ABOUT

Biblio-Aidants® is a program of the Quebec Public Library Association. Close to 175 municipalities and corporations are members of the Quebec Public Library Association for a total of more than 318 service locations covering 84% of the Quebec population. Biblio-Aidants is available in more than 760 participating public libraries as well as associated health libraries throughout Quebec. Visit our website to see if your library participates in the program.

ACKNOWLEDGMENTS

Biblio-Aidants® is an initiative of the Charlemagne, L’Assomption and Repentigny libraries. The Quebec Public Library Association would like to thank these three cities for allowing it to extend the program to the rest of Quebec by transferring the copyright.

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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 2020 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

CAREGIVERS BOOKLET

This booklet is complementary to all booklets of the Biblio-Aidants Program. It highlights useful resources to support caregivers and health system users. The ressources selection takes into account a patient-partner approach that seeks to make health system users autonomous, thereby helping them to make their own informed choices.
OTHER BOOKLETS AVAILABLE

- Alzheimer’s Disease
- Autism Spectrum Disorder
- Bereavement
- Cancer
- Diabetes
- Heart Disease and Stroke
- Intellectual Disability
- Mental Health
- Multiple Sclerosis
- Palliative Care
- Parkinson’s Disease
- Physical Disability
- Pulmonary Disease
- Seniors and Aging
RESOURCE DIRECTORY
**ALCOHOLICS ANONYMOUS OF QUEBEC**

Toll free 1 877 790-2526  
Email aidecourriel@aa87.org  
Website https://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 (ANEB)**

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

ANEB 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. ANEB 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.

**ANEB Teen Corner**

Email info@anebados.com  
Website http://anebados.com/en/  
Text message 1 800 630-0904

ANEB designed a website specifically for teenagers, ANEB-ADOS, where they can find information on eating disorders, answers to their questions, and a list of helpful resources. Online discussion sessions are held regularly.
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. The AQPS offers a suicide prevention intervention line whose workers are available 24 hours a day, 7 days a week. Website in French.

ASSOCIATION QUÉBÉCOISE DES CENTRES D’INTERVENTION EN DÉPENDANCE (AQCID)

Phone 418 682-0051  
Email info@aqcid.com  
Website www.aqcid.com/en/

The AQCID forms a network of establishments specialized in long-term care which brings together community and private organizations in Quebec. The site allows you to search for organizations by region and type of services.

CANADIAN MENTAL HEALTH ASSOCIATION

Phone 416 646-5557  
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

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.aidejeu.ca/en/

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’ÂNÉS

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 www.naquebec.org/en/

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 info@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/

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.

SOCIÉTÉ QUÉBÉCOISE DE LA SCHIZOPHRÉNIE
Phone 514 251-4125
Toll free 1 866 888-2323
Email info@schizophrenie.qc.ca
Website www.schizophrenie.qc.ca

The SQS offers help, information, support, resources as well as accompaniment to people with schizophrenia and their loved ones. The different sections of the site will give you tools to better understand the disease, testimonials and links to other resources likely to help you.
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?

Keep an eye open! Information is shared very quickly, and false news travel just as fast. We should not always rely on content shared online, especially on social networks. You may find articles in which the information is false or exaggerated. It is therefore important to check the quality of information before you believe it and share it.
ASSOCIATION QUÉBÉCOISE DE PRÉVENTION DU SUICIDE

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 CAREGIVER NETWORK
https://thecaregivernetwork.ca

The Canadian Caregiver Network mission is to bring caregivers together to share their experiences. With Huddol, their social platform dedicated to caregivers, you can join a community committed to your well-being where you can exchange with professionals and others like you.

CANADIAN MENTAL HEALTH ASSOCIATION – MENTAL HEALTH
https://cmha.ca/document-category/mental-health

Information documents on various topics related to mental illness are available online for free.

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 ILLNESS & ADDICTION INDEX
www.camh.ca/en/health-info/mental-illness-and-addiction-index

Index providing reliable information about mental illness and addiction, including treatment and recovery.
COMPANION LEISURE CARD
www.aqlph.qc.ca/en/companion-leisure-card/

This website provides information regarding the Companion Leisure Card (CAL). This card gives free access (in participating institutions) to the companions of people aged 12 and older with a permanent disability and who require assistance. A permanent disability includes, but is not limited to, physical, intellectual, developmental and sensory disabilities, as well as 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.

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.

