ABOUT

Biblio-Aidants is a program of the Quebec Public Library Association, which includes the independent public libraries of Quebec (more than 5,000 residents). Close to 165 municipalities and corporations are members of the Quebec Public Library Association for a total of more than 300 service locations covering 81% of the Quebec population.

Biblio-Aidants is available in more than 640 participating public libraries as well as associated health libraries throughout Quebec. Visit our website to see if your library participates in the program.

ACKNOWLEDGMENTS

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VISIT OUR WEBSITE

You will find all of the Biblio-Aidants booklets and additional information.

www.biblioaidants.ca

The information provided does not replace a diagnosis or medical examination by a physician or qualified health professional. The content of this booklet was verified in the spring of 2018 and will be updated on an annual basis.

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Each document for inclusion in the Biblio-Aidants thematic booklets is evaluated with impartiality, based on Librarianship practices in place in public libraries, using various general selection criteria. First, the booklets are carefully designed to primarily meet the needs and interests of caregivers. Every title is evaluated according to relevance and quality of its content for the general public, in the Quebec context. If of equal value, Quebec materials are always preferred. The credibility and reputation of the author, creator, illustrator, publisher or producer are also of great importance. Furthermore, special attention is given to the timeliness and long-term relevance of the subject as well as the accuracy of the information. With regard to documentaries, works by health professionals (doctors, nurses, occupational therapists, psychologists, etc.) are given preference. However, titles based on lay or experiential knowledge are not rejected outright, especially those involving support by a caregiver. Finally, each thematic booklet is considered as a whole in order to respect the diversity of the topics covered and allow for a balanced presentation of viewpoints. For more information on the selection criteria for Biblio-Aidants, please visit www.biblioaidants.ca/criteria
RESOURCE DIRECTORY
**ALCOHOLICS ANONYMOUS OF QUEBEC**

http://aa-quebec.org/aaqc_wp/

Alcoholics Anonymous supports in their efforts those who strive to get rid of alcohol problems. The website gives access to a list of AA local groups and helplines by city.

**ANOREXIE ET BOULIMIE QUÉBEC (ANEQ)**

Phone  
514 630-0907
Toll free  
1 800 630-0907
Email  
info@anebquebec.com
Website  
https://anebquebec.com/en/

ANEQ supports people with eating disorders, whether they are adults or teenagers. It offers a helpline service and support groups for people suffering eating disorders and their loved ones. ANEQ regularly holds online chat sessions and offers a forum as a platform for exchange. All the information is available on the website, under the tab “Our services”, “Online support”.

**Help and reference line**

Phone  
514 630-0907
Toll free  
1 800 630-0907

The help and reference line is intended for those affected directly or indirectly by eating disorders. This free and confidential service is available every day from 8 a.m. to 3 p.m.

**ANEQ Teen Corner**

Email  
info@anebados.com
Website  
http://anebados.com/en/

ANEQ designed a website specifically for teenagers, ANEQ-ADOS, where they can find information on eating disorders, answers to their questions, and a list of helpful resources.
ASSOCIATION QUÉBÉCOISE DE PRÉVENTION DU SUICIDE

Phone 418 614-5909
Toll free 1 866 APPELLE (277-3553)
Email reception@aqps.info
Website www.aqps.info

The Quebec Association for Suicide Prevention (AQPS) is a non-profit organization. Its mission is to foster the development of suicide prevention initiatives in Quebec. Website in French.

Suicide Prevention Centres

The centres for suicide prevention are comprised of professionals, qualified interveners and volunteers specially trained to greet you and handle requests for help and various questions. These organizations are also actively engaged in their community to prevent suicide. This webpage lists all suicide prevention centres in Quebec. If you need help for yourself or for someone close to you, call 1-866-APPELLE and your call will automatically be forwarded to the appropriate resource in your area.

CANADIAN MENTAL HEALTH ASSOCIATION

Phone 613 745-7750
Email info@cmha.ca
Website www.cmha.ca

This association offers tips on how to maintain good mental health as well as tools to understand mental illness. Under the tab “Mental Health”, you will find a wealth of information on resources available and some advice on different aspects of mental illness. The Association has local divisions in Montreal and Quebec City.

CENTRE FOR STUDIES ON HUMAN STRESS (CSHS)

Phone 514 251-4000 extension 3396
Email cesh-cshs@crfs.rtss.qc.ca
Website www.humanstress.ca

The CSHS has relevant and readily available information about stress. The Centre also publishes Mammoth Magazine, and all the issues can be consulted on the website. The Centre for Studies on Human Stress provides no clinical services and is exclusively dedicated to research and teaching.
CONSEIL POUR LA PROTECTION DES MALADES

Phone: 514 861-5922  
Toll free: 1 877 CPM-AIDE (276-2433)  
Email: info@cpm.qc.ca  
Website: http://cpm.qc.ca

You can contact this organization free of charge to get information about the rights of sick people or to report an abuse or a situation which affects the rights of health and social service network users. Every call will be kept strictly confidential.

DOUGLAS MENTAL HEALTH UNIVERSITY INSTITUTE

Phone: 514 761-6131  
Email: info@douglas.research.mcgill.ca  
Website: www.douglas.qc.ca/?locale=en

The Douglas Institute is a university mental health institute, whose mission is to offer care and services in mental health and to share knowledge. You can look in the section entitled “Mental Health Info” and in the index to access to information about mental illness and caregivers.

DRUGS: HELP AND REFERRAL (DAR)

Phone: 514 527-2626  
Toll free: 1 800 265-2626  
Email: dar@info-reference.qc.ca  
Website: www.drogue-aidereference.qc.ca/www/index.php?locale=en-CA

Telephone support, information and referral service to cope with alcohol, drugs or medication additions. The service is free, bilingual, confidential and available 24 hours a day, 7 days a week.

FONDATION JEUNES EN TÊTE

Phone: 514 529-1000  
Email: info@fondationjeunesentete.org  
Website: www.fondationjeunesentete.org/en

Since 1980, the mission of the Foundation has been to promote awareness and to prevent mental illness. On the website, you will find information about different mental illnesses as well as the resources available.
GAMBLING: HELP AND REFERRAL

Phone 514 527-0140
Toll free 1 800 461-0140 / 1 866 SOS-JEUX (767-5389)
Email jar@info-reference.qc.ca
Website www.jeu-aidereference.qc.ca/www/homepage_en.asp

Helpline for information, referral and support about problem gambling, available 24 hours a day, 7 days a week.

L’APPUI POUR LES PROCHES AIDANTS D’ÂINÉS

Toll free (Caregiver Support) 1 855 852-7784
Email info-aidant@lappui.org
Website www.lappui.org/en

The 17 regional Appui offices offer a professional helpline as well as support and reference services tailored to the needs of caregivers serving seniors. Each region provides information, training and respite services. Caregiver Support is a free and confidential phone consultation which aims to provide caregiver support, help you through the different steps, and offer guidance on resources available in your community. The website also includes a directory in which you can search by region and type of need required (respite, psychosocial support, etc.).

NARCOTICS ANONYMOUS QUEBEC

Toll free 1 855 LIGNENA (1 855 544-6362)
Email info@naquebec.org
Website http://en.naquebec.org

Narcotics Anonymous is a self-help group whose primary purpose is to help other addicts stop using drugs. A list of support groups presented by city is available on the website.

OFFICE DES PERSONNES HANDICAPÉES DU QUÉBEC

Toll free 1 800 567-1465
Email aide@ophq.gouv.qc.ca
Website www.ophq.gouv.qc.ca

The Office des personnes handicapées provides support, advice and accompaniment to people with disabilities and their families. It publishes several guides for natural caregivers. It is possible to download them on the website, in the “Publications” section.
REGROUPEMENT PROVINCIAL DES COMITÉS DES USAGERS (RPCU)

Phone 514 436-3744
Email info@rpcu.qc.ca
Website www.rpcu.qc.ca/en/index.aspx

The Regroupement provincial des comités des usagers defends and protects the rights of all users of the Health and Social Services network. Visit the website of the Regroupement for more information on the rights and recourse of the loved one you support.

REVIVRE

Toll free 1 866 REVIVRE (738-4873)
Email revivre@revivre.org
Website www.revivre.org/en/

Revivre is an organization that provides support to people with anxiety, depression and bipolar disorders. Fact sheets are available online as well as a directory of resources for each of the disorders. The organization also offers conferences, workshops and support groups.

REFER-O-SCOPE

www.refer-o-scope.com/home

Developed by the Société québécoise de la schizophrénie, the refer-O-scope is an assessment tool for family members, friends and caregivers of people living with mental illness. By filling an online questionnaire, they can identify warning signs and be guided in the actions to be taken.
INTERNET RESOURCES

A few tips for critically assessing information found on the Internet

The source of the information (author or authors)
• Who created the site?
• Is it possible to obtain information about the author or the owner of the site?
• Is it a government or university site or one belonging to a recognized organization?

The quality of the information source
• What is the objective (to inform or sell)?
• Are the sources referenced?
• Are there links to similar sources (to verify the accuracy and objectivity of the information)?
• How frequently is the information updated?

INTERNET RESOURCES

CANADIAN INSTITUTE FOR HEALTH INFORMATION – MENTAL HEALTH AND ADDICTIONS

Mental illness and addictions affect many Canadians at some point in their lifetime and impact families, communities, employment opportunities and care systems (Canadian Institute for Health Information website). The Canadian Institute for Health Information provides data and information on mental health services to inform decisions about the delivery of care and the performance of mental health care systems.

CENTRE FOR ADDICTION AND MENTAL HEALTH – MENTAL HEALTH & ADDICTION INFORMATION A-Z
www.camh.ca/EN/HOSPITAL/HEALTH_INFORMATION/A_Z_MENTAL_HEALTH_AND_ADDICTION_INFORMATION/Pages/default.aspx

Glossary of common terminology in mental health and addiction.

CHILDREN’S HOSPITAL OF EASTERN ONTARIO – MENTAL HEALTH AND MENTAL ILLNESS: INFORMATION FOR YOUTH
www.cheo.on.ca/en/mental-health-youth

Many people talk about mental health and mental illness as if they were the same thing. What’s the difference between mental health and mental illness?
EDUCALOI – THE LAW AND MENTAL HEALTH: WHAT YOU NEED TO KNOW


Mental health and the law interact in numerous ways. This guide answers a variety of questions such as: How is information in patient records protected? What happens when doctors make mistakes?

EMENTALHEALTH.CA

www.ementalhealth.ca/

eMentalHealth.ca is a non-profit initiative of the Children’s Hospital of Eastern Ontario (CHEO) dedicated to improving the mental health of children, youth and families. The site provides anonymous, confidential and trustworthy information, 24 hours a day, 365 days a year.

GOVERNMENT OF CANADA – MENTAL HEALTH AND WELLNESS


Learn about mental health and how to improve it to benefit you. Also get information on mental illness, its risk factors, symptoms, treatment and suicide prevention.

GOVERNMENT OF CANADA – SUICIDE PREVENTION


About suicide, prevention, risk factors, how to get help when you or someone you know is in need.

KELTY MENTAL HEALTH RESOURCE CENTRE – PARENTS AND CAREGIVERS

http://keltymentalhealth.ca/family

This webpage provides information and resources on topics related to mental health challenges affecting youth and young adults.

MINDYOURMIND – INTERACTIVES

https://mindyourmind.ca/tools

Find interactive tools to educate yourself, help you cope, de-stress, or get you thinking about your plan for being well.
INTERNET RESOURCES
MENTAL HEALTH | RESOURCE DIRECTORY

NATIONAL INSTITUTE OF MENTAL HEALTH – MENTAL HEALTH INFORMATION

www.nimh.nih.gov/health/topics/index.shtml

The National Institute of Mental Health offers expert-reviewed information on mental disorders, a range of related topics, and the latest mental health research. Use the A to Z list to find basic information on signs and symptoms, risk factors, treatment, and current clinical trials.

PORTAIL SANTÉ MIEUX-ÊTRE – ADDICTION: ALCOHOL, DRUGS AND GAMBLING

http://sante.gouv.qc.ca/en/problemes-de-sante/dependances/

This fact sheet provides information on problems related to alcohol or drug use and gambling-related disorders.

PORTAIL SANTÉ MIEUX-ÊTRE – MENTAL HEALTH


One in five people will suffer from mental illness over the course of their life (Quebec government website). This page provides information and advice on mental health.

TOURIST AND LEISURE COMPANION STICKER

www.vatl.org/en/

The Tourist and Leisure Companion Sticker (TLCS) gives the companion of a person of a least 12 years old with a permanent disability or mental health problem free access to tourist, cultural and recreational sites.
Sources offering reliable and quality information about health and healthy lifestyle habits.

**HEALTHY CANADIANS**
www.canada.ca/en/services/health.html
Offers reliable, easy-to-understand health and safety information for Canadians.

**MAYO CLINIC**
www.mayoclinic.org/patient-care-and-health-information
The Patient Care and Health Information section of the Mayo Clinic offers the general public factual, practical and objective information on disease prevention and adopting healthy lifestyle habits. With the collaboration of 3,300 physicians, scientists and researchers, this site offers quality content.

**MEDLINEPLUS**
MedlinePlus is an authoritative resource offering detailed information on many health issues and is produced by the National Library of Medicine (Maryland, United States).

**PORTAIL SANTÉ MIEUX-ÊTRE**
www.sante.gouv.qc.ca/en/
Offers simple, practical and reliable information to help manage health problems and make better use of Quebec’s health services.
Open access databases

Here is a selection of resources to help you find relevant information. The databases below are accessible at no charge and no subscription is required.

**PUBMED CENTRAL**


PubMed Central (PMC) is a digital repository of scientific health-related articles that were submitted to a peer review process (collective activity of researchers who critically assess the work of other researchers). Articles are freely accessible.

Databases with access restricted to subscribers

Would you like to refine your search for health information? Bibliothèque et Archives nationales du Québec (BAnQ) offers remote consultation of several health databases. We have selected those aimed at a large audience. Please note that certain resources are only in English. The interface language and the language of the content of the resource are indicated at the end of each description.

In order to access the BanQ databases, you must subscribe to remote services.
To subscribe: [www.banq.qc.ca/formulaires/abonnement](http://www.banq.qc.ca/formulaires/abonnement)

**BOOKS24/7 WELL-BEING ESSENTIALS**


Books on health and well-being available online. This collection covers several topics, including hygiene, nutrition, stress management, work, work-life balance, relationships, family, consumption, etc.
CONSUMER HEALTH COMPLETE
http://numerique.banq.qc.ca/ressources/details/5278

A database of periodicals, reference material and diverse medical sources gathered to meet the needs of users and not health professionals. It covers topics related to health, such as medicine, cancer, drugs, physical training, nutrition, child health as well as alternative medicines. Resources in several languages.

E-CPS (COMПENDIUM DES PRODUITS ET SPÉCIALITÉS PHARMACEUTIQUES EN LIGNE) / COMПENDIUM OF PHARMACEUTICALS AND SPECIALTIES ON LINE
http://numerique.banq.qc.ca/ressources/details/6020

This database provides access to more than 2,000 monographs of drugs, vaccines and natural products available in Canada. It contains information such as indications, contraindications, warnings, adverse reactions, drug interactions and dosage. This resource also includes directories (poison control centres, health organizations, manufacturers), a product identification tool and glossaries. Bilingual resource.

MAGILL’S MEDICAL GUIDE
http://numerique.banq.qc.ca/ressources/details/5809

Magill’s Medical Guide gives online access to articles that are easy to understand for the general public on various medical topics: diseases, disorders, treatments and preventive measures. Contains an alphabetical index on the subjects covered as well as capsules on recent developments in medical science. Interface and content in English.
READING SUGGESTIONS

YOUR LIBRARY DOESN’T HAVE THE BOOK THAT YOU ARE LOOKING FOR?

LEARN ABOUT THE LOAN SERVICE BETWEEN LIBRARIES. YOUR LIBRARY CAN THEN OBTAIN THE DOCUMENT YOU WOULD LIKE FROM ANOTHER LIBRARY.
General works

**JOURNEY OF THE HEROIC PARENT: YOUR CHILD’S STRUGGLE & THE ROAD HOME**  

Raising a child struggling with mental health issues, addictions, depression, suicidal thoughts, eating disorders or just the normal angst associated with growing up can be frightening and confusing. Dr. Brad Reedy offers hope and wisdom for children who struggle and the parents who love them.

**A CONCISE INTRODUCTION TO MENTAL HEALTH IN CANADA**  

This book covers the full spectrum of mental health issues in Canada, incorporating insights from both the physical and social sciences to expand the way readers think about mental health. Interdisciplinary and reader-friendly, this book introduces readers to a wide range of topics, including substance use, children and youth, discrimination, workplace mental health, culture, gender and sexuality, diagnosis, treatment, and mental health professions.

**THE BURNOUT SOCIETY**  

Byung-Chul Han interprets the spreading malaise as inability to manage negative experiences in an age characterized by excessive positivity and the universal availability of people and goods. Stress and exhaustion are not just personal experiences, but social and historical phenomena as well. Denouncing a world in which every against-the-grain response can lead to further disempowerment, he draws on literature, philosophy, and the social and natural sciences to explore the stakes of sacrificing intermittent intellectual reflection for constant neural connection.
MENTAL HEALTH DISORDERS SOURCEBOOK

This book provides basic consumer health information about healthy brain functioning and mental illnesses, including depression, bipolar disorder, anxiety disorders, post-traumatic stress disorder, obsessive-compulsive disorder, psychotic and personality disorders, eating disorders, compulsive hoarding disorder and more; along with information about medications and treatments, mental health concerns in specific groups, such as children, adolescents, older adults, minority populations, and LGBT community, a glossary of related terms, and directories of resources for additional help and information.

THE PARENTS’ GUIDE TO PSYCHOLOGICAL FIRST AID: HELPING CHILDREN AND ADOLESCENTS COPE WITH PREDICTABLE LIFE CRISSES

Compiled by two seasoned clinical psychologists, The Parents' Guide to Psychological First Aid brings together articles by recognized experts who provide you with the information you need to help your child navigate the many trying problems that typically afflict young people.

Depression

BEAT DEPRESSION TO STAY HEALTHIER AND LIVE LONGER: A GUIDE FOR OLDER ADULTS AND THEIR FAMILIES

Clinical depression is a serious medical illness that not only can turn a happy retirement into a time of misery, but also leads to a wide range of health problems. Depression increases the rate of disease such as stroke, heart disease, and Alzheimer’s disease and worsens the course of others such as diabetes, chronic lung disease, and cancer. It also contributes to avoidable disability and premature death. This book challenges beliefs that depression is normal in old age because old age is depressing, instead helping readers see that depression is a serious brain disease, often related to changes in the brain associated with the aging process.
MANAGING DEPRESSION WITH MINDFULNESS FOR DUMMIES


This book offers authoritative and sensitive guidance on using evidence-based and NHS approved Mindfulness-Based Interventions similar to Cognitive Behavioural Therapy (CBT) to help empower you to rise above depression and discover a renewed sense of emotional well-being and happiness. The book offers cutting-edge self-management mindfulness techniques which will help you make sense of your condition and teach you how to relate differently to negative thought patterns which so often contribute to low mood and depression.

STILL DOWN: WHAT TO DO WHEN ANTIDEPRESSANTS FAIL


In Still Down, Dr. Dean F. MacKinnon, a psychiatrist at Johns Hopkins Medical School, presents nine composite stories drawn from patients he has seen in his twenty years as an expert in treatment-resistant mood disorders.

WHEN SOMEONE YOU KNOW HAS DEPRESSION: WORDS TO SAY AND THINGS TO DO


A concise and practical guide to the daily management of depression and bipolar depression written for the caregiver, the book explains how to reinforce lessons the patient has been taught in therapy, how to role model resilience skills, and how caregivers can and must care for themselves. It describes effective communication strategies and advises how to find appropriate professional help. Its many tables and worksheets convey much needed information in an accessible way.
UNDERSTANDING DEPRESSION

This book provides a complete overview of depression that describes the historical background of clinical depression, the various types of mood disorders, and their impact on the health and well-being of people and society. It explains simply what depression is, what the causes are, what the symptoms look like, and what the best treatment options are. It provides up-to-date information based on current scholarly and clinical materials presented in a very clear and understandable presentation that is ideal for high school and undergraduate students as well as general readers.

DEPRESSION IN LATER LIFE

For sufferers and their families and caregivers, this go-to guide introduces readers to depression among the aging and the elderly. It looks at both sufferers who’ve been diagnosed in their younger years as well as those with a new diagnosis, and reviews the symptoms, the diagnostic process, treatment options including alternative and holistic approaches, and long-term care for those experiencing mild, moderate, or severe depression.

THE UPWARD SPIRAL: USING NEUROSCIENCE TO REVERSE THE COURSE OF DEPRESSION, ONE SMALL CHANGE AT A TIME

Neuroscientist Alex Korb demystifies the intricate brain processes that cause depression and offers a practical and effective approach to getting better. Based on the latest research in neuroscience, this book provides dozens of straightforward tips you can do every day to rewire your brain and create an upward spiral towards a happier, healthier life.

100 QUESTIONS & ANSWERS ABOUT DEPRESSION

Written in an easy-to-understand style by two prominent psychiatrists, Drs. Ava T. Albrecht and Charles Herrick, this unique guide presents comprehensive information on causes of depression, treatment options, and coping techniques. This completely revised book includes essential new topics on risk factors associated with depression, brain therapies, physiological drug dependence, and more.
100 QUESTIONS & ANSWERS ABOUT YOUR CHILD’S DEPRESSION

This book provides authoritative, practical answers to the most common questions posed by parents of kids with depression, suspected depression, or bipolar disorder. It includes expert advice on highly controversial subjects including use of medication in children and adolescents, suicide, and other issues of acute importance to parents.

Postnatal depression

WHY PERINATAL DEPRESSION MATTERS

Why is the seemingly joyful event of new parenthood causing so much suffering? Depression seems to be related to the stresses that a modern couple undertake when they have a baby. The lack of support, lack of celebration, overload of expectations, overwhelming responsibility, isolation, judgment, blaming by the media, tiredness, mixed messages, confusion, high expectations and lack of tender loving care serve to eventually break parents and their relationships. And when we break parents, we break a baby. Babies are our future, and if we break a baby, in the long run, we break society. Postnatal depression takes a high toll on society. Dealing effectively with perinatal depression is about valuing love, connection, calm and stillness, over and above productivity, achievement and acquisition.

POSTPARTUM DEPRESSION AND ANXIETY: A SELF-HELP GUIDE FOR MOTHERS

This is a practical guide for mothers who are experiencing postpartum depression and anxiety. The book is based on the experiences of thousands of women and describes what has helped them get through this difficult time.
THIS ISN’T WHAT I EXPECTED: OVERCOMING POSTPARTUM DEPRESSION

First published in 1994, This Isn’t What I Expected became the go-to resource for postpartum depression. This second edition has been updated in an effort to help women and their partners sort through all the noise and myths to focus on getting the help they need.

WHEN BABY BRINGS THE BLUES: SOLUTIONS FOR POSTPARTUM DEPRESSION

A leading expert on postpartum depression offers new mothers an insightful, medically sound guide to recovery.

Burnout

PAUSE: HARNESSING THE LIFE-CHANGING POWER OF GIVING YOURSELF A BREAK

Feeling overwhelmed, burned out, or stuck? Discover the power of the pause. Sometimes life throws you for a loop. You’re stressed out at your job; you’re torn between work and family; your motivation and productivity are taking a nosedive. Your impulse might be to lean in and tough it out, but what you may really need to do is take a step back. Reassess your life with a clear head and dive back in with purpose and poise.
CHALLENGING STRESS, BURNOUT AND RUST-OUT: FINDING BALANCE IN BUSY LIVES


A balanced lifestyle enhances health, happiness and well-being. With practical techniques and strategies, this book explores how this balance can be found and how stress and anxiety, which are linked to being overworked and over busy, may be alleviated. This practical resource addresses a problem affecting many professionals worldwide. It will be of particular interest to helping professionals, including occupational therapists, counsellors and therapists, and will allow them to apply the theories of work-life balance to real life in straightforward and tangible ways. The stories and techniques will also resonate with anyone interested in transforming their overworked or overburdened lives.

MINDFULNESS FOR CARERS: HOW TO MANAGE THE DEMANDS OF CAREGIVING WHILE FINDING A PLACE FOR YOURSELF


Carers are particularly vulnerable to feeling stressed, worried and worn down by the vast demands that often come with caregiving, be they physical, psychological or emotional. Mindfulness can be enormously beneficial to carers, whether professional or voluntary, as a means of developing greater inner stability, resilience and gaining more control over their thoughts, feelings and emotions. Mindfulness is an evidence-based approach that is proven to help protect against stress, anxiety, depression and burnout. Dr. Cheryl Rezek provides an accessible introduction to mindfulness, and explains how simple mindfulness practices and psychological concepts can be used to manage the day-to-day demands of caring effectively, helping caregivers to gain a greater sense of control and maintain a more positive and balanced outlook. The book includes easy-to-use and enjoyable mindfulness exercises, short enough to fit into a busy day, as well as accompanying audio tracks to support and guide the reader through these exercises.
THE ESSENTIAL GUIDE TO BURNOUT: OVERCOMING EXCESS STRESS

Burnout is increasingly becoming a greater issue for today’s society but this book helps readers prevent it from taking over their lives. Increasing numbers of people are enduring huge levels of stress – economic pressures, family concerns, and worries about jobs and health all contribute. And for many, the stress gets worse, increasing until they find they cannot even get out of bed to start the day. Their personality changes, their relationships become strained, and before long they realise that they have hit burnout; their mind, body, and spirit simply cannot take any more. But don’t worry, it is preventable – this book enables the reader, wherever they are on the slope toward burnout, to overcome.

Bipolar disorder (manic depression)

MINDFULNESS FOR BIPOLAR DISORDER: HOW MINDFULNESS AND NEUROSCIENCE CAN HELP YOU MANAGE YOUR BIPOLAR SYMPTOMS

In Mindfulness for Bipolar Disorder, psychiatrist and neuroscientist William R. Marchand provides a breakthrough program based in cutting-edge neuroscience and mindfulness practices to target bipolar symptoms. Along with healthy lifestyle changes, therapy, and medication, Marchand shows how mindfulness is the missing piece in successful bipolar treatment. Using the mindfulness skills outlined in the book, readers will learn how to work through feelings of depression, anxiety, and stress in order to improve their quality of life and find their true center.

LIVING WITH BIPOLAR DISORDER: A HANDBOOK FOR PATIENTS AND THEIR FAMILIES

The goal of this book is to help the bipolar person manage their illness and live a full and meaningful life. The reader will learn about bipolar disorder: how it presents, is diagnosed, is passed down in families, and how it affects women as compared to men. The types of treatment and daily maintenance are discussed.
THE BIPOLAR EXPRESS: MANIC DEPRESSION AND THE MOVIES

In the past few decades, awareness of bipolar disorder has significantly increased, but understanding of the condition remains vague for most of the general public. Though the term itself is relatively recent, the condition has affected individuals for centuries and no more profoundly than in the arts. The historical connections among manic depression and such fields as literature, music, and painting have been previously documented. However, the impact of bipolar disorder on movie makers and its depiction on the screen has yet to be thoroughly examined. In this book, David Coleman provides an in-depth examination of the entwined natures of mood disorders and moviemaking.

BIPOLAR DISORDER: A GUIDE FOR PATIENTS AND FAMILIES

Dr. Mondimore surveys new medications for treating bipolar disorder, including asenapine, iloperidone, paliperidone, lurasidone, and oxcarbazepine, exploring the benefits and potential side effects of each. He also reviews the scientific studies that back up claims for recommended nutritional supplements, such as omega-3s and NAC—and tells you which ones to leave on the shelf.

PREVENTING BIPOLAR RELAPSE

For people with bipolar disorder, the path to wellness often involves psychiatric visits and medication adjustments. But what if there was a way to avoid future episodes? In Preventing Bipolar Relapse, bipolar expert Ruth C. White shares her own personal approach to relapse prevention using the innovative program SNAP (Sleep, Nutrition, Activity, and People). White also offers practical tips and tracking tools readers can use anytime, anywhere. By making necessary lifestyle adjustments, readers can maintain balanced moods, recognize the warning signs of an oncoming episode, and make the necessary changes to reduce or prevent it.
THE EVERYTHING HEALTH GUIDE TO ADULT BIPOLAR DISORDER: A REASSURING GUIDE FOR PATIENTS AND FAMILIES

This health guide covers topics like the causes of bipolar disorder, common side effects to medications, alternative and nontraditional approaches, mania and manic episodes, and links between bipolar and other disorders.

LOVING SOMEONE WITH BIPOLAR DISORDER: UNDERSTANDING & HELPING YOUR PARTNER

This book presents advice for partners in a relationship with someone suffering from bipolar disorder, discussing such topics as dealing with manic episodes, recognizing triggers, managing impulsive behaviors, and setting boundaries.

THE BIPOLAR DISORDER SURVIVAL GUIDE: WHAT YOU AND YOUR FAMILY NEED TO KNOW

A bipolar diagnosis can be overwhelming to sufferers and their family members. They need trustworthy information and support for finding the right treatment and coping with the illness’s devastating ups and downs. Explaining the disorder’s causes, diagnosis, and best current treatments, David J. Miklowitz shows how to plan for and reduce recurrences of mood symptoms, make needed lifestyle changes to stay well, and strengthen relationships strained by the illness.

Addiction (alcohol, drugs, gambling, new technologies)

PARENTING THE ADDICTED TEEN: A 5-STEP FOUNDATIONAL PROGRAM

An innovative approach that teaches parents how to reconnect with the entire family and reclaim their parenting power. The program is designed to help parents let go of the addicted family system and begin parenting with renewed strength and positive power.
**LOVING OUR ADDICTED DAUGHTERS BACK TO LIFE: A GUIDEBOOK FOR PARENTS**


The latest information on gender-specific treatment of addiction and recovery can be found in this go-to manual for parents seeking direction to help their daughters. Step-by-step guidelines present tools for recognizing substance abuse in young women; communicating with them and their care providers; dealing with relapse and long-term recovery; and managing parental shame, guilt, fear, anger, and loving detachment.

**A SOBER MOM’S GUIDE TO RECOVERY: TAKING CARE OF YOURSELF TO TAKE CARE OF YOUR KIDS**


Rosemary O’Connor brings her many years of experience working with women in recovery to addressing the key life issues mother’s face at all stages of their recovery path. At once affirming, engaging, and practical, *A Sober Mom’s Guide to Recovery* combines down-to-earth advice with the inspiring stories of recovering moms, including the author’s, to offer guidance on over fifty vital topics, including stress, relapse, relationships, sex and intimacy, spirituality, shame, gratitude, dating, and, of course, parenting.

**UNWELCOME INHERITANCE: BREAK YOUR FAMILY’S CYCLE OF ADDICTIVE BEHAVIORS**


Parents affected by addiction can enable their children’s substance abuse and even model addictive behaviors learned from their own parents, passing the cycle on from generation to generation. Learn what you can do to help yourself, your children, and future generations break the cycle of addiction and addictive behaviors.
THE RECOVERY BOOK: ANSWERS TO ALL YOUR QUESTIONS ABOUT ADDICTION AND ALCOHOLISM AND FINDING HEALTH AND HAPPINESS IN SOBRIETY

This book provides a direct and easy-to-follow road map to every step in the recovery process, from the momentous decision to quit to the emotional, physical, and spiritual issues that arise along the way. Its comprehensive and effective advice speaks to people with addiction, their loved ones, and addiction professionals who need a proven, trusted resource and a supportive voice.

IT WORKS - HOW AND WHY: THE TWELVE STEPS AND TWELVE TRADITIONS OF NARCOTICS ANONYMOUS

The twenty-four essays in this book examine the spiritual principles and practical import of NA’s program of personal recovery and group unity.

Anxiety disorders

BORN ANXIOUS: THE LIFELONG IMPACT OF EARLY LIFE ADVERSITY AND HOW TO BREAK THE CYCLE

Why are we the way we are? Why do some of us find it impossible to calm a quick temper or to shake anxiety? The debate has always been divided between nature and nurture, but as psychology professor Daniel Keating demonstrates in Born Anxious, new science points to a third factor that allows us to inherit both the nature and the nurture of previous generations—-with significant consequences.
A SHORT INTRODUCTION TO HELPING YOUNG PEOPLE MANAGE ANXIETY


This guide provides information about the different types of anxiety and why some young people experience anxiety, and is full of advice and tips on how to help and support young people. As well as common types of anxiety such as generalized anxiety disorder and social anxiety disorder, it also covers issues or disorders that can occur alongside anxiety such as depression, self-harm and obsessive compulsive disorder. Case studies feature throughout the book to illustrate real-life situations, and the book includes self-help tips for young people to help them manage their anxiety.

THE EVERYTHING PARENT’S GUIDE TO OVERCOMING CHILDHOOD ANXIETY


Practical advice to help parents and kids cope with anxiety.

TREATING CHILDHOOD AND ADOLESCENT ANXIETY: A GUIDE FOR CAREGIVERS


This book adopts an integrated approach presenting novel strategies to help mental health professionals and families create change and momentum in otherwise stagnant situations. It offers practical, evidence-based, and theory-driven strategies for helping children to overcome anxiety, even if they resist treatment.

MANAGING ANXIETY WITH CBT FOR DUMMIES


This practical guide to managing anxiety with Cognitive Behavioural Therapy will help you understand your anxiety, identify solutions to your problems, and maintain your gains and avoid relapse.
THE TOURETTE SYNDROME & OCD CHECKLIST: A PRACTICAL REFERENCE FOR PARENTS AND TEACHERS

This book helps parents and teachers to better understand children and youth with TS and/or OCD and provide the support and interventions these children need. Presented in a simple, concise, easy-to-read checklist format, the book is packed with the latest research, practical advice, and information on a wide range of topics. Provides a wealth of information on Tourette Syndrome, Obsessive-Compulsive Disorder, and related conditions. Includes strategies for discipline and behavior management, advice on supporting and motivating kids with TS and OCD, homework tips, and more.

Eating disorders

WELL NOURISHED: MINDFUL PRACTICES TO HEAL YOUR RELATIONSHIP WITH FOOD, FEED YOUR WHOLE SELF, AND END OVEREATING

There is much more to nourishing yourself than simply eating food. After a long day of feeling run down and exhausted, what you’re really hungering for are other forms of nourishment. Well Nourished is here to show you how to live a life where feel nourished emotionally, intellectually, physically, socially, and creatively.

ORTHOREXIA: WHEN HEALTHY EATING GOES BAD

Orthorexia is an unhealthy obsession with eating only healthy food. It is closely related to anorexia, but focused on quality of food rather than quantity. But how do you know if you or a friend or loved one has crossed that line? And how much do you really know about the impact these diets, plans and detoxes are having on your body? This book helps you to recognise potential issues, break free from the condition and find a way back to a balanced, truly healthy way of eating and enjoying life.
THE ANOREXIA RECOVERY SKILLS WORKBOOK: A COMPREHENSIVE GUIDE TO COPE WITH DIFFICULT EMOTIONS, EMBRACE SELF-ACCEPTANCE AND PREVENT RELAPSE

If you have anorexia, it can be difficult to see yourself clearly, even after treatment. That’s why it’s so important for you to have resources available to prevent relapse. Written by three psychologists and experts in eating disorders, this important guide provides evidence-based skills blending acceptance and commitment therapy (ACT), cognitive behavioral therapy (CBT), and dialectical behavior therapy (DBT) to help you recover—and stay on the path to recovery.

A SHORT INTRODUCTION TO UNDERSTANDING AND SUPPORTING CHILDREN WITH EATING DISORDERS

This guide presents all the vital information on a range of eating disorders: anorexia nervosa, bulimia nervosa, selective eating, and avoidant and restrictive intake disorders. Each eating disorder is clearly defined, making it easy to draw distinctions between them. The book covers their origins, characteristics and typical development, letting teachers and parents know what signs to look out for. There is practical advice on how to help young people, strategies for overcoming common difficulties, as well as information on available treatments. Vignettes feature throughout to help teachers and parents apply knowledge to real-life situations.

HELP YOUR TEENAGER BEAT AN EATING DISORDER

James Lock and Daniel Le Grange present strong evidence that parents – who have often been told to take a back seat in eating disorder treatment – can and must play a key role in recovery. Whether pursuing family based treatment or other options, parents learn specific, doable steps for monitoring their teen’s eating and exercise habits, managing mealtimes, ending weight-related power struggles, and collaborating successfully with health care providers. Featuring the latest research and resources, the second edition now addresses additional disorders recognized in DSM 5 (including binge eating disorder).
GIVE FOOD A CHANCE: A NEW VIEW ON CHILDHOOD EATING DISORDERS

Julie O’Toole presents compelling evidence that childhood eating disorders have a neurological rather than a psychosocial basis, and explains what this means for treatment. She describes clearly what patients and families can expect from treatment, signs and symptoms indicating the need for hospitalization, and advice on how to recognise a relapse.

GETTING BETTER BITE BY BITE: A SURVIVAL KIT FOR SUFFERERS OF BULIMIA NERVOSA AND BINGE EATING DISORDERS

This handy-sized book fills a need for easy-to-understand information about Bulimia Nervosa, a serious and prevalent eating disorder.

ANOREXIA AND OTHER EATING DISORDERS: HOW TO HELP YOUR CHILD EAT WELL AND BE WELL

In this book, Eva Musby draws on her family’s successful use of evidence-based treatment to empower you to support your child through recovery.

DECODING ANOREXIA: HOW BREAKTHROUGHS IN SCIENCE OFFER HOPE FOR EATING DISORDERS

Author Carrie Arnold, a trained scientist, science writer, and past sufferer of anorexia, speaks about the factors that make one vulnerable to anorexia, the neurochemistry behind the call of starvation, and why it’s so hard to leave anorexia behind.
100 QUESTIONS & ANSWERS ABOUT ANOREXIA NERVOSA

This book offers a complete guide to understanding the causes of anorexia, warning signs and diagnosis, and practical suggestions on how to help loved ones suffering from anorexia as well as the treatment options available. Written by a clinical psychologist with nearly 20 years experience in the field of eating disorders, along with contributions from actual patients.

 Borderline personality disorder

WHEN YOUR DAUGHTER HAS BPD: ESSENTIAL SKILLS TO HELP FAMILIES MANAGE BORDERLINE PERSONALITY DISORDER

For parents with a child suffering from borderline personality disorder (BPD), behavior and relational challenges can be heartbreaking. In this groundbreaking book for parents of adult daughters with BPD, psychologist Daniel Lobel offers essential skills based in proven-effective dialectical behavior therapy (DBT) and cognitive behavioral therapy (CBT) to help readers understand their daughter’s disorder, set appropriate boundaries, put an end to daily emergencies, and rebuild the family’s structure from the ground up.

THE MINDFULNESS SOLUTION FOR INTENSE EMOTIONS: TAKE CONTROL OF BORDERLINE PERSONALITY DISORDER WITH DBT

In this book, you’ll learn seven skills that highlight the unique connection between mindfulness and emotion regulation. Each skill is designed to help you find focus in the present moment, reduce impulsive behavior, and increase a sense of connection to your true self, even during times of extreme stress or difficulty.
BORDERLINE PERSONALITY DISORDER IN ADOLESCENTS: WHAT TO DO WHEN YOUR TEEN HAS BPD: A COMPLETE GUIDE FOR FAMILIES

This book offers parents, caregivers, and adolescents themselves a complete understanding of this complex and tough-to-treat disorder. It is a comprehensive guide which thoroughly explains what BPD is and what a patient’s treatment options are, including an overview of the revolutionary new treatment called dialectic behavior therapy. Author Blaise A. Aguirre, M.D., an expert in the field, describes recent advances in treatments and brings into focus what we know, and don’t know, about this condition.

HARD TO LOVE: UNDERSTANDING AND OVERCOMING MALE BORDERLINE PERSONALITY DISORDER

Borderline Personality Disorder (BPD) in men is often misdiagnosed and typically leads to either no treatment or the wrong treatment. This is the first book to address this under-recognized problem. It contains symptoms and causes, as well as treatment, targeted to men who suffer from BPD.

Schizophrenia

LIVING WITH SCHIZOPHRENIA: A FAMILY GUIDE TO MAKING A DIFFERENCE

In this book, Drs. Jeffrey Rado and Philip G. Janicak, specialists in treating people who have schizophrenia, offer an easy-to-read primer for people with the disorder, along with their families and other caregivers.
UNDERSTANDING SCHIZOPHRENIA: A PRACTICAL GUIDE FOR PATIENTS, FAMILIES, AND HEALTH CARE PROFESSIONALS

This concise and up-to-date guide to schizophrenia focuses on dealing with many aspects of the illness – complying with treatment, managing crises, being a caregiver, communicating with the care team, and coping skills. It also provides practical approaches to common issues such financial support, housing, employment, interacting with the legal system, stress management, socialization, and negative emotions.

SCHIZOPHRENIA

Of all the terms used in psychology, schizophrenia is perhaps one of the most misunderstood, conjuring images of potentially dangerous people with split personalities. Examining the causes, symptoms, diagnosis and treatment of schizophrenia, psychology professor Kevin Silber tackles these misconceptions, helping you see the condition behind the myths.

100 QUESTIONS & ANSWERS ABOUT SCHIZOPHRENIA: PAINFUL MINDS

This book discusses the nature of schizophrenia, its various types and diagnoses, and such related topics as Freud, genetics, family ties, stress, stigma prenatal viruses, living conditions, daily problems, early treatments, funding, research and new drugs.
Suicide prevention

**SUICIDE PREVENTION**

Written by a clinical psychologist and illustrated with vignettes from the author’s experience, this book offers a clear understanding of how suicidal thought develops, how we can help prevent death from suicide, and how suicidal people can recover and change their way of thinking.

**SUICIDE PREVENTION AND NEW TECHNOLOGIES: EVIDENCE BASED PRACTICE**

The internet, smartphones, computer self-help programs and other technological advances are the new frontiers of suicide prevention, with organisations around the world rapidly expanding these services. This book provides a critical overview of new technologies in suicide prevention and presents promising practices and future perspectives.

**A COMPREHENSIVE GUIDE TO SUICIDAL BEHAVIOURS: WORKING WITH INDIVIDUALS AT RISK OF SUICIDE AND THEIR FAMILIES**

Taking an interdisciplinary approach that looks at the person at risk, the family and personal relationships they have and the communities in which they are embedded, this book will help anyone working with suicidal individuals to prevent this major cause of death. Backed up by research and clinical expertise the book clarifies the facts about suicide and debunks the many unfounded myths surrounding the subject. It covers the classifications and manifestations of suicide, as well as the major risk factors, at-risk groups and warning signs. Advice on effective communication and a repertoire of strategies for distress management are offered, not only for supporting at-risk individuals and those who have survived a suicide attempt, but also families coping with bereavement. A final chapter explores the impact of the internet and the digital age on both the propagation and prevention of suicide.
WHY SUICIDE?: QUESTIONS AND ANSWERS ABOUT SUICIDE, SUICIDE PREVENTION, AND COPING WITH THE SUICIDE OF SOMEONE YOU KNOW


In this book, Eric Marcus offers thoughtful answers to scores of questions about this complex, painful issue, from how to recognize the signs of someone who is suicidal to strategies for coping in the aftermath of a loved one’s death.
General mental health

**MUCH MADNESS, DIVINEST SENSE: WOMEN’S STORIES OF MENTAL HEALTH AND HEALTH CARE**


This book is a collection of women’s writing about mental health and health care. The contributors are varied: not only physicians and other health care professionals but also indigenous women, transgender women, daughters, sisters, mothers, and grandmothers. They are the recipients, providers, and critics of mental health care. In this volume, they break the silence and speak about the messy subject of mental illness today.

**ANOTHER KIND OF MADNESS: A JOURNEY THROUGH THE STIGMA AND HOPE OF MENTAL ILLNESS**


In this book, Hinshaw explores the burden of living in a family «loaded» with mental illness and debunks the «stigma» behind it, explaining that in today’s society, mental health problems can result in a loss of a driver’s license, inability to vote or run for office, ineligibility for jury service, or automatic relinquishment of child custody.

**MY LOVELY WIFE IN THE PSYCH WARD: A MEMOIR**


Mark and Giulia’s life together began as a storybook romance. The fell in love at eighteen, married at twenty-four, and were living their dream life in San Francisco. When Giulia was twenty-seven, she suffered a terrifying and unexpected psychotic break that landed her in the psych ward for nearly a month. A memoir of a young marriage that is redefined by mental illness and affirms the power of love.
RESILIENCE: TWO SISTERS AND A STORY OF MENTAL ILLNESS


At a young age, Jessie Close struggled with symptoms that would transform into severe bipolar disorder in her early twenties, but she was not properly diagnosed until the age of fifty. Jessie’s emerging mental illness led her into a life of addictions, five failed marriages, and to the brink of suicide. She fought to raise her children despite her ever-worsening mental conditions and under the strain of damaged romantic relationships. Her sister Glenn and certain members of their family tried to be supportive throughout the ups and downs, and Glenn’s vignettes provide an alternate perspective on Jessie’s life as it began to spiral out of control. Jessie was devastated to discover that mental illness was passed on to her son Calen, but getting him help at long last helped Jessie to heal as well. Eleven years later, Jessie is a productive member of society and a supportive daughter, mother, sister, and grandmother.

A LEthal Inheritance: A Mother UnCovers The Science Behind Three Generations of Mental Illness


Emmy Award-winning science writer Victoria Costello investigates her family lineage for clues to the mental unraveling of her seventeen-year-old son Alex. Eventually she ties Alex’s descent into hallucinations and months of shoeless wandering on the streets of L.A. to a dark family secret: the apparent suicide of his great-grandfather on a New York City railroad track in 1913.
Depression

THE RECOVERY LETTERS: ADDRESSED TO PEOPLE EXPERIENCING DEPRESSION

In 2012, The Recovery Letters was launched to host a series of letters online written by people recovering from depression, addressed to those currently affected by a mental health condition. Addressed to ‘Dear You’, the inspirational and heartfelt letters provided hope and support to those experiencing depression and were testament that recovery was possible. Now for the first time, these letters have been compiled into an anthology for people living with depression and are interspersed with motivating quotes and additional resources as well as new material written specifically for the book.

BOY MEETS DEPRESSION: OR LIFE SUCKS AND THEN YOU LIVE

Kevin Breel burst into the public’s awareness when at 19 his TED talk became a worldwide phenomenon. Star athlete, ace student, and life of the party: in short, he was every parent’s dream. From the outside his life looked perfect. On the inside, though, the pain and shame of depression were killing him. Now, in his first book, he smashes the silence surrounding what it’s like to be young, male, and depressed in a culture that has no place for that. Through the lens of his own near suicide, he shows other sufferers that the real miracle of life isn’t found in perfection, it’s in our ability to heal and accept the dark parts of ourselves.

SHADES OF BLUE: WRITERS ON DEPRESSION, SUICIDE, AND FEELING BLUE

The silent epidemic of depression affects millions of people and takes dozens of lives everyday, while our culture grapples with a stigma against open discussion of mental health issues. Editor Amy Ferris has collected these stories to illuminate the truth behind that stigma and offer compassion, solidarity, and hope for all those who have struggled with depression. Shades of Blue brings the conversation around depression and sadness into the open with real, first-hand accounts of depression and mental health issues, offering empathy to all those who have been affected by these issues.
THE OTHER SIDE OF SILENCE: A PSYCHIATRIST’S MEMOIR OF DEPRESSION

Having spent her life trying to patch up the souls of others, psychiatrist Linda Gask came to realize that being an expert in depression didn’t confer any immunity from it – she had to learn to take care of herself, too. Artfully crafted and told with warmth and honesty, this is the story of Linda’s journey, interwoven with insights into her patients’ diverse experiences of depression—inevitably linked with problems in the past and the present such as vulnerability, fear, loss, loneliness, dependence and grief. She sets out to convey, in a new and original way, how it truly feels to experience this devastating illness, what psychotherapy is about, and the role of medication—and provides hope for those who suffer from depression and their loved ones while busting the stigma of mental illness.

BLACK RAINBOW: HOW WORDS HEALED ME: MY JOURNEY THROUGH DEPRESSION

In 1997, Oxford graduate, working mother and Times journalist Rachel Kelly went from feeling mildly anxious to being completely unable to function within the space of just three days. Prescribed antidepressants by her doctor, and supported by her husband and her family, Rachel slowly began to get better, but her anxiety levels remained high, and six years later, as a stay-at-home mother, she suffered a second collapse even worse than the first.

SHADOWS IN THE SUN: HEALING FROM DEPRESSION AND FINDING THE LIGHT WITHIN

A first-of-its-kind, cross-cultural lens to mental illness through the inspiring story of Gayathri’s thirty-year battle with depression. This literary memoir takes readers from her childhood in India where depression is thought to be a curse to live in America where she eventually finds the light within by drawing on both her rich Hindu heritage and Western medicine to find healing.
VOLUNTARY MADNESS: MY YEAR LOST AND FOUND IN THE LOONY BIN

Norah Vincent’s last book left her emotionally drained. Suffering from severe depression, Vincent felt she was a danger to herself. On the advice of her psychologist she committed herself to a mental institution. Out of this raw and overwhelming experience came the idea for her next book. She decided to get healthy and to study the effect of treatment on the depressed and insane “in the bin,” as she calls it. Vincent’s journey takes her from a big city hospital to a facility in the Midwest and finally to an upscale retreat down south, as she analyzes the impact of institutionalization on the unwell, the tyranny of drugs-as-treatment, and the dysfunctional dynamic between caregivers and patients.

Postnatal depression

FINE (NOT FINE): PERSPECTIVES AND EXPERIENCES OF POSTNATAL DEPRESSION

A combination of memoir, case studies, and a diverse range of perspectives from medical professionals, this book presents a comprehensive study of the realities of post-natal depression.

MOTHERING THROUGH THE DARKNESS: WOMEN OPEN UP ABOUT POST-PARTUM DEPRESSION

In this one-of-a-kind anthology, thirty mothers break the silence to dispel myths about postpartum mental health issues and explore the diversity of women’s experiences.
DOWN CAME THE RAIN: MY JOURNEY THROUGH POSTPARTUM DEPRESSION

When Shields welcomed her newborn daughter into the world, something unexpected followed – a crippling depression. Now, for the first time ever, she talks about the trials, tribulations, and finally the triumphs that occurred before, during, and after the birth of her daughter. Shields shares how she, too, battled this debilitating condition that is widely misunderstood, despite the fact that it affects many new mothers. She discusses the illness in the context of her life, including her struggle to get pregnant, the high expectations she had for herself and that others placed on her as a new mom, and the role of her husband, friends, and family as she struggled to attain her maternal footing. Ultimately, she shares how she found a way out through talk therapy, medication, and time.

Bipolar disorder (manic depression)

GORILLA AND THE BIRD: A MEMOIR OF MADNESS AND A MOTHER’S LOVE

The story of a young man fighting to recover from a devastating psychotic break and the mother who refuses to give up on him.

TRISTIMANIA: A DIARY OF MANIC DEPRESSION

The author describes her extreme, year-long bout of manic depression that led to psychotic hallucinations, left her vulnerable to a sexual assault, and set her adrift in a fog of medications and doctor’s visits.
HE WANTED THE MOON: THE MADNESS AND MEDICAL GENIUS OF DR. PERRY BAIRD, AND HIS DAUGHTER’S QUEST TO KNOW HIM


The author pieces together the story of her absent father’s life, beginning with his advancements in isolating the biochemical root of manic depression, just as he began to suffer from it himself, leading to years of institutionalization and confinement.

FAST GIRL: A LIFE SPENT RUNNING FROM MADNESS


During the 1990s, three-time Olympian Suzy Favor Hamilton was the darling of American track and field. An outstanding runner, a major sports apparel spokesperson, and a happily married wife, she was the model for an active, healthy, and wholesome life. But her perfect facade masked a dark truth: manic depression and bipolar disorder that drove her obsession to perform and win.

HALDOL AND HYACINTHS: A BIPOLAR LIFE


A manic-depressive Iranian-American Muslim woman chronicles her experiences with both clinical and cultural bipolarity.

THIS FRAGILE LIFE: A MOTHER’S STORY OF A BIPOLAR SON


This moving story of an African American family facing the challenge of bipolar disorder provides insight into mental disorders as well as family dynamics. Pierce-Baker traces the evolution of her son’s illness and, in looking back, realizes she mistook warning signs for typical child and teen behavior. Hospitalizations, calls in the night, alcohol and drug relapses, pleas for money, and continuous disputes, her son’s journey was long, arduous, and almost fatal.
SWING LOW: A LIFE

One morning, Mel Toews put on his coat and hat, walked out of town, and took his own life. A loving husband and father, a faithful member of the Mennonite Church, and an immensely popular schoolteacher, Mel was a pillar of his close-knit community. Yet after a lifetime of struggling with bipolar disorder, he could no longer face the darkness that clouded his world. In this moving meditation on illness, family, faith, and love, Mel’s daughter, critically acclaimed novelist and reporter Miriam Toews, recounts her father’s life as he would have told it, in his own voice, right up to the day of his final walk.

MANIC: A MEMOIR

On the outside, Terri Cheney was a successful, attractive Beverly Hills entertainment lawyer. But behind her seemingly flawless facade lay a dangerous secret – for most of her life Cheney had been battling bipolar disorder and concealing a pharmacy’s worth of prescriptions meant to make her “normal.” Cheney describes her roller-coaster life with shocking honesty. The events unfold episodically, from mood to mood, the way she lived and remembers life. In this way the reader is able to viscerally experience the incredible speeding highs of mania and the crushing blows of depression.

MADNESS: A BIPOLAR LIFE

At age 24, Hornbacher was diagnosed with Type 1 rapid-cycle bipolar, the most severe form of bipolar disease there is. Here, in her trademark wry, self-revealing voice, Hornbacher tells her new story. She takes us inside her own desperate attempts to control violently careening mood swings by self-starvation, substance abuse, numbing sex, and self-mutilation. How Hornbacher fights her way up from a madness that all but destroys her, and what it is like to live in a difficult and sometimes beautiful life and marriage, is at the heart of this brave memoir.
Addiction (alcohol, drugs, gambling, new technologies)

**HOPEFUL HEALING: ESSAYS ON MANAGING RECOVERY AND SURVIVING ADDICTION**


Mackenzie Phillips grew up in a dysfunctional environment and subsequently battled a near-fatal drug addiction. Now, delivered with warmth and candor, she presents the wisdom she gained from her own personal journey through addictions and her understanding of practical treatment from her work as a rehabilitation counselor. Using her own life experiences as examples of proven recovery methods, she shares the tools and holistic approaches that are available to help you on your journey to recovery.

**WASTED: AN ALCOHOLIC THERAPIST’S FIGHT FOR RECOVERY IN A FLAWED TREATMENT SYSTEM**


Psychotherapist Michael Pond is no stranger to the devastating consequences of alcoholism. He has helped hundreds of people conquer their addictions, but this knowledge did not prevent his own near-demise. In this riveting memoir, he recounts how he lost his practice, his home, and his family – all because of his drinking. After scores of visits to the ER, a tour of hellish recovery homes, a stint in intensive care for end-stage alcoholism, and jail, Pond devised his own personal plan for recovery. He met Maureen Palmer and together they investigated scientific alternatives to the rigid abstinence doctrine pushed by 12-Step programs.

**BOTTLED: HOW TO SURVIVE EARLY RECOVERY WITH KIDS**


A memoir about recovery as a mother of young kids, *Bottled* explains the perils moms face with drinking and chronicles the author’s path to recovery, from hitting bottom to the months of early sobriety – a blur of pain and chaos – to her now (in)frequent moments of peace.
DANGEROUS WHEN WET

Brickhouse’s journey takes him from Texas to a high-profile career in book publishing amid New York’s glamorous drinking life to his near-fatal descent into alcoholism. After Mama Jean ushers him into rehab and he ultimately begins to dig out of the hole he’d find himself in, he almost misses his chance to prove that he loves her as much as she loves him.

THE AUTUMN BALLOON: A MEMOIR

Every autumn, Kenny Porpora would watch his heartbroken mother scribble messages on balloons and release them into the sky above Long Island, one for each family member they’d lost to addiction. As the number of balloons grew, his mother fell deeper into alcoholism, drinking away her sorrows every night in front of the television, where her love of Regis Philbin provided a respite from the sadness around her. When their house was foreclosed upon, Kenny’s mother absconded with him and his beloved dog and fled for the Arizona desert, joining her heroin-addicted brother on a quixotic search for a better life. What followed was an outlaw adolescence spent in constant upheaval surrounded by bizarre characters and drug-addicted souls.

ALL THE WAY

In 2010, NHL hockey player Tootoo checked himself into rehab for alcohol addiction. All the Way tells the story of someone who has travelled far from home to realize a dream, someone who has known glory and cheering crowds, but also the demons of despair.
ALL BETS ARE OFF: LOSERS, LIARS, AND RECOVERY FROM GAMBLING ADDICTION

Arnie Wexler’s life as a gambler began on the streets of Brooklyn, New York, flipping cards, shooting marbles, and playing pinball machines. At age fourteen he found the racetrack, a bookie, and started playing the stock market. His obsession with gambling accelerated until a fateful day in 1968 when it all came crashing down. Wexler’s gripping narrative leads us through the dungeon of a compulsive gambler’s world – chasing the big win and coming up with empty pockets – and how his addiction drove him and his wife, Sheila, to the edge of life. With help, they managed to escape, and together they have devoted themselves to helping others with the problem they know so well.

DRUNK MOM

Three years after giving up drink, Jowita Bydlowska found herself throwing back a glass of champagne like it was ginger ale. “It’s a special occasion,” she said to her boyfriend. And indeed it was. It was a party celebrating the birth of their first child. It also marked Jowita’s immediate, full-blown return to alcoholism and all that entails for a new mother who is at first determined to keep her problem a secret.

Anxiety disorders

OBSESSED: A MEMOIR OF MY LIFE WITH OCD

A teen recounts her debilitating struggle with obsessive-compulsive disorder – and brings readers through every painful step as she finds her way to the other side – in this inspiring memoir.
MONKEY MIND: A MEMOIR OF ANXIETY

In *Monkey Mind*, Daniel Smith brilliantly articulates what it is like to live with anxiety, defanging the disease with humor, traveling through its demonic layers, evocatively expressing both its painful internal coherence and its absurdities.

Eating disorders

BRAVE GIRL EATING: A FAMILY’S STRUGGLE WITH ANOREXIA

Millions of families are affected by eating disorders, which usually strike young women between the ages of fourteen and twenty. But current medical practice ties these families’ hands when it comes to helping their children recover. Conventional medical wisdom dictates separating the patient from the family and insists that “it’s not about the food,” even as a family watches a child waste away before their eyes. Harriet Brown shows how counterproductive – and heartbreaking – this approach is by telling her daughter’s story of anorexia. She describes how her family, with the support of an open-minded pediatrician and a therapist, helped her daughter recover using family-based treatment, also known as the Maudsley approach.

THIN

This work chronicles an emotional journey that follows four patients through the Renfrew Center, a residential facility in Florida dedicated to the treatment of eating disorders, and includes portraits of fifteen other residents of diverse ages and backgrounds. These intimate photographs, frank voices, and thoughtful discussions combine to make the book a portrait of profound understanding.
Borderline personality disorder

**LOUD IN THE HOUSE OF MYSELF: MEMOIR OF A STRANGE GIRL**

Stacy Pershall grew up depressed and too smart for her own good, a deeply strange girl in Prairie Grove, Arkansas (population 1,000), where the prevailing wisdom was that Jesus healed all. From her days as a thirteen-year-old Jesus freak, through a battle with anorexia and bulimia, her first manic episode at eighteen, and the eventual diagnosis of bipolar disorder and borderline personality disorder, this spirited and at times mordantly funny memoir chronicles Pershall's journey through hell—several breakdowns and suicide attempts and her struggle with the mental health care system.

**GIRL, INTERRUPTED**

In 1967, after a session with a psychiatrist she’d never seen before, eighteen-year-old Susanna Kaysen was put in a taxi and sent to McLean Hospital. She spent most of the next two years on the ward for teenage girls in a psychiatric hospital as renowned for its famous clientele—Sylvia Plath, Robert Lowell, James Taylor, and Ray Charles—as for its progressive methods of treating those who could afford its sanctuary. Kaysen’s memoir encompasses horror and razor-edged perception while providing vivid portraits of her fellow patients and their keepers.

Schizophrenia

**A ROAD BACK FROM SCHIZOPHRENIA: A MEMOIR**

For ten years, Arnhild Lauveng suffered as a schizophrenic, going in and out of the hospital for months or even a year at a time. A Road Back from Schizophrenia gives insight into the logic (and life) of a schizophrenic. Lauveng illuminates her loss of identity, her sense of being controlled from the outside, and her relationship to the voices she heard and her sometimes terrifying hallucinations.
Suicide prevention

**THE ART OF MISDIAGNOSIS: SURVIVING MY MOTHER’S SUICIDE**

Gayle Brandeis’s mother disappeared just after Gayle gave birth to her youngest child. Several days later, her body was found: she had hanged herself in the utility closet of a Pasadena parking garage. In this searing, formally inventive memoir, Gayle describes the dissonance between being a new mother, a sweet-smelling infant at her chest, and a grieving daughter trying to piece together what happened, who her mother was, and all she had and hadn’t understood about her.

**TEN WAYS NOT TO COMMIT SUICIDE**

In this memoir, the legendary rap star and cofounder of Run D.M.C. keeps it a hundred percent, speaking out about his battle with depression and overcoming suicidal thoughts — one of the most devastating yet little known health issues plaguing the black community today.

**REASONS TO STAY ALIVE**

This book is about making the most of your time on earth. In the western world the suicide rate is highest amongst men under the age of 35. Matt Haig could have added to that statistic when, aged 24, he found himself staring at a cliff-edge about to jump off. This is the story of why he didn’t, how he recovered and learned to live with anxiety and depression. It’s also an upbeat, joyous and very funny exploration of how to live better, love better, read better and feel more.
Depression

**IMAGINE ME GONE**  

When Margaret’s fiancé, John, is hospitalized for depression, she faces a choice: carry on with their plans, or back away from the suffering it may bring her. She decides to marry him. What follows is the unforgettable story of what unfolds from this act of love and faith. At the heart of it is their eldest son, Michael, a brilliant, anxious music fanatic, and the story of how, over the span of decades, his younger siblings – the responsible Celia and the tightly controlled Alec – struggle along with their mother to care for Michael’s increasingly troubled existence.

**ALL MY PUNY SORROWS**  

Yolanda is conflicted. Her sister Elf has battled depression for her whole adult life, and is in a psychiatric ward under permanent observation after attempting suicide – again. Yolanda has always looked up to Elf as her talented and beautiful older sister. She loves her with a fierce passion and wants to believe in the possibility of a future together, one in which Elf gets better. But it’s looking unlikely and Yolanda has to decide; if the person you love is tired of living, is it kinder just to let them go?

**MR. CHARTWELL**  

Rebecca Hunt has created an interesting novel set in 1964 featuring Winston Churchill, in the days before his final retirement, Esther Hammerhans, a librarian at the House of Commons, and a Black Dog. Of course this isn’t just any dog but Churchill’s “black dog” of depression that has been with him for much of his life.
EVERY LAST ONE

Mary Beth Latham is first and foremost a mother, whose three teenaged children come first, before her career as a landscape gardener, or even her life as the wife of a doctor. Caring for her family and preserving their everyday life is paramount. And so, when one of her sons, Max, becomes depressed, Mary Beth becomes focused on him, and is blindsided by a shocking act of violence.

Postnatal depression

THE MEMORY CHILD
Steena Holmes. Seattle: Lake Union Publishing, 2014,

When Brian finds out that his wife, Diane, is pregnant, he is elated. He’s been patiently waiting for twelve years to become a father. But Diane has always been nervous about having children because of her family’s dark past. The timing of the pregnancy also isn’t ideal – Diane has just been promoted, and Brian is being called away to open a new London office for his company. Fast-forward one year: being a mother has brought Diane a sense of joy that she’d never imagined and she’s head over heels for her new baby, Grace. But things are far from perfect: Brian has still not returned from London, and Diane fears leaving the baby for even a moment. As unsettling changes in those around Diane began to emerge, it becomes clear that all is not as it seems. A woman’s dark past collides head-on with her mysterious present in this surreal and gripping family drama.

GO TO SLEEP

As she drinks in the view in front of her, Rachel Massey stands on the cusp of the biggest journey of her life. For Rachel is about to become a mother. Mere hours from now, her first baby will be here and she can’t wait to meet it. Terrified and excited, there is nothing she wants more, yet she senses things will never be the same again. This is the story of Rachel’s voyage into motherhood. Full of the same hopes and dreams as any parent-to-be, she soon realizes that nothing about this new world is as she imagined. As the raw shock of sleep deprivation takes its toll on her and the truth begins to blur with the unreal, Rachel becomes consumed by one sole desire – to sleep. But how far will she go to get her baby to sleep?
Bipolar disorder (manic depression)

THIS IS HOW I FIND HER

Sophie has always lived in the shadow of her mother’s mental illness. She checks her mom’s meds and makes sure the rent is paid. She rushes home after school and makes dinner every night. She keeps it all a secret. Then one day everything changes. After a desperate intervention, Sophie finds herself living with family she barely knows — and apart from Mom. In some ways, it means she’s alone. In other ways, it means she’s free. But when the crisis is over, will she have to go back to being the old Sophie?

EM AND THE BIG HOOM

Meet Imelda and Augustine, or as our young narrator calls his unusual parents-Em and the Big Hoom. Most of the time, Em smokes endless beedis and sings her way through life. She is the sun around which everyone else orbits. But as enchanting and high-spirited as she can be, when Em’s bipolar disorder seizes her she becomes monstrous, sometimes with calamitous consequences for herself and others. This accomplished debut is graceful and urgent, with a one-of-a-kind voice that will stay with readers long after the last page.

TOO BRIGHT TO HEAR TOO LOUD TO SEE

In a look at mental illness that weaves together three timelines, Greyson Todd leaves his successful Hollywood career and wife and young daughter to travel the world, giving free rein to the bipolar disorder he has been forced to keep hidden for almost twenty years.
**DANCING ON BROKEN GLASS**  

Lucy Houston and Mickey Chandler probably shouldn’t have fallen in love, let alone gotten married. They’re both plagued with faulty genes – he has bipolar disorder; she, a ravaging family history of breast cancer. But when their paths cross on the night of Lucy’s twenty-first birthday, sparks fly, and there’s no denying their chemistry. Cautious every step of the way, they are determined to make their relationship work – and they put their commitment in writing. Mickey will take his medication. Lucy won’t blame him for what is beyond his control. He promises honesty. She promises patience. Like any marriage, there are good days and bad days – and some very bad days. In dealing with their unique challenges, they make the heartbreaking decision not to have children. But when Lucy shows up for a routine physical just shy of their eleventh anniversary, she gets an impossible surprise that changes everything. Everything. Suddenly, all their rules are thrown out the window, and the two of them must redefine what love really is.

**THE STORMCHASERS**  

Twenty years after her bipolar brother’s penchant for chasing tornadoes leads to deadly consequences, Karena Jorge finds out that he has escaped from a psychiatric ward, prompting her to join a band of professional stormchasers in hope of finding her disturbed brother.

**SILVER LININGS PLAYBOOK**  

During the years he spends in a neural health facility, Pat Peoples formulates a theory about silver linings: he believes his life is a movie produced by God, his mission is to become physically fit and emotionally supportive, and his happy ending will be the return of his estranged wife, Nikki. When Pat goes to live with his parents, everything seems changed: no one will talk to him about Nikki; his old friends are saddled with families; the Philadelphia Eagles keep losing, making his father moody; and his new therapist seems to be recommending adultery as a form of therapy.
Addiction (alcohol, drugs, gambling)

**THE GOOD HOUSE**

The Good House tells the story of Hildy Good, who lives in a small town on Boston’s North Shore. Hildy is a successful real-estate broker, good neighbor, mother, and grandmother. She’s also a raging alcoholic. Hildy’s family held an intervention for her about a year before this story takes place – “if they invite you over for dinner, and it’s not a major holiday,” she advises “run for your life” – And now she feels lonely and unjustly persecuted. She has also fooled herself into thinking that moderation is the key to her drinking problem. As if battling her demons wasn’t enough to keep her busy, Hildy soon finds herself embroiled in the underbelly of her New England town, a craggy little place that harbors secrets. There’s a scandal, some mysticism, babies, old houses, drinking, and desire – and a love story between two craggy sixty somethings that’s as real and sexy as you get.

Eating disorders

**BELIEVAREXIC**

An autobiographical novel in which fifteen-year-old Jennifer Johnson convinces her parents to commit her to the Eating Disorders Unit of an upstate New York psychiatric hospital in 1988, where the treatment for her bulimia and anorexia is not what she expects.
Borderline personality disorder

**SET THIS HOUSE IN ORDER**

Twenty-eight-year-old multiple personality disorder sufferer Andrew Gage struggles to stabilize his life while coming to terms with the events that triggered his disorder and entering into a relationship with Penny Driver.

**FIGHT CLUB**

The story of a young man who discovers that his rage at living in a world filled with failure and lies cannot be pacified by an empty consumer culture. Relief for him and his disenfranchised peers comes in the form of secret after-hours boxing matches held in the basements of bars.

Schizophrenia

**LEAVE OF ABSENCE**

A novel portraying human beings stripped to their core and made to redefine reality and themselves. It reveals the emotional latticework of those suffering from mental illness, as well as the lives they touch. Aimed at readers seeking a stirring depiction of grief, loss, and schizophrenia, it will also reach anyone who has ever experienced human suffering and healing.
Suicide prevention

DUSK OR DARK OR DAWN OR DAY

When her sister Patty died, Jenna blamed herself. When Jenna died, she blamed herself for that, too. Unfortunately Jenna died too soon. Living or dead, every soul is promised a certain amount of time, and when Jenna passed she found a heavy debt of time in her record. Unwilling to simply steal that time from the living, Jenna earns every day she leeches with volunteer work at a suicide prevention hotline.
Depression

**MY DEPRESSION**

Author Elizabeth Swados takes us on a journey through her long-time struggle with depression that is by turns tender, funny, and uplifting, and will resonate with everyone affected by depression and those who love them.

**THE HYPO**

This debut graphic novel follows the twentysomething Abraham Lincoln as he battles a dark cloud of depression, unknowingly laying the foundation of character he would use as one of America’s greatest presidents.

**KINDS OF BLUE: AN ANTHOLOGY OF COMICS ABOUT DEPRESSION**

In this collection of short, original comics, 14 young Australians chronicle their close encounters and experiences with depression, capturing snapshots of what depression is like in order to illuminate what is often unexpressed and help fellow sufferers know they are not alone.
Bipolar disorder (manic depression)

**SUNBURNING**  

In an era where personal lives are meticulously curated and presented, Keller Roberts’ unflinching and intimate comics reveal real life to be as absurd as it is profound. In a sequence of vignettes, Roberts delineates the complicated life of a mother and artist that can be comical, melancholic and delightful.

**POLARITY**  

A manic-depressive spin on the superhero genre. Timothy Woods is a bipolar artist stuck in the world of hipsters, meaningless sex, and vain art – better known as Brooklyn. But after he survives a near fatal car accident, Timothy discovers that his mental instability is more than just a disorder, and that his bipolar medication hasn’t just been subduing depression and uncontrollable mania…it’s been suppressing his superpowers! Now it’s time for Timothy to stand up to his disease alongside an onslaught of wretched human villainy as he finally finds his place in the world.

**MARBLES: MANIA, DEPRESSION, MICHELANGELO, AND ME**  

Cartoonist Ellen Forney explores the relationship between “crazy” and “creative” in this graphic memoir of her bipolar disorder, woven with stories of famous bipolar artists and writers.
Anxiety disorders

**THIS SLICES OF ANXIETY: OBSERVATIONS AND ADVICE TO EASE A WORRIED MIND**

This illustrated book captures universal truths and comforting revelations about being human.

Eating disorders

**LIGHTER THAN MY SHADOW**

Like most kids, Katie was a picky eater. She’d sit at the table in silent protest, hide uneaten toast in her bedroom, and listen to parental threats that she’d have to eat it for breakfast. But in any life a set of circumstances can collide, and normal behavior might soon shade into something sinister, something deadly. This hand-drawn story of struggle and recovery takes a trip into the black heart of a taboo illness, an exposure of those who are so weak as to prey on the vulnerable, and an inspiration to anybody who believes in the human power to endure towards happiness.

**TYRANNY**

In *Tyranny*, brisk, spare text and illustrations that deal head-on with anorexia propel the reader along on Anna’s journey as she falls prey to the eating disorder, personified as her tormentor, Tyranny.
Depression

**WHY ARE YOU SO SAD? A CHILD’S BOOK ABOUT PARENTAL DEPRESSION**


When a parent has depression, children often feel sad and confused themselves. This interactive book can help. *Why Are You So Sad?* contains a comprehensive and authoritative note to parents by therapists from the disciplines of clinical social work and clinical psychology.

**AGES 3 TO 8**

**THE PRINCESS AND THE FOG: A STORY FOR CHILDREN WITH DEPRESSION**


Once upon a time there was a Princess. She had everything a little girl could ever want, and she was happy. That is, until the fog came… *The Princess and the Frog* is a picture book to help sufferers of depression aged 5-7 cope with their difficult feelings. The story could also be a good starting point for explaining depression to all children, especially those who may have a parent or close family member with depression.

**AGES 5 TO 7**

**CAN I TELL YOU ABOUT DEPRESSION?: A GUIDE FOR FRIENDS, FAMILY AND PROFESSIONALS**


Meet Julie – a woman who suffers from periods of depression. Julie and her family help readers to understand what depression is, what it is like to feel depressed and how it can affect their family life. She explains how coping with depression can sometimes be very difficult but there is support and help available that can relieve the feelings of depression.

**AGES 7+**
WHAT TO DO WHEN YOU’RE CRANKY & BLUE: A GUIDE FOR KIDS

Counselor and clinical psychologist James J. Crist has written a book that kids can turn to for support, encouragement, and ideas for coping when they feel bad, sad, grumpy, or lonely. Kids learn 10 “Blues Busters” to help shake those unhappy feelings. They also discover lots of ideas they can use to talk about feelings, take care of themselves, boost their self-esteem, make and keep friends, and enjoy their alone time.

AGES 9 TO 13

SUNSHINE IS FOREVER

After a life-changing event, Hunter decides that he can’t go on… which lands him in Camp Sunshine, a rehab center for depressed teens. Hunter is determined to keep everyone there out of his head, especially his therapist. But when he meets Corin, beautiful, mysterious, and confident fellow camper, all Hunter wants to do is open up to her—despite the fact that he’s been warned Corin is bad news.

AGES 13+

IT’S KIND OF A FUNNY STORY

A humorous account of a New York City teenager’s battle with depression and his time spent in a psychiatric hospital.

AGES 14+
Postnatal depression

POSTPARTUM DEPRESSION

This book provides an overview of postpartum depression, including diagnosis, prevention, and current research. Controversies surrounding postpartum depression – including the necessity of screening, the impact of postpartum depression on breastfeeding, and postpartum depression as a legal defense – are also addressed. Personal stories of people impacted by postpartum depression, including a mother living through postpartum psychosis and a husband going through postpartum depression with this wife, are featured in the text.

Bipolar disorder (manic depression)

DARCY DAISY AND THE FIREFLY FESTIVAL: LEARNING ABOUT BIPOLAR DISORDER AND COMMUNITY

Darcy Daisy feels anxious and confused after overhearing troubling gossip about Ms. Zinnia, a community member who has been diagnosed with bipolar disorder. Darcy shares her concerns with her mother who provides her with information about Ms. Zinnia’s illness. By learning facts about bipolar disorder, Darcy feels less anxious, gains a better understanding of Ms. Zinnia’s behavior, and also realizes the importance of community support and acceptance.

CHASING THE MILKY WAY

Lucy Peevey, twelve, and her best friend Cam are perfecting the robot that could win a competition, a scholarship, and a way out of Sunnyside Trailer Park when Lucy’s mother goes off her medication and her manic-depressive disorder goes out of control.
**BIPOLAR DISORDER**


We all have ‘down’ days as well as happier days. For people with a bipolar disorder, feelings of sadness and happiness can be more extreme. There is an alternation between feeling very ‘up’ and very ‘down.’ It can feel like their moods are in control of them. Fortunately, there are ways to treat this disorder and feel more balanced. The lives of millions of kids are affected by mental illness. And yet it’s all too common for kids to feel like they are alone with their problems. Whether you’re seeking information for family, friends, or yourself, these books help explain the challenges faced by people with mental disorders.

**BIPOLAR DISORDER**


The National Institute of Mental Health states that half of bipolar diagnoses occurs before the age of twenty-five, so the teenage years are a prime time for first showing symptoms. There are nearly six million people with bipolar disorder in the United States alone. This book clearly explains the four main types of the disorder, symptoms, getting a diagnosis and dealing with it, medications that are prescribed, support systems, lifestyle changes and strategies to keep calm, self-monitoring plans, and ways to manage school, family, and social life.

**THE WEIGHT OF ZERO**


A seventeen-year-old suffering from bipolar disease wants to commit suicide, but a meaningful relationship and the care of a gifted psychiatrist alter her perception of her diagnosis as a death sentence.
**COULD MY PARENT BE BIPOLAR?**  
**Stanley Kutcher.** Createspace, 2015, 38 p.

A book created for teenage children of parents with Bipolar Disorder. In addition to helping teenagers understand what Bipolar Disorder is and how it affects their parent’s behaviour, *Could My Parent Be Bipolar?* also helps teenagers learn to communicate effectively with their parents, cope positively with their own stress and emotions, find ways to help their parent without taking on the burden of his or her illness, and learn how to seek help and keep themselves safe, if necessary.

**THE ILLUSTRATED MUM**  

Dolphin adores her mother, Marigold. She’s got wonderful clothes, bright hair and vivid tattoos all over her body – a colourful lady, to match her colourful life. But Dolphin’s older sister, Star, is beginning to wonder if living with Marigold’s fiery, unpredictable moods is the best thing for the girls.

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**Addiction (alcohol, drugs, gambling, new technologies)**

**WISHES AND WORRIES: COPING WITH A PARENT WHO DRINKS TOO MUCH ALCOHOL**  

Children of parents who drink too much alcohol are affected in many ways. They may experience anger, fear, confusion, and guilt. This reassuring book, written by professionals, offers information in the form of a story about one family’s struggle. When Dad’s drinking ruins a birthday party, everyone wishes that he would just stop. If only wishing could fix the problem!
THE SECRET OF WILLOW RIDGE: GABE’S DAD FINDS RECOVERY

Likeable Gabe makes the journey from being an almost friendless, unhappy, and skeptical young boy reeling from mistreatment at the hands of his addicted father and the effects the disease of addiction has had on his family, to a hopeful, happy youngster who takes pride in his dad’s greatest accomplishment: recovery. The shame and isolation felt by the family members of addicts are explored as Gabe learns important lessons about the disease of addiction, its widespread nature, and its solution.

HOOKED: WHEN ADDICTION HITS HOME

Jenny dealt with the stress by forgiving her mom — over and over and over again. This collection of ten true stories is based on interviews with people who, in their youth, lived with an addicted parent or sibling. The subjects speak honestly about what it was like to grow up with a family member addicted to alcohol, drugs, food, pills, or gambling. While describing how they managed to cope, interviewees explore the full range of situations and emotions they experienced – from denial, anger, and confusion to acceptance and forgiveness. Their maturity, sensitivity, and even their sense of humor will give teens going through similar situations the important realization that there are many ways to break free from the chains of others’ addictions.

Anxiety disorders

WHY ARE YOU SO SCARED? A CHILD’S BOOK ABOUT PARENTS WITH PTSD

Introduces post-traumatic stress disorder and explains why it can occur in family members, its symptoms, and how to live with an individual affected by PTSD.
**WEMBERLY WORRIED**  

A mouse named Wemberly, who worries about everything, finds that she has a whole list of things to be anxious about when she faces the first day of nursery school.

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**WHAT TO DO WHEN YOUR BRAIN GETS STUCK: A KID’S GUIDE TO OVERCOMING OCD**  

The guide is the complete resource for educating, motivating and empowering children to work toward overcoming OCD. With engaging examples, activities and step-by-step instructions, it helps children master the skills needed to break free from OCD’s sticky thoughts and urges, and live happier lives.

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**WHAT TO DO WHEN YOU WORRY TOO MUCH: A KID’S GUIDE TO OVERC OMMING ANXIETY**  

What to Do When You Worry Too Much is an interactive self-help book designed to guide 6–12-year-olds and their parents through the cognitive-behavioral techniques most often used in the treatment of generalized anxiety. Metaphors and humorous illustrations make difficult concepts easy to understand, while prompts to draw and write help children to master new skills related to reducing anxiety.

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**WHAT TO DO WHEN MISTAKES MAKE YOU QUAKE: A KID’S GUIDE TO ACCEPTING IMPERFECTION**  
*Claire A. B. Freeland, Jacqueline B. Toner, and Janet McDonnell* (ill.).  

What to Do When Mistakes Make You Quake aims to help kids who struggle with self-confidence and a fear of making mistakes, being self-critical, and purposely aiming low. Using cognitive-behavioral approaches, this interactive book is a complete resource for educating, motivating, and empowering children to cope with mistakes so they can explore new territory without fear.
**OCDANIEL**


As the backup kicker on his football team, 13-year-old Daniel spends his time watching from the bench. Socially, he is an onlooker as well. But soon Sara, an ostracized girl at school, breaks through his shyness by demanding help with investigating her father’s possible murder. It seems heartless to refuse, though logically (and later, legally) he should. As tension mounts, his anxiety level rises, and The Routine he is compelled to follow at bedtime grows longer and more burdensome. Daniel knows that he is different, but he suffers alone and in silence. It’s a revelation when Sara offers him information on obsessive-compulsive disorder and a path toward coping with it.

**CAN I TELL YOU ABOUT ANXIETY?: A GUIDE FOR FRIENDS, FAMILY, AND PROFESSIONALS**


Meet Megan – a young girl who has an anxiety disorder. Megan invites readers to learn about anxiety from her perspective, helping them to understand why she sometimes feels anxious and how this affects her thoughts, feelings and behaviours. Megan talks about techniques she has learnt to help manage her anxiety, and how people around her can help. With illustrations throughout, this will be an ideal way to explore anxiety difficulties. It shows family, friends and teachers how they can support someone who experiences anxiety and will be an excellent way to start a conversation about anxiety, in the classroom or at home.

**SCHOOL MADE EASIER: A KID’S GUIDE TO STUDY STRATEGIES AND ANXIETY-BUSTING TOOLS**


This book focuses on how to manage that academic stress and the emotions that might interfere with academic success. The book teaches students ways to reduce their anxiety, increase their confidence in school, and study more effectively.
**STRESS RELIEF: THE ULTIMATE TEEN GUIDE**

Describes the causes of stress, how to recognize and deal with them, and how to alleviate the stress itself by using such methods as breathing exercises, meditation, and creative visualization.

**MY ANXIOUS MIND: A TEEN’S GUIDE TO MANAGING ANXIETY AND PANIC**

This book outlines a simple and proven plan to help you understand and deal with your anxiety and panic. It is chock full of simple-to-use tools and strategies that easily fit into any teen’s busy routine.

**FINDING PERFECT**

With some help from her siblings and friends, Molly is able to face her OCD and be strong enough to get help for it.
THE ANXIETY SURVIVAL GUIDE FOR TEENS: CBT SKILLS TO OVERCOME FEAR, WORRY & PANIC

Based in cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT), this book helps you identify your monkey mind”—the primitive part of the brain where anxious thoughts arise. You’ll also be able to determine if you suffer from generalized anxiety, phobias, social anxiety, panic and agoraphobia, obsessive-compulsive disorder (OCD), or separation anxiety. Full of powerful yet simple cartoon illustrations, this book will teach you practical strategies for handling even the toughest situations that previously caused you to feel anxious or worried.

THE PTSD WORKBOOK FOR TEENS: SIMPLE, EFFECTIVE SKILLS FOR HEALING TRAUMA

Suitable for Teens with PTSD and trauma-related difficulties, this title incorporates cognitive behavioural therapy (CBT), trauma-focused cognitive behavioural therapy, and dialectical behaviour therapy (DBT), and an approach that’s proven to help teens work through their symptoms and make progress in overcoming them.

Eating disorders

PERFECT

Isabelle Lee has a problem, and it’s not just Ape Face, her sister, or group therapy for an eating disorder, or even that her father died and her mother is depressed and in denial. It’s that Ashley, the most popular girl in school, is inviting Isabelle to join her at lunch and at sleepovers at her house, and this is presenting Isabelle with a dilemma. Pretty Ashley has moved Isabelle up the social ladder, but is it worth keeping the secret they share? Caught in the orbit of popularity and appearances, Isabelle must navigate a world with mixed messages, false hopes, and potentially harmful turns, while coping with her own flailing family and emotions.
**THIS IMPOSSIBLE LIGHT**  

Fifteen-year-old Ivy’s world is in flux. Her dad has moved out, her mother is withdrawn, her brother is off at college, and her best friend, Anna, has grown distant. Worst of all, Ivy’s body won’t stop expanding. She’s getting taller and curvier, with no end in sight. Even her beloved math class offers no clear solution to the imbalanced equation that has become Ivy’s life.

**ELENA VANISHING: A MEMOIR**  

Seventeen-year-old Elena is vanishing. Every day means renewed determination, so every day means fewer calories. This is the story of a girl whose armor against anxiety becomes artillery against herself as she battles on both sides of a lose-lose war in a struggle with anorexia.

**JUST LISTEN: A NOVEL**  

Isolated from friends who believe the worst because she has not been truthful with them, sixteen-year-old Annabel finds an ally in classmate Owen, whose honesty and passion for music help her to face and share what really happened at the end-of-the-year party that changed her life.
Schizophrenia

**WHEN WE COLLIDED**


Can seventeen-year-old Jonah save his family restaurant from ruin, his mother from her sadness, and his danger-seeking girlfriend Vivi from herself?

**FIG**


In 1994, Fig looks back on her life and relates her experiences, from age six to nineteen, as she desperately tries to save her mother from schizophrenia while her own mental health and relationships deteriorate.

**MADE YOU UP**


Alex fights a daily battle to figure out the difference between reality and delusion. Armed with a take-no-prisoners attitude, her camera, a Magic 8-Ball, and her only ally (her little sister), Alex wages a war against her schizophrenia, determined to stay sane long enough to get into college. She’s pretty optimistic about her chances until classes begin, and she runs into Miles. Didn’t she imagine him? Before she knows it, Alex is making friends, going to parties, falling in love, and experiencing all the usual rites of passage for teenagers. But Alex is used to being crazy. She’s not prepared for normal.
Suicide prevention

**DETACHED**

Anna has never felt like she belongs, but now she feels detached. The only solution she sees is taking her own life. Through the perspectives of Anna, her best friend, and her mother, her story shows how depression taints even the simplest human interactions, and how different people can interpret the same scenario in vastly different ways.

**THE MEMORY OF LIGHT**

When Victoria Cruz wakes up in the psychiatric ward of a Texas hospital after her failed suicide attempt, she still has no desire to live, but as the weeks pass, and she meets Dr. Desai and three of the other patients, she begins to reflect on the reasons why she feels like a loser compared with the rest of her family, and to see a path ahead where she can make a life of her own.

Also available on pretnumerique.ca
DID YOU KNOW?

LIBRARIES HAVE RICH COLLECTIONS OF DVDS AND BLU-RAYS THAT CAN BE BORROWED. THEY ALSO OFFER ONLINE ACCESS TO MOVIES, SERIES AND PROGRAMS. CHECK WITH YOUR LOCAL LIBRARY.
**IRRATIONAL MAN**  
*Woody Allen.* 2015, 95 min.  
Drama (United States). Philosophy professor Abe Lucas has been hired to teach at Braylen College. However, he’s having problems of every kind. He suffers from anxiety, dizziness, can’t perform in bed and can’t stop drinking. He begins a relationship with a student named Jill and suddenly, he begins to enjoy life. However, Jill is worried about his sudden turnaround and doesn’t trust that it’s going to last.

**OUR LOVED ONES**  
*Anne Émond.* 2015, 102 min. (Original title: Les êtres chers)  
Drama (Quebec). After the death of his father, an artisan does his best to raise and nurture his dynamic daughter.

**MR. ROBOT**  
*Sam Esmail.* (2015-)  
TV series (United States). Follows Elliot, a young programmer working as a cyber-security engineer by day, and a vigilante hacker by night.
**CAKE**
*Daniel Barnz. 2014, 102 min.*

Drama (United States). While struggling with her own trauma, Claire Simmons, a woman in a chronic pain support group, becomes fascinated by the suicide of Nina, another member of the group, and begins to investigate but develops an unexpected relationship with the late woman’s husband.

**BLUE JASMINE**
*Woody Allen. 2013, 98 min.*

Drama, comedy (United States). After divorcing her con man husband Hal, Manhattan socialite Jasmine is left completely depressed and penniless. She attempts to try and get her life back together, but finds herself falling into the traps of alcohol and anti-depressants. Completely desperate and unable to afford the extravagance of her former life, Jasmine moves into a spare bedroom in San Francisco to live with her blue-collar sister Ginger.

**CALLOWSED HANDS**
*Jesse Quinones. 2013, 97 min.*

Drama (United States). 12-year-old Josh is a promising baseball player. He is abused by his mother’s boyfriend Byrd, and neglected by his mother Debbie. He forges his own path in life when his estranged grandfather insists he studies for his Bar Mitzvah.
TO WRITE LOVE ON HER ARMS
Nathan Frankowski. 2012, 102 min.

Biography, drama (United States). A drama centered around Renee Yohe and her battle with drugs, depression, and other life issues that ultimately lead to the founding of charity group To Write Love on Her Arms.

A CROSS TO BEAR
Tandria Potts. 2012, 90 min.

Drama (United States). Erica, a would-be dancer with no family connections, finds herself fighting alcoholism and living on the streets with her newborn child after being left by her boyfriend. One ill-fated night, a tragic event shatters Erica’s life. Traumatized and at rock bottom, she finds refuge at the home of Joan – a former nurse who has dedicated her life to helping women like Erica.

SILVER LININGS PLAYBOOK
David O. Russel. 2012, 122 min.

Drama, comedy (United States). After suffering for years with an undiagnosed bipolar disorder, high school teacher Pat is sent to a psychiatric facility following a violent incident sparked by him finding his wife having sex with a co-worker. Eight months later he’s released into his parents’ care. He’s hoping to win back his wife, despite the fact that she’s put a restraining order on him.
**TAKE SHELTER**

*Jeff Nichols*. 2011, 121 min.

Psychological drama (United States). Curtis LaForche has been having visions about an upcoming environmental apocalypse. He takes out a loan so he can build a shelter to protect his family, but financially, it leaves them at a loss. He’s no longer able to afford to get his deaf daughter the surgery she needs to restore her hearing. He also begins to question his sanity. His mother was a victim of schizophrenia, and he worries that the same thing is happening to him. He begins to wonder whether he needs to protect his family from a coming storm, or from himself.

**MELANCHOLIA**

*Lars Von Trier*. 2011, 135 min.

Drama (Denmark, Sweden, France, Germany). Justine and Michael are celebrating their marriage at a sumptuous party in the home of her sister Claire and brother-in-law John. Despite Claire’s best efforts, the wedding is a fiasco, with family tensions mounting and relationships fraying. Meanwhile, a planet called Melancholia is heading directly towards Earth…

**IT’S KIND OF A FUNNY STORY**

*Anna Boden and Ryan Fleck*. 2010, 101 min.

Drama, comedy (United States). Sixteen-year-old Craig, stressed out from the demands of being a teenager, checks himself into a mental health clinic. There he learns that the youth ward is closed – and finds himself stuck in the adult ward. One of the patients, Bobby, soon becomes both Craig’s mentor and protégé. Craig is also drawn to another 16-year-old, Noelle. With a minimum five days’ stay imposed on him, Craig is sustained by friendships on both the inside and the outside as he learns more about life, love, and the pressures of growing up.
**HOMELAND**  
*Gideon Raff and Howard Gordon. (2011 – )*  
TV series (United States). A bipolar CIA operative becomes convinced a prisoner of war has been turned by al-Qaeda and is planning to carry out a terrorist attack on American soil.

**THE SOLOIST**  
*Joe Wright. 2009, 117 min.*  
Biography, drama (United Kingdom, France, United States). A Los Angeles newspaper reporter discovers a homeless musical prodigy while looking for a new article for the paper. The two form a unique friendship that will transform both their lives.

**LOST SONG**  
*Rodrigue Jean. 2008, 113 min.*  
Drama (Quebec). Pierre and Elisabeth, a couple in their thirties, move with their baby into a cottage on a lake for the summer. The setting is idyllic, and the couple’s happiness seems within reach. Every day, Pierre goes to work in the city while Elisabeth rehearses for an upcoming voice recital. Despite the benevolent presence of her mother-in-law who lives in the neighboring house, the young woman feels isolated and overwhelmed in her new role as a mother. Her entourage is concerned, but no one fully grasps the extent of Elisabeth’s distress. Muted violence soon takes hold and tightens its grip.
**BORDERLINE**  
*Lyne Charlebois.* 2008, 110 min.  
Drama (Quebec). Daughter of an institutionalized mother and raised by her grandmother in a down-and-out neighborhood of Montreal, Kiki is left to her own devices. School is her only safe haven. Until the age of 30, life is far from being a fairytale. Sex and alcohol are her only escape from the daily grind. Men too, and she has a collection of them. Until, at 30, Kiki finds the love that’s hardest to accept: love of herself.

**RACHEL GETTING MARRIED**  
*Jonathan Demme.* 2008, 114 min.  
Drama, family (United States). When Kym returns to the Buchman family home for the wedding of her sister Rachel, she brings a long history of personal crisis and family conflict along with her.

**THE FLYING SCOTSMAN**  
*Douglas Mackinnon.* 2006, 103 min.  
Drama, sport (Germany, United Kingdom). A true story based on the inspirational and remarkable Scottish cyclist, Graeme Obree. In 1993, this unemployed amateur broke the world one-hour record on a bike of his own revolutionary design, which he constructed out of scrap metal and parts of a washing machine. Shortly after Graeme broke the record, he lost his title when another cyclist beat his time. This only served to motivate Graeme to break the record again, while also battling mental illness.
GARDEN STATE
Zach Braff. 2004, 102 min.

Comedy, drama (United States). Andrew Largeman returns from self-imposed exile in Los Angeles to his hometown in New Jersey for his mother’s funeral. Andrew has spent years cut off from his darker feelings with the aid of pharmaceuticals prescribed by his father, Gideon, a coldly formal psychiatrist. Afterward, he takes to tooling around on his antique motorcycle, finding old friends and making new ones. When he meets and begins to fall for Sam, he finds himself slowly awaking not only to the pain of life but also to the life-affirming power of love.

THE HOURS

Drama (United States, United Kingdom). Three women, each living in a different time and place, are all linked by their yearnings and their fears as they search for more potent, meaningful lives. Virginia Woolf, in a suburb of London in the early 1920s, is battling insanity as she begins to write her first great novel, Mrs. Dalloway. Laura Brown, a wife and mother in Los Angeles at the end of World War II, is reading Mrs. Dalloway, and finding it so revelatory that she begins to consider making a devastating change in her life. Clarissa Vaughan, a contemporary version of Woolf’s Mrs. Dalloway, lives in New York City today, and is in love with her friend Richard, a brilliant poet who is dying of AIDS. Their stories intertwine, and finally come together in a surprising, transcendent moment of shared recognition.

A BEAUTIFUL MIND
Ron Howard. 2001, 34 min.

Drama (United States). Highly eccentric mathematician John Forbes Nash Jr. (Crowe) was a pioneer in the field of game theory, which made him a star of the ‘new mathematics’ in the 1950s. But his quick ascent into the intellectual stratosphere drastically changed course when Nash’s intuitive brilliance was undermined by schizophrenia.
General mental health

**INVISIBLE – UNCOVERING MENTAL ILLNESS**
Online: www.youtube.com/watch?v=Y1IP2xGevE0

Documentary (United States). Shedding light and giving a voice to those struggling with mental illnesses and coping with those who have taken their own lives.

**BEING GREENE**
Jeff Newman, CBC. 2016, 44 min.
Online: www.cbc.ca/firsthand/episodes/being-greene

This Firsthand documentary takes an intimate look at one family’s struggle to break free from the clutches of mental illness. The Greenes are a fun-loving family of performers. Dave Greene, the father, is an Elvis Tribute Artist. The mom, Roxie, is a writer. Quinn, the eldest son, is an actor, and his little brother Kane is a beat-boxer. But underneath, they have a secret. Quinn Greene, the caretaker among them, is ready to end the secrecy surrounding his family’s mental health. He wants to share their story and start looking at real options for getting help.

**CHANGING YOUR MIND**
The nature of things, CBC. 2013. 44 min.

This program is a fascinating follow-up to the recent bestselling documentary, The Brain That Changes Itself. Once again, Toronto psychiatrist and researcher Dr. Norman Doidge showcases some very compelling neurological cases to illustrate how the changing brain plays an important role in treating mental diseases and disorders. This time he explores the latest research that offers hope to those suffering from obsessive-compulsive disorder, post-traumatic stress disorder and even schizophrenia.
THE INTERVENTIONISTS: CHRONICLES OF A MENTAL HEALTH CRISIS TEAM
Katerina Cizek, National Film Board of Canada. 2006, 31 min.
Online: www.onf.ca/film/interventionists_chronicles_of_a_mental_health/

Ellen is a mental health nurse. Brandon is a specially trained policeman. Together, they ride the streets of Toronto responding to 911 police calls involving “emotionally distressed persons.” Their mandate is not only to de-escalate crises, but to avoid unnecessary arrests and emergency room visits by providing appropriate referrals, services and resources within a patient’s own community.

FINDING NORMAL
The national, CBC. 2006, 25 min.

It started with a diagnosis of attention deficit disorder, but for Jay, it was just the beginning of a long and painful journey. He wound up in the care of Durham Children’s Aid Society and on an increasing amount of medication. Jay was eventually removed from the system by his grandparents, but they demanded to know why, at such a young age, the child was prescribed so many drugs.

Depression

MY DEPRESSION
Robert Marianetti, Elizabeth Swados and David Wachtenheim, HBO. 2014, 31 min.

A woman narrates her story, portrayed in animated format, of her life with depression and the difficulties that come with it.
Postnatal depression

**POST PARTUM DEPRESSION**

Online: https://curio.ca/en/video/post-partum-depression-642/

Statistics say that two out of every thousand new mothers suffer from post partum depression, a condition that can lead to debilitating depression and sometimes violence.

Addiction (alcohol, drugs, gambling, new technologies)

**WASTED**

The nature of things, CBC. 2016. 44 min.
Online: www.cbc.ca/natureofthings/episodes/wasted

We are riding a wave of enormous change in addiction research and treatment, yet most Canadians don’t know it and – what’s worse – neither do their doctors. In the documentary Wasted, therapist and alcoholic in recovery Mike Pond, along with his life partner filmmaker Maureen Palmer, take viewers on a very personal journey of discovery. They reveal clues to what causes addiction and focus on compassionate evidence-based treatments that pick up where AA leaves off.

Anxiety disorders

**IT’S “JUST” ANXIETY**

Susan Polis Schutz. 2017, 60 min.

Documentary (United States). Individuals who suffer from anxiety disorders share their experiences. Some deal with excessive worry and fear while others face more extreme manifestations, including compulsive behavior and panic attacks.
AGE OF ANXIETY
Doc zone, CBC. 2012, 45 min.
Online: www.cbc.ca/doczone/episodes/age-of-anxiety

Is anxiety a disease of modernity, or is our highly competitive and material culture undermining our nerves?

STRESS: PORTRAIT OF A KILLER
John Heminway, National Geographic. 2008, 50 min.

Over the last three decades, science has been advancing our understanding of stress – how it impacts our bodies and how our social standing can make us more or less susceptible. From baboon troops on the plains of Africa, to neuroscience labs at Stanford University, scientists are revealing just how lethal stress can be. Research tells us that the impact of stress can be found deep within us, shrinking our brains, adding fat to our bellies, even unraveling our chromosomes. Understanding how stress works can help us figure out ways to combat it and how to live a life free of the tyranny of this contemporary plague. In Stress: Portrait of a Killer, scientific discoveries in the field and in the lab prove that stress is not just a state of mind, but something measurable and dangerous.

OCD: THE WAR INSIDE
David Hoffert and Mark Pancer, National Film Board of Canada. 2001, 70 min.
Online: www.onf.ca/film/ocd_war_inside/

This feature documentary explores the daily lives of individuals living with Obsessive Compulsive Disorder (OCD), a misunderstood anxiety disorder characterized by intrusive thoughts, nagging fears and ritualistic behaviour. From the outside, its sufferers have no physical disabilities and have every appearance of being as functional as the next person. But inside, a daily war is waged for survival.
Eating disorders

ERIKA HUNZINGER
CBC News, CBC. 2013, 5 min.
Online: www.cbc.ca/player/play/2374944016

Erika Hunzinger talks about her battle with anorexia and her treatment.

GRANT CALDER
CBC News, CBC. 2013, 4 min.
Online: www.cbc.ca/player/play/2374724346

Grant Calder explains why people should know that men have eating disorders, too.

JESSICA CUDDY
CBC News, CBC. 2013, 6 min.
Online: www.cbc.ca/player/play/2374723602

Jessica Cuddy talks about her struggle to get help for her eating disorder.
Schizophrenia

THE DOWNSIDE OF HIGH
The nature of things, CBC. 2010. 44 min.

Teenagers who start smoking marijuana before the age of 16 are four times more likely to become schizophrenic. That’s the startling conclusion of some of the world’s top schizophrenia experts, whose research is featured in this documentary. Groundbreaking work on the connection between marijuana and mental illness also reveals that, for all young adults, smoking marijuana nearly doubles the risk of developing recurring psychosis, paranoia and hallucinations – the hallmarks of schizophrenia. The Downside of High tells the stories of three young people who believe – along with their doctors – that their mental illness was triggered by marijuana use. All three spent months in hospital psychiatric wards and still wage a battle with their illness.

Suicide prevention

THE S WORD
Lisa J. Klein. 2017, 93 min.

A suicide attempt survivor is on a mission to find fellow survivors and document their stories of courage, insight and humor. Along the way, she discovers a rising national movement transforming personal struggles into action.

THE BOY WHO SHOULD HAVE LIVED
The fifth estate, CBC. 2015, 46 min.
Online: www.cbc.ca/player/play/2661054986

Chazz Petrella had an idyllic childhood in Cobourg, Ontario – 4 older siblings, loving parents, a hobby farm. But that all changed when his rages became too much for his family to handle. He was diagnosed with mental illness at age ten and was eventually on the files of nine agencies and services – including residential placements. Despite all of this care, he committed suicide just after he turned 12. His parents are now calling for an inquest into his death. And they’re not alone.
TEEN SUICIDE INVESTIGATION
The National, CBC. 2012, 4 min.
Online: www.cbc.ca/player/play/2290480818

15-year-old Amanda Todd killed herself on Wednesday after years of bullying. Now her stories and others like it are forcing people to talk about a topic that is still largely taboo.