bipolar disorder to accept and reduce the illness by covering many topics such as delusions of grandeur, sexual promiscuity, self-pity, etc.*

The Bipolar Disorder Survival Guide – What You and Your Family Need to Know (2nd edition) David J. Miklowitz, The Guilford Press, New York, NY, 2011. *This is a practical, straightforward book that will be a great help to those who have bipolar disorder as well as their families.*

The Bipolar Disorder Survival Guide, David J. Miklowitz, 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 Bipolar Workbook: Tools for Controlling Your Mood Swings, Monica Ramirez Basco, The Guilford Press, New York, 2006. *This book is filled guidelines and worksheets to help those with bipolar disorder deal with their mood swings.*

The Bipolar Handbook for Children, Teens and Families, Wes Burgess, Penguin Group, New York, New York, 2008. *This book will help you and your loved ones live with this condition.*

The Cognitive Behavioral Workbook for Depression, William J. Knaus. New Harbinger Publications, Inc. Oakland, CA, 2012. *Cognitive Behavioral Therapy (CBT) is well known for treating depression. This workbook delivers evidence-based tools that a reader can use to feel better and prevent depression from coming back through a series of exercises and worksheets that provide skills for overcoming depression.*

The Complete Idiot's Guide to Bipolar Disorder, Jay carter and Bobbi Dempsey, ALPHA, New York, 2009. *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.*

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 Dual Disorders Recovery Book: A Twelve Step program for those of us with addicton and an Emotional Illness, Hazelden Educational Materials, Center City, Minnesota, 1993. *This book offers a combination of person experience with professional insight.*

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 Freedom from Depression Workbook. Les Carter and Frank Minirth. Thomas Nelson Publishers, Nashville, Tennessee, 1995. *Readers will learn a 12-Step interactive program that helps them identify depression and its causes, come to terms with the past and look forward to the future, and be committed to positive attitudes. Readers will develop keys to a lasting change.*

The Mindful Way Through Depression., Mark Williams, John Teasdale, Zindel Segal, Jon Kabat-Zinn, The Guilford Press, New York, NY, 2007. *This powerful book and CD can help people struggling with depression break the cycle of unhappiness.*

The Mindful Way Workbook: An 8-Week Program to Free Yourself from Depression and Emotional Distress. John Teasdale, Mark Williams, and Zindel Segal, The Guilford Press, New York, 2014. *This book guides readers through mindfulness practices each week to teach them new ways to respond to their own thoughts and feelings. The author's 8-week program can help individuals overcome depression, anxiety and stress with mindfulness-based cognitive-behavioral therapy.*

The Natural Medicine Guide to Depression, Stephanie Mar, Hampton Roads Publishing Company, Inc., VA, 2003. *Natural medicine treatments for depression are presented in this book.*

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.*

Thoughts & Feelings: Taking Contol of Your Mods and Life, Matthew McKay, Martha Davis, Patrick Fanning, New Harbinger Publications, Inc., Oakland, CA, 2007. *This book is full of strategies to address the treatment of a wide variety of psychological issues.*

Touched with Fire: Manic-Depressive Illness and the Artistic Temperament, Kay Redfield Jamison, The Free Press, New York, 1993. *This book examines the relationship between bipolar disorder and the artistic temperament.*

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

Uncovering Happiness, Elisha Goldstein. A Division of Simon and Schuster, Inc. New York, 2015. *Dr. Elisha Goldstein describes the secret to overcoming depression and uncovering happiness is by exploring mindfulness and self-compassion.*

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.*

Undoing Depression: What Therapy Doesn't Teach you and Medication Can't Give You, Richard O'Connor, Little Brown and Company, New York, NY, 2010. *This is a balanced and persuasive work that explores depression and the pathways to help with fresh insight.*

Unsinkable. Silken Laumann. HarperCollins Publishers Inc., Toronto, Canada, 2014. *Laumann tells the story of her horrific accident and the barriers she had to overcome not only physically but mentally. This memoir reveals insights into her athletic success and the personal challenges of her past.*

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.*

You Are Not Alone. Words of Experience and Hope for the Journey Through Depression. Julia Thorne. HarperCollins Publishers, New York, 1993. *This book talks about Thorne's own story of depression and recovery while offering readers advice on emotional awareness. She also provides a unique perspective on depression by embracing it and becoming self-motivated.*

Young Misery, Dr. David Palframan, Creative Bound International Inc, 2007. *In this book a child and family psychiatrist discusses child and youth depression – how to identify it and how to cope.*

Information Kits:

- Depression
- Bipolar Disorder

DVDs:

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: Out of the Shadows, Twin Cities Public Television, Inc and WGBH Boston, 2008, 90 minutes. *This DVD tells the dramatic stories of people of different ages, from diverse backgrounds, who live with various forms of depression. Leading mental health experts highlight the latest scientific research and innovative treatments.*

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.*

Kay Redfield Jamison: Surviving Bipolar Disorder, ABC News, 2004, 21 minutes. *Psychiatry professor and clinical psychologist Dr. Jamison talks frankly about her experiences with bipolar disorder, a mental illness that almost claimed her life.*

Men Get Depression, State of the Art, Inc, PBS, 2008, 60 minutes. *This is a documentary that explores the effects of depression in men on the man with the illness, relationships and careers through the profiles of real men and their families, including a former NFL quarterback, a Fortune 500 CEO, an Iraq war veteran, pastor and others. Medical authorities on depression also discuss its causes, symptoms and treatments.*

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

Family Matters – Surviving the Bipolar Journey, Mars Entertainment Inc., 56 min., 2010. *This DVD follows four families struggling to help loved ones with bipolar disorder.*

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: 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

Understanding Depression: Rational Emotive Behavior Therapy, Hazeldon, Center City, Minnesota, 2002, 31 minutes. *This attention getting video delivers usable information about Rational Emotive Behavior Therapy.*

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 52nd annual meeting of the Canadian Psychiatric Association, 2002, Banff, Alberta.

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.*

DIVORCE

BOOKS:

Tug of War: A Judge's Verdict on Separation, Custody Battles, and the Bitter Realities of Family Court, Mr. Justice Harvey Brownstone, Toronto, ON, 2009. *This is an important book written from the perspective of a family court judge. It offers practical information and advice to help families avoid difficult tug of wars over their children.*

What happens next? Information for kids about separation and divorce, Department of Justice Canada, Ottawa, ON, 2007. *This is a booklet for children from nine to twelve years old to help them learn about family law and for them to know it's normal for them to have an emotional response to the divorce of their parents.*

When Mom and Dad Divorce: A Kids Resource, Emily Menendez-Aponte, One Caring Place, Abbey Press, St. Meinrad, IN, 1999. *Divorce isn't easy for anyone, least of all children. This book helps to guide children through this painful passage.*

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.

The Essential Guide to Psychiatric Drugs, Jack M. Gorman, St. Martin's Griffin, New York, NY, 2007. *This informative and easy to use guide presents information on the latest drugs and research and covers most adult mental health problems.*

The PDR Pocket Guide to Prescription Drugs (8th Edition), Pocket books, New York, New York, 2008. This is a consumer handbook of drug profiles based on the trusted guide “Physicians’ Desk Reference”. This readable guide includes information on food and drug interactions, pregnancy safety warnings, overdose symptoms, and poison control information.

Taking Back Control: Self-management Guide to Psychiatric Medication, Association des groupes d’intervention en defense des droits en sante mentale du Quebec and Regroupement des resources alternatives en sante mentale du Quebec, 2003. *This is a booklet for people on psychiatric medication to manage these medications.*

DVDs:

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.*

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.*

Anorexia and Bulimia in the Family: one parent’s practical guide to recovery, Grainne Smith, John Wiley & Sons, Ltd, West Sussex, England, 2004. *This is a practical self-help guide written by a care giver of someone with an eating disorder for other care givers.*

Appetites, Caroline Knapp, Counterpoint, New York, NY, 2003. *This book challenges women to learn what it feels like to feed the body and the soul.*

Dying to be Thin: Understanding and Defeating Anorexia Nervosa and Bulimia A Practical Lifesaving Guide, Ira M. Sacker and Marc A. Zimmer, Warner Books, New York, NY, 2001. *This guide gives families, friends and those with eating disorders the information and help they need.*

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.*

Eating Disorders: A Parents' Guide, Rachel Bryant-Waugh and Bryan Lask, Bruner-Routledge, New York, NY, 2004. *This book written by clinicians provides positive, sensible advice on eating disturbances in children and youth.*

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

Life Beyond Your Eating Disorder, Johanna S. Kandel, Harlequin Enterprises Ltd, Don Mills, ON, Canada, 2010. *The author writes from personal experience and presents this guidebook for the journey back to health, filled with hope, insight and tools to recovery.*

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

Made You Look: How Advertising Works and Why you Should Know, Shari Graydon, Annick Press, Toronto, On, 2003. *Made You Look offers an intriguing look at the advertising universe, and can help children decode the messages.*

Next to Nothing A First Hand Account of One Teenager's Experience with an Eating Disorder, Carrie Arnold, Oxford University Press, New York, NY, 2007. *This book contains up to date science on eating disorders as well as wit and wisdom.*

Restoring our bodies, reclaiming our minds: Guidance and reflections on recovery from eating disorders, Aimee Liu, Trumpeter, Boston, MA, 2011. *This book presents a roadmap for healing from eating disorders.*

Surviving an Eating Disorder: strategies for Families and Friends (3rd edition), Michele Siegel, Judith Brisman, and Margot Weinschel, Collins Living, New York, New York, 2009. *This updated and revised edition provides the latest information and offers effective support for families and loved ones of those with eating disorders.*

The Anorexia Diaries: A Mother and Daughter's Triumph over Teenage Eating Disorders, Tara M. Rio and Linda M. Rio, Rodale Inc., US, 2003. *This book takes you into the puzzling world of teenage eating disorders, and tells the story of one family's darkest moments and greatest triumphs.*

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.*

Wasted: A Memoir of Anorexia and Bulimia, Marya Hornbacher, Harper Perennial, New York, NY, 1998. *Wasted is the story of one woman's travels to the dark side of reality and her way back.*

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.*

EMPLOYMENT

Booklets:

Hangin' In There: Strategies for Job Retention by Persons with a Psychiatric Disability, Canadian Mental Health Association, Toronto, 2005. *This booklet written primarily for people with a psychiatric disability 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 family's grieving over a deceased member.*

Before Their Time: Memorial Songs and Music Volume 3, Before Their Time, Lyme, NH. *This a 3-disc collection of music performed by various artists pertaining to grief especially the loss of a child.*

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.*

Grieving and Recovery. Jack Canfield, Mark Victor Hansen, and Amy Newmark, Chicken Soup for the Soul Publishing, LLC, Cos Cob, CT, 2011. *This book shares real-life stories of individuals who are suffered from a loss. Readers will read how the people telling these stories found their way to recovery and new happiness in their lives*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.*

I Wasn't Ready to Say Goodbye (for surviving, coping and healing after the sudden death of a loved one) Brook Noel and Pamela D. Blair, Sourcebooks Inc., Naperville, Illinois, 2008. *This book by two women who have experienced tragedy offers step-by-step support and encouragement through the grieving process.*

I Wasn't Ready to Say Goodbye (a companion workbook for surviving, coping and healing after the sudden death of a loved one) Brook Noel with Pamela D. Blair, Sourcebooks Inc., Naperville, Illinois, 2008. *This workbook by two women who have experienced tragedy offers step-by-step support and encouragement through the grieving process.*

Losing a Parent: Practical Help for you and other family members, Fiona Marshall, De Capo Press, Cambridge, MA, 2000. *The author guides readers through the process of coping with the loss of a parent.*

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.*

Necessary Losses. Judith Viorst, Ballantine Books, New York, 1986. *This book depicts how people grow and change through personal losses such as a mother, your younger self and other loved ones we gain a deeper understanding of life and a true maturity.*

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 who have a friend or relative who 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 Children Grieve: For Adults to Help Children deal with Death, Divorce, Pet Loss, Moving, and Other Losses, John W. James and Russell Friedman, Harper, New York, NY, 2002. *Guidelines in this book will help you assist grieving children.*

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.*

Widow to Widow: Thoughtful Practical Advice for Rebuilding Your Life, Genevieve Davis Ginsburg, Da Capo Press, 2004. *In this remarkably useful guide, widow, author, and therapist offers fellow widows-as well as their family and friends- advice for coping with the loss of a husband. From learning to travel and eat alone to creating new routines to surviving the holidays and anniversaries that reopen emotional wounds, "Widow to Widow" walks readers through the challenges of widowhood and encourages them on their path to building a new life.*

DVDs:

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

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

When Children Grieve, Churchill McIntyre Media Ltd.

Kits:

Kids Cope with Grief

MENTAL HEALTH

Books:

Happiness for Dummies, W. Doyle Gentry, Wiley Publishing, Inc., Hoboken, NJ, 2008. *This friendly, upbeat guide gives you proven techniques for living a more meaningful, productive and happier life.*

Head Case: Treat Yourself to Better Mental Health, Dr. Pamela Stephenson Connolly, Headline Publishing Group, London, UK, 2007. *This book addresses things from mood, personality and sleep to anxiety and trauma and explains what's happening in your brain and what steps you can take to start enjoying life more.*

Healing Traditions: The Mental Health of Aboriginal Peoples in Canada, Laurence J. Kirmayer and Gail Guthrie Valaskakis. UBC Press, Vancouver, BC, 2009. *This book speaks about current issues in the mental health of indigenous peoples. It is a guide to Aboriginal history, culture and identifies mental health and healing.*

Meditation for Dummies, Stephan Bodian, Hungry Minds, New York, NY, 1999. *This is a useful guidebook filled with clear instructions and helpful hints for those interested in learning meditation.*

On Mothers' Mental Health Toolkit, (2nd edition) Joanne MacDonald and Colleen Flynn, Reproductive Health Services, Halifax, NS, 2012. *This toolkit was developed for community service providers and families of mothers with mental health problems.*

One Minute Mindfulness: 50 simple ways to find peace, clarity and new possibilities in a stressed out world, Donald Altman, New World Library, Novato, CA, 2011. *In this book the author bring the benefits of mindfulness down to earth and into everyday life.*

Protect Befriend Respect: Nova Scotia's Mental Health Movement 1908-2008, Judith Fingard and John Rutherford, Fernwood Publishing, Halifax and Winnipeg, 2008. *This book is about the one hundred year history of the Canadian Mental Health Association in Nova Scotia and its preceding organizations.*

Sleep-Powered Wellness: Better Bedrooms for Turbocharged Zzzz's, Angela Hobbs, Bold World Books, Calgary, AB, 2011. *A useful book for anyone with sleep problems.*

Ten Days to Self-Esteem, David D. Burns, HarperCollins Publishers Inc., New York, NY, 1993. *This book provides ten steps to help you develop self-esteem, reduce depression, and enjoy greater happiness.*

The Secret, Rhonda Byrne, Atria Books, Beyond Words Publishing, New York, NY, 2006. *This book presents the belief you can come to know how you can have, be or do anything you want.*

Where the Pavement Ends, Marie Wadden. Douglas and McIntyre Ltd., Vancouver, BC, 2008. *Wadden explores Aboriginal communities to determine why suicide, poverty, and addiction is escalating. This book tells inspiring true stories of Aboriginal people in many communities and how Canadians must make social healing in First Nations communities a priority.*

Who Says You Can't, Carol Lisberol, Julie Ann Wilton, Smart Talk Productions, Halifax, NS, 2005. *This book written, by presenters at CMHA's 2011 Women and Wellness event, is meant to assist you in achieving personal change and independence and to inspire the best in you.*

DVDs:

Mental Health & Addiction, ledbetterfilms.com, 22 minutes, 2010. *A DVD that 3 people with both mental health issues and addiction discuss their experiences.*

MENTAL ILLNESS

Books:

Being There: When Mental Illness Strikes Someone Near You, Canadian Mental Health Association, Ontario, 2005. *This is a thorough and practical guide for people who care for and about someone with a mental illness.*

Beyond Crazy Journeys Through Mental Illness, Julia Nunes and Scott Simmie, McClelland and Stewart Ltd., Toronto, 2002. *Through powerful stories this book 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. *This book provides 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.*

Mindsapes: images en tete, National Gallery of Canada, 2004. *A book of art 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.*

The Soloist: A Lost Dream, an Unlikely Friendship, and the Redemptive Power of Music, Steve Lopez, G.P. Putnam's Sons, New York, NY, 2008. *The story of an unlikely friendship between two men who communicate through music, one a reporter and the other a former Julliard student impacted by mental illness who is now a street person.*

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.*

DVDs:

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.

Mental Health & Addiction, ledbetterfilms.com, 22 minutes, 2010. *A DVD that 3 people with both mental health issues and addiction discuss their experiences.*

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 Balanced Life, 9 Strategies for Coping with the Mental Health Problems of a Loved One, Tom Smith, Hazelden, Center City, Minnesota, 2008. *This book offers nine strategies for building a supportive relationship with someone who has a mental illness – while also taking care of you.*

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, Canadian Mental Health Association, Alberta.

A Legacy of Madness: Recovering My Family from Generations of Mental Illness, Tom Davis, Hazelden, Center City, Minnesota, 2011. *This book tells the story of the author's family coming to grips with its history of mental illness.*

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

At Wit's End: What You Need to Know When a Loved One is Diagnosed with Addiction and Mental Illness, Jeff Jay, Jerry A. Boriskin, Hazelden, Center City, Minnesota, 2007. *A very helpful book for families seeking answers about a loved one's co-occurring disorder (addiction and mental illness).*

Being There: When Mental Illness Strikes Someone Near You, Canadian Mental Health Association, Ontario, 2005. *This is a thorough and practical guide for people who care for and about someone with a mental illness.*

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 Gone Astray, Mike Kallio, iUniverse, Inc., Bloomington, IN, 2009. *This book tells the story, from a caregiver's perspective, of the kinds of experiences one can face with a loved one who lives with schizophrenia.*

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.*

Pathway to Recovery: A Guidebook for Families..., Durham Family Resource Task Group for Mental Health, Durham, ON, 2012. *This is a comprehensive guidebook to assist those dealing with mental health issues.*

Stuck In Time, The Tragedy of Childhood Mental Illness., Lee Gutkind, Henry Holt and Co., New York 1993. *Examines the 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.

DVDs:

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.

Family Matters – Surviving the Bipolar Journey, Mars Entertainment Inc., 56 min., 2010. *This DVD follows four families struggling to help loved ones with bipolar disorder.*

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.

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:

Here’s the Deal: Don’t Touch Me, Howie Mandel, Bantam Books Trade Paperbacks, New York, 2009. *In this memoir Howie Mandel reveals his ongoing struggle with OCD (obsessive compulsive disorder) and ADHD (attention deficit disorder).*

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.*

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.*

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.*

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.*

DVDs:

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:

5 Survivors: Personal Stories of Healing from PTSD and Traumatic Events, Tracy Stecker, Hazelden, Center City, Minnesota, 2011. *This book contains first person accounts by five Post Traumatic Stress Disorder (PTSD) survivors and brings hope to the millions suffering from but not yet diagnosed with this disorder and their loved ones.*

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

Shake Hands With the Devil, Romeo Dallaire, Vintage Canada Edition, Toronto, 2003. *Lieutenant General Romeo Dallaire served in Rwanda, witnessing 800,000 murders of Rwandans. This book tells his story about the genocide in Rwanda and his own struggle once returning home feeling broken and suicidal.*

Shock Waves : A Practical Guide to Living with a Loved Ones's PTSD, Cynthia Orange, Hazelden, Center City, Minnesota, 2011. *This book details what is known about Post Traumatic Stress Disorder (PTSD) and its effects on families in a clear and readable book with suggestions for healing.*

The Post-Traumatic Stress Disorder Sourcebook: A Guide to Healing, Recovery, and Growth, Glenn R. Schiraldi, McGraw Hill, USA, 2009. *This book offers a range of treatment options showing survivors that the other side of pain is recovery and growth.*

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.*

DVDs:

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.*

Down Came the Rain: My Journey through Postpartum Depression, Brooke Shields, Hyperion, New York, NY, 2005. *Brooke Shields tells her personal story of dealing with postpartum depression with candor and grace.*

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.*

Mothers' Mental Health Toolkit,(2nd edition) Joanne MacDonald and Colleen Flynn, Reproductive Health Services, Halifax, NS, 2012. *This toolkit was developed for community service providers and families of mothers with mental health problems.*

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 these illnesses.*

Postpartum Depressionfor Dummies, Shoshana S. Bennett, Wiley Publishing, Inc., Hoboken, NJ, 2007. *This book offers reassuring, positive guidance to help understand and recover from Postpartum depression.*

The Smiling Mask: Truths about Postpartum Depression and Parenthood, Carla O'Reilly, Elita Paterson and Tania Bird, Purpose to Prosperity Publishing, Regina, SK, 2008. *"The Smiling Mask" is an inspirational book created to increase awareness, acceptance and assistance for those suffering with postpartum illnesses. The goal of the book is to shed light on the realities that many mothers and families face when their lives are affected with postpartum disorders.*

When Baby Brings the Blues: Solutions for Postpartum Depression, Dr. Ariel Dalfen, John Wiley & Sons Canada, Ltd., Mississauga, ON, 2009. *Dr. Dalfen tackles the myths of postpartum depression and offers up to date research on treatment options including things women can do on their own.*

DVDs:

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 (3rd. edition), Schizophrenia Society of Canada, 2003. *This book is the updated edition to this popular resource for families and caregivers. Topics covered include: symptoms, definition, coping skills and early intervention.*

Mind Gone Astray, Mike Kallio, iUniverse, Inc., Bloomington, IN, 2009. *This book tells the story, from a caregiver's perspective, of the kinds of experiences one can face with a loved one who lives with schizophrenia.*

Schizophrenia At Home, Atkinson, M. Jacqueline, New York University Press, New York, 1986. *This book examines how relatives can best be involved in therapy and rehabilitation programs, and offers practical and useful suggestions and advice.*

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. *This book 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 to regard them "as human beings who deserve sensitivity and love".*

The Center Cannot Hold, Elyn R. Saks, Hyperion, New York, 2007. *This book is a profound and hopeful memoir of Saks' life with schizophrenia.*

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.*

The Soloist: A Lost Dream, an Unlikely Friendship, and the Redemptive Power of Music, Steve Lopez, G.P. Putnam's Sons, New York, NY, 2008. *The story of an unlikely friendship between two men who communicate through music, one a reporter and the other a former Julliard student impacted by mental illness who is now a street person.*

DVDs:

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:

Canadian Consensus Guidelines on the Treatment of Seasonal Affective Disorder, Edward W.Lam and Anthony J. Levitt, Clinical and Academic Publishing, 1999.

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

Winter Blues(4th edition), Norman E. Rosenthal, The Guilford Press, New York, NY, 2013. *This book contains information on and tips for coping with Seasonal Affective Disorder.*

SELF ESTEEM

Books:

Living the 7 Habits: The Courage to Change, Stephen R. Covey, Simon & Schuster, Inc., New York, 1999. *This book captures the essence of people's real life experiences by a collection of stories. Readers will find examples of encouragement to help solve their problems and overcome challenges.*

Ten Days to Self-Esteem, David D. Burns, HarperCollins Publishers Inc., New York, NY, 1993. *This book provides ten steps to help you develop self-esteem, reduce depression, and enjoy greater happiness*

The Six Pillars of Self-Esteem, Nathaniel Branden, Bantam, New York, NY. 1994. *This book is the ultimate work on the psychology of self-esteem.*

Think Positive for Great Health, Dr. Jeff Brown, Chicken Soup for the Soul Publishing, US, 2012. *This book contains inspirational stories and medical advice to help you think positive for great health.*

Who Says you Can't!, Carol Lesbirel and Julie Ann Wilton. Smart Talk Productions, Halifax, NS, 2005. This book inspires readers to achieve personal change and the best in you. The authors provide principles that can be applied to every aspect of your life.

DVDs:

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. *This is a practical handbook on forming and maintaining self help groups.*

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.

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 includes studies, up-to-date research and tender portraits of real self-injurers.*

DVDs:

Can You See My Pain? Wisconsin Public Television and NEWIST/CESA7, 2000, Wisconsin, 25 minutes. *This video was developed 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. People 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.

Neurocognitive Disorders in Aging, Daniel Kempler. Sage Publications, Thousand Oaks, CA, 2005. *This book address the neurocognitive disorders in older populations. It identifies abnormal behaviour and touches on the cognitive and behavioural impairments.*

The Encyclopedia of Health and Aging: The Complete Guide to Well Being In Your Later Years, Evelyne 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.*

DVDs:

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, *This video provides 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. *This book provides 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. *This is an excellent 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. *This guide provides healing for survivors and those who care about them. The authors provide clear explanations, practical suggestions, and a map of the healing journey.*

The Sexual Healing Journey A Guide for Survivors of Sexual Abuse (revised), Wendy Maltz, Quill, New York, 1991. *This is 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.*

DVDs:

The Healing Years, Kinetic Video. *Viewers are aided to 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:

10 Simple Solutions to Stress: How to Tame Tension & Start Enjoying Your Life, Claire Michaels Wheeler, New Harbinger Publications Inc., Oakland, CA, 2007. *This book offers ten simple steps using positive psychology and cognitive behavioral therapy to reduce stress.*

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.

Chicken Soup for the Soul: Think Positive 101 Inspirational Stories about Counting your Blessings and Having a Positive Attitude, Jack Canfield, Mark Victor Hansen, Amy Newmark, Chicken Soup for the Soul Publishing, LLC, USA, 2010. *This book contains amazing true stories that reveal how real people used positive thinking to improve their lives and overcome challenges.*

Don't Sweat the Small Stuff for Teens: Simple Ways to Keep Cool in Stressful Times, Richard Carlson, Hyperion, New York, NY, 2000. *Tips for tens and parents on how not to let small things in life get them down.*

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 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.

Everything You Need to Know About Managing Stress, David & Charles Publications, United Kingdom, 2004. *The Everything book provides readers with effective ways to manage stress by identifying ways to minimize stress, treating symptoms, stress relief methods and much more.*

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

Sleep-Powered Wellness: Better Bedrooms for Turbocharged Zzzz's, Angela Hobbs, Bold World Books, Calgary, AB, 2011. *A useful book for anyone with sleep problems.*

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.*

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 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.*

The Relaxation and Stress Reduction Workbook (Sixth Edition), Martha Davis, PhD, Elizabeth Robbins Eshelman, M.S.W and Matthew McKay, PhD, New Harbinger Publications, Inc. Oakland, CA, 2008. *The latest edition of this very popular and comprehensive book on stress management is designed to teach the most popular and latest stress management and relaxation techniques and exercises used today.*

The Stressless Workbook, Jonathan S. Abramowitz., The Guilford Press, New York, 2012. *Abramowitz guides readers to let go of chronic worry and tension, helps you manage your time better, and to be less irritable by providing self-help strategies. This book offers numerous examples and exercises to create a personalized anti-stress action plan.*

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.*

CDs:

Ten Minutes to Relax: Mind, Body and Spirit, Dr. Paul Overman, The Relaxation Company. *Dr. Overman will take you on three 10 minute guided meditations followed by 10 additional minutes of soothing music.*

Ten Minutes to Relax: The Love Response Experience, Eva M. Selhub, *Dr. Selhub leads you through a series of 10 minute guided meditations.*

DVDs:

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 A Parent's Suicide: Helping Children Heal, Margo Requarth, Healing Hearts Press, Sebastopol, CA. *This is a groundbreaking guide for parent survivors.*

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

After Suicide Loss: Coping with Your Grief, Bob Baugher, Jack Jordan, Bob Baugher, Ph.D. & Jack Jordan, Ph.D., WA, 2002. *This book is a very helpful resource for anyone who had lost someone from suicide.*

Blooms and Butterflies: Life after Loss, Faris Jean Atkinson, AB, 2004. *This book is a helpful read for anyone who has experienced loss, particularly the loss of a child to suicide, and also to those who wish to provide comfort and understanding.*

Choosing Hope: A Mother's Story of Love, Loss and Survival, Ginny Dennehy, Greystone Books, Vancouver, BC, 2013. *Choosing Hope shows the capacity of a mother to choose hope after the death of her teenage son by suicide and her daughter to a heart attack.*

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

Choosing Hope: A Mother's Story of Love, Loss and Survival, Ginny Dennehy, Greystone Books, Vancouver, BC, 2013. *Choosing Hope shows the capacity of a mother to choose hope after the death of her teenage son by suicide and her daughter to a heart attack.*

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 devastation that most families who have a family member who completes suicide 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 after a suicide.*

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. *This book is 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.

Supporting Children and Youth to Grieve After Suicide, Canadian Mental Health Association/PEI Division Suicide Prevention Committee, 2011. *A resource kit designed to help parents and caregivers explain suicide to children and youth. The kit includes a colourful book "What is Suicide Anyways?" and memory and feeling activities.*

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.

Touched by Suicide: Hope and Healing after Loss, Michael Myers and Carla Fine, Gotham Books, New York, NY, 2006. *This is a compassionate and practical guide for those affected by suicide.*

What is Suicide Anyway? Joan Kennedy and Christy Hamill, Seasons Centre for Grieving Children, Barrie, ON. *This is a useful guide to explain suicide to children.*

DVDs:

10th Annual National Survivors of Suicide Day, American Foundation for Suicide Prevention, 2008, 90 minutes. *This DVD 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.*

11th Annual National Survivors of Suicide Day, American Foundation for Suicide Prevention, 2009, 96 minutes. *This DVD 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.*

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.*