MOOD DISORDERS OF CANADA

https://mdsc.ca/

This page presents educational resources about different mood disorders. Look under the “Educate” tab to discover them.

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.

GOVERNMENT OF QUEBEC

Consumption of alcohol and other drugs, and gambling


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

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.
SOCIÉTÉ QUÉBÉCOISE DE LA SCHIZOPHRENIE – 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.

REGROUPEMENT DES AIDANTS NATURELS DU QUÉBEC (RANQ)

Publications

Taking care of yourself… while taking care of your loved one

Taking care of myself while taking care of others

REGROUPEMENT DES RESSOURCES ALTERNATIVES EN SANTÉ MENTALE DU QUÉBEC – ABOUT US
http://www.rrasmq.com/About_Us.php

You will find alternative resources that offer bilingual services on this RRASMQ website page as well as some gaining autonomy and medication management guides and articles.

#WHATISPDD
http://cestquoiletdp.ca/?lang=en

The awareness campaign for persistent depressive disorder (PDD) aims to raise awareness and recognition about this little-known mood disorder, which however affects up to 6% of the population.
Sources offering reliable and quality information about health and healthy lifestyle habits.

**GOVERNMENT OF CANADA – HEALTH**
www.canada.ca/en/services/health.html

Offers reliable, easy-to-understand health and safety information for Canadians.

**GOUVERNEMENT DU QUÉBEC – HEALTH**
www.quebec.ca/en/health/

Offers simple, practical and reliable information to help manage health problems and make better use of Quebec’s health services.

**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).
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**

www.ncbi.nlm.nih.gov/pmc

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)

To view the resources available in the BAnQ digital collection, log in first using your subscriber number and password for the library.

Guides and a selection of essential resources are available to help you find your way around on the platform: [http://numerique.banq.qc.ca/apropos/debuter.html](http://numerique.banq.qc.ca/apropos/debuter.html)
SKILLSOFT BOOKS WELL-BEING ESSENTIALS
http://numerique.banq.qc.ca/ressources/details/SOFT

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 (COMPENDIUM DES PRODUITS ET SPÉCIALITÉS PHARMACEUTIQUES EN LIGNE) / COMPENDIUM 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

YOUR BRAIN NEEDS A HUG: LIFE, LOVE, MENTAL HEALTH, AND SANDWICHES

Imbued with a sense of humor, understanding, and hope, Your Brain Needs a Hug is a judgment-free guide for living well with your mind. My Mad Fat Diary author Rae Earl offers her personalized advice on the A to Zs of mental health, social media, family and friendship. When she was a teenager, Rae dealt with OCD, anxiety, and an eating disorder, but she survived, and she thrived. Your Brain Needs a Hug is filled with her friendly advice, coping strategies and laugh-out-loud moments to get you through the difficult days. Witty, honest, and enlightening, this is the perfect read for feeling happier and healthier and learning to navigate life without feeling overwhelmed or isolated.

THE STRESSED YEARS OF THEIR LIVES: HELPING YOUR KID SURVIVE AND THRIVE DURING THEIR COLLEGE YEARS

From two leading child and adolescent mental health experts comes a guide for the parents of every college and college-bound student who want to know what’s normal mental health and behavior, what’s not, and how to intervene before it’s too late.

BENEATH THE SURFACE: A TEEN’S GUIDE TO REACHING OUT WHEN YOU OR YOUR FRIEND IS IN CRISIS

Depression and mental illness don’t discriminate. Even in the most picture-perfect life, confusion and turmoil are often lurking beneath the surface. For a teenager in a world where anxiety, depression, and other mental illnesses are commonplace, life can sometimes feel impossible. Whether or not you or someone you love is suffering from any of these issues, it’s important to be able to recognize the warning signs of mental illness and know where to turn for help.
MIND KIND: YOUR CHILD’S MENTAL HEALTH

Your Child’s Mental Health gives vital insight into the world of mental health and provides a value based system to help parents and caregivers to connect with their children and support them towards positive mental health and wellbeing. As a practising psychotherapist, Dr Joanna North is an expert in the field and has helped many parents to grow strong and healthy minds. Chapters are devoted to behaviour management; helping children through difficult times; and developing a “Mind Kind approach” to mental health conditions such as stress, anxiety and depression. Family break-ups, divorce and step-parenting receive special attention, while there is also a chapter dedicated to eating disorders and their link to mental health. In addition, Dr North addresses common parental misunderstandings about mental health and provides effective tools and strategies for every age and stage of childhood to create an environment that promotes positive mental wellbeing.

PROACTIVE PARENTING: HELP YOUR CHILD CONQUER SELF-DESTRUCTIVE BEHAVIOURS AND BUILD SELF-ESTEEM

The pressures faced by children and adolescents today are unprecedented, and the corresponding statistics around poor mental health deeply alarming. Behind every mental health issue, from addiction to ADHD, lies a host of underlying problems that need addressing but as a worried parent it’s hard to know where to focus. What do you do if your child struggles with anxiety? Is self-harming? Has developed an unhealthy relationship with eating, exercise, technology or alcohol? Proactive in approach, top addiction therapist Mandy Saligari provides the tools to help you identify and address the self-destructive patterns of behaviour, to stop them in their tracks. Her practical framework reveals how you can adapt your own behaviour and equip your child to develop emotional intelligence, resilience and self-esteem.
MIND EASING: THE THREE-LAYERED HEALING PLAN FOR ANXIETY AND DEPRESSION

Today more than ever, everyone must be her or his own healer, and this is especially true in the management of anxiety and depression. In the first major conceptual leap in mental health care in forty years, Mind Easing’s Three-Layered Healing Plan harmonizes wellness approaches, therapy, and, when needed, medicine into a safe and effective plan tailored to the needs and wishes of the individual.

Also available on pretnumerique.ca

ARE U OK? A GUIDE TO CARING FOR YOUR MENTAL HEALTH

This book walks readers through the most common questions about mental health and the process of getting help – from finding the best therapist to navigating harmful and toxic relationships and everything in between.

Also available on pretnumerique.ca

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 CRises

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

**RUNNING IS MY THERAPY: RELIEVE STRESS AND ANXIETY, FIGHT DEPRESSION, DITCH BAD HABITS, AND LIVE HAPPIER**


For those struggling with depression and anxiety, a consistent running routine can enhance the mental-health benefits of talk therapy, antidepressants, and cognitive behavioral therapy. The key to running’s therapeutic power lies in its lasting physiological effects, inducing changes in brain structure and chemistry that other forms of exercise don’t—including the best mood boost in all of sports, thanks to the body’s release of natural pain-relievers.

**LOST CONNECTIONS: UNCOVERING THE REAL CAUSES OF DEPRESSION – AND THE UNEXPECTED SOLUTIONS**


Johann Hari went on a forty-thousand-mile journey across the world to interview the leading experts about what causes depression and anxiety, and what solves them. He learned there is scientific evidence for nine different causes of depression and anxiety—and that this knowledge leads to a very different set of solutions: ones that offer real hope.

**THIS IS YOUR BRAIN ON DEPRESSION: CREATING YOUR PATH TO GETTING BETTER**


A straightforward, accessible guide to understanding and treating 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

BIRTH WITHOUT FEAR

An empowering, inclusive guide to pregnancy, childbirth, and postpartum life that puts mothers first – not a particular philosophy or agenda – and offers passionate and straightforward guidance on the issues that matter most to them, so that they can have the kind of parenting experience they desire.
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.

BECOMING SUPER WOMAN: A SIMPLE 12-STEP PLAN TO GO FROM BURNOUT TO BALANCE

Is working like crazy driving you crazy? Do you feel daily pressure to keep pushing yourself even when you’re stressed and exhausted? It’s time to stop putting yourself at the bottom of every to-do list and start taking care of yourself first. It’s time to leave Superwoman in the movies, where she belongs, and say hello to being a super woman – the best, most productive version of the hero you already are.

PAUSE: HARNESING 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 mindfulness 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)

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

Bipolar disorder is a lifelong challenge – but it doesn’t have to rule your life. Find the science-based information you need in the revised third edition of this indispensable guide. Trusted authority Dr. David J. Miklowitz shares proven strategies for managing your illness or supporting a loved one with the disorder. Learn specific steps to cope with mood episodes, reduce recurrences, avoid misdiagnosis, get the most out of treatment, resolve family conflicts, and make lifestyle changes to stay well. Updated throughout, the third edition has a new chapter on kids and teens; the latest facts on medications and therapy, including important advances in personalized care; and expanded coverage of the bipolar II subtype. It features boxes on complementary and alternative treatments and provides downloadable practical tools.
DEFYING THE VERDICT: MY BIPOLAR LIFE

During her final semester of college, Charita Brown suffered a psychotic episode frighteningly reminiscent of her grandmother’s own breakdown and subsequent hospitalization. Afterward, she was diagnosed with an extreme form of bipolar disorder. Vowing to remain honest, Charita details her struggle after her diagnosis – a life full of love, hope, and success.

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.

Addiction (alcohol, drugs, gambling, new technologies)

DRUG ADDICTION RECOVERY

Covering everything those recovering from addiction might need to know, including the need to grieve, coping with depression and shame, and spiritual wellbeing, it also offers a number of guided meditations as well as a variety of different exercises.

THE COMPLETE FAMILY GUIDE TO ADDICTION: EVERYTHING YOU NEED TO KNOW NOW TO HELP YOUR LOVED ONE AND YOURSELF

The purpose of this book is to explain addiction and to help families and friends to deal with it successfully. People who are struggling with addiction can also use this book to understand their situation and the resources that are available to help them. And people who are wondering if they might have an addiction can use it to get a better sense of the nature and depth of their potential problem.
BUZZED: THE STRAIGHT FACTS ABOUT THE MOST USED AND ABUSED DRUGS FROM ALCOHOL TO ECSTASY

The fifth edition of the essential, accessible source for understanding how drugs work and their effects on body and behavior. With nearly a quarter of a million copies sold in its four previous editions, Buzzed is now revised and updated with the most recent discoveries about drugs. It includes new information about biological and behavioral changes from addiction, the prescription-drug-abuse epidemic, distinctive drug effects on the adolescent brain, and trends from opioids to e-cigarettes to marijuana, both natural and synthetic.

ADDICTION, ATTACHMENT, TRAUMA, AND RECOVERY: THE POWER OF CONNECTION

Addiction, Attachment, Trauma, and Recovery presents a model, a method, and a mandate. This new focus calls for change in the established ways we think and behave about addiction and recovery. It reorients understanding and clinical practice for mental health and addiction counselors, psychologists, and social workers, as well as for addicts and those who love them.

FREEDOM FROM FAMILY DYSFUNCTION: A GUIDE TO HEALING FAMILIES BATTLING ADDICTION OR MENTAL ILLNESS

The headlines ring with stories of opioid addiction and overdose. Parents complain about their children’s screen addiction, law enforcement decries the flood of fentanyl, scores of Americans overdose and die daily, and teen alcohol poisoning and marijuana-induced psychosis rates continue to rise. Disabling depression and anxiety are diagnosed at alarming rates in families across the country. Now, more than ever, families struggle to live with, care for, and protect their family members suffering with addiction or mental illness. Kenneth Perlmutter, a California psychologist with 30-plus years in the field, has written Freedom from Family Dysfunction specifically for family members who love someone battling addiction or mental illness who want to break the cycles of codependency and relapse plaguing their dysfunctional systems. The combination of compelling vignettes, lively dialogues, and step-by-step instructions makes this guidebook an indispensable tool for the parents, partners, adult children, and the clinicians who treat them, to heal the powerlessness, pain, and impossibility of life with someone they’ve been trying to help, sometimes for decades.
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

EMOTIONAL DETOX FOR ANXIETY: 7 STEPS TO RELEASE ANXIETY AND ENERGIZE JOY

Most of us view a detox as a physical experience, but what we don’t realize is that it’s not just our physical bodies that need to be cleansed in order to return to a healthy state. When we’re unable to process our stress and worries, they can become toxic to ourselves and those around us. Wellness expert and author of Emotional Detox, Sherianna Boyle modifies the revolutionary C.L.E.A.N.S.E method to guide you through the 7 steps to a successful anxiety detox. The 7 steps include: Clear, Look Inward, Emit, Activate Joy, Nourish, Surrender, and Ease.

Also available on prenumerique.ca
OWN YOUR ANXIETY: 99 SIMPLE WAYS TO CHANNEL YOUR SECRET EDGE

Author and anxiety coach Julian Brass helps people all over the world own anxiety by guiding them toward empowering, natural tools to redirect that raw, disruptive emotion into positive action. These tools, which are the foundation of his Own Anxiety method, lead to a redefined relationship with anxiety, taking it from negative and debilitating to positive and facilitative. Rather than trying to fight it, Brass encourages readers to consider anxiety a gift. Personal, personable, and highly motivating, the book offers practical lessons to overcome the effects of anxiety by owning it in three key areas of body, mind, and soul.

UNDERSTANDING TEENAGE ANXIETY: A PARENT’S GUIDE TO IMPROVING YOUR TEEN’S MENTAL HEALTH

This book is a product of a combination of three very different perspectives: those of the anxious teen, the parent, and the therapist. We need to understand what we’ve created in terms of our current society to gain proper insight on why we’re seeing increasingly rising levels of anxiety in our teenagers.

Also available on pretnumerique.ca

UNDER PRESSURE: CONFRONTING THE EPIDEMIC OF STRESS AND ANXIETY IN GIRLS

In the same engaging, anecdotal style and reassuring tone that won over thousands of readers of her first book, Untangled, Damour starts by addressing the facts about psychological pressure. Surprisingly, she explains the underappreciated value of stress and anxiety — that stress can helpfully stretch us beyond our comfort zones and anxiety can play a key role in keeping girls safe. When we emphasize the benefits of stress and anxiety we can help our daughters take them in stride. But no one wants their girl to suffer from emotional overload, so Damour then turns to the many facets of their lives where tension takes hold: their interactions at home, pressures at school, social anxiety among other girls and among boys, and on social media. As readers move through the layers of girls’ lives, they’ll learn about the critical steps that adults can take to shield their daughters from the toxic pressures to which our culture — including we, as parents.
UNDERSTANDING ANXIETY

Anxiety is a very common problem that can affect our daily lives and well-being. It is a mental health concern that can affect both children and adults. The good news is that anxiety is highly treatable. Readers of this informative book will learn about anxiety disorders, how anxiety affects the body, and how it can be treated. Full-color photographs and fact boxes illustrate important points. This straightforward text helps readers understand complicated mental health issues, and helps readers appreciate the importance of mental health.

OWN IT: MAKE YOUR ANXIETY WORK FOR YOU

In Own It, Caroline shares her hard-earned knowledge and kick-*ss strategies, including: A panic attack rescue guide; The Assess & Address technique (how to get to the root of the problem); The brain chemistry behind anxiety (and how to outsmart it); How to break down the negativity bias. Drawing on her lived experience, plus insights from mental-health professionals, Caroline will help you ditch your fear and anxiety – and own it!

THE ANTI-ANXIETY DIET COOKBOOK: STRESS-FREE RECIPES TO MELLOW YOUR MOOD

Make meals that soothe, nourish, and satisfy all at once! You probably already know that the foods you eat can alter your brain chemistry and, in turn, affect your moods and emotions. But how can you take control of the process instead of having it control you? The Anti-Anxiety Diet Cookbook features over 75 tasty recipes that will reduce inflammation, strengthen your gut, and nourish your body, all while helping balance your mood and emotions. Author Ali Miller, dietitian and food-as-medicine guru, serves up a wide variety of new and delicious meals that follow a ketogenic, low-carb approach to addressing anxiety. With beautiful full-color photographs and easy-to-follow step-by-step instructions, you’ll be eating your way to calm in no time!.

Also available on pretnumerique.ca
HOW TO HEAL YOURSELF FROM ANXIETY WHEN NO ONE ELSE CAN

A go-at-your-own-pace approach full of hands-on techniques for healing the roots of anxiety by changing harmful beliefs, calming your body, and releasing old emotional energy that holds you back. Utilizing the author’s self-created techniques, as well as her own version of tapping and the popular Emotional Freedom Technique (EFT) you will learn how to let go of unresolved emotional baggage so that you can become the healthiest, most relaxed and lighthearted version of yourself.

EVERYTHING ISN’T TERRIBLE: CONQUER YOUR INSECURITIES, INTERRUPT YOUR ANXIETY, AND FINALLY CALM DOWN

Licensed therapist and mental health writer Dr. Kathleen Smith offers a smart, practical antidote to our anxiety-ridden times. Everything Isn’t Terrible is an informative and practical guide – featuring a healthy dose of humor – for people who want to become beacons of calmness in their families, at work, and in our anxious world. Everything Isn’t Terrible will inspire you to confront your anxious self, take charge of your anxiety, and increase your own capacity to choose how you respond to it.

YOU ARE NOT A ROCK: A STEP-BY-STEP GUIDE TO BETTER MENTAL HEALTH (FOR HUMANS)

Having struggled with serious mental illness for many years himself, Mark Freeman has become a dedicated mental-health advocate and coach. With wit, compassion and depth of experience and anecdotes, he shows that we can recover from many mental disorders, from mild to very serious, at all ages and stages of life, and even if other methods have failed.
**BIRDS OF A FEATHER: A TRUE STORY OF HOPE AND THE HEALING POWER OF ANIMALS**

Lorin Lindner and Elizabeth Butler-Witter.

The author traces her unlikely founding of Serenity Park, a sanctuary for rescued parrots and veterans with PTSD, describing how her observation of the deep bonds that birds are capable of forming gave her the idea to establish a beneficial therapy practice for traumatized veterans.

**HOW NOT TO FALL APART: LESSONS LEARNED ON THE ROAD FROM SELF-HARM TO SELF-CARE**

Maggy van Eijk.

This is a book about what it’s like to live with anxiety and depression, panic attacks, self-harm and self-loathing – and it’s also a hopeful roadmap written by someone who’s been there and is still finding her way.

**FIRST, WE MAKE THE BEAST BEAUTIFUL: A NEW JOURNEY THROUGH ANXIETY**

Sarah Wilson.
New York: Dey Street, an imprint of William Morrow, 2018, 312 p.

This book challenges cultural beliefs about anxiety from the perspectives of medical and spiritual leaders to explore how the condition needs to be viewed less as a burdensome affliction and more as a source of divine growth.

*Also available on pretnumerique.ca*

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

Daniel P. Keating.

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

HANGER MANAGEMENT: MASTER YOUR HUNGER AND IMPROVE YOUR MOOD, MIND, AND RELATIONSHIPS

One minute you’re going about your day, and a few seconds later you’re a snappy, illogical version of yourself. It’s hanger – hungry-anger. When we forget to eat – or accidentally overeat – hunger can make us angry, unreasonable, and dull, with big impacts on our emotional and psychological well being. And hanger can become a cycle. Albers sheds light on the causes of hanger, so you can make better decisions about food. She also shares tips to help you stay on top of your hunger cues, so you’ll become happier – and healthier – for life.

LOVING SOMEONE WITH AN EATING DISORDER:
UNDERSTANDING, SUPPORTING, AND CONNECTING WITH YOUR PARTNER

InLoving Someone With an Eating Disorder, you’ll find valuable information about eating disorders, diagnostic categories, and common misconceptions. You’ll also learn about the importance of self-care and boundaries for yourself, and find writing and perspective-taking exercises to help you gain a greater understanding of your partner’s struggle. You’ll also learn skills to help you address specific problems, such as managing groceries and meals together, sex and intimacy issues, and concerns about parenting.
**THE RECOVERY MAMA GUIDE TO YOUR EATING DISORDER RECOVERY IN PREGNANCY AND POSTPARTUM**


The upheaval of pregnancy and new motherhood can often trigger a relapse for women recovering from eating disorders, or contribute to their development. This book supports pregnant women and new mothers struggling with changing body image, eating disorders, postpartum depression or perinatal anxiety.

**YOU ARE ENOUGH**


This self-help guide for young readers delivers real talk about eating disorders and body image; tools and information for recovery; and suggestions for dealing with the media messages that contribute so much to disordered eating, written in an easy-to-understand, conversational way.

🌐 Also available on pretnumerique.ca

**FOOD JUNKIES: RECOVERY FROM FOOD ADDICTION**


What exactly is food addiction? Is it possible to draw a hard line between indulging cravings for “comfort food” and engaging in substance abuse? For people struggling with food addictions, recognizing their condition remains a frustrating battle. Food Junkies offers practical information grounded in medical science while putting a face to the problems of food addiction, serving as a knowledgeable and friendly guide on the road to food serenity. This newly revised and expanded second edition brings the latest research and practical strategies for people facing the complicated challenges of eating disorders and addictions, offering an affirming and manageable path to healthy and sustainable habits.

**WHEN YOUR TEEN HAS AN EATING DISORDER**


If you have a teen with an eating disorder, such as anorexia, bulimia or binge eating, you may feel powerless, worried or uncertain about how you can best support them on the road to recovery. Grounded in evidence-based strategies, this book will help give you the confidence you need to help your teen make healthy choices and heal in body and mind.
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

THE BORDERLINE PERSONALITY DISORDER WORKBOOK: AN INTEGRATIVE PROGRAM TO UNDERSTAND AND MANAGE YOUR BPD

With this compassionate workbook, you’ll gain a greater understanding of your BPD, uncover your own emotional triggers, and discover your own personal motivators for positive change. Your BPD has determined how you see and live your life, but it doesn’t have to define you forever. With this workbook as your guide, you’ll be ready to face your diagnosis head-on, and take those important first steps toward lasting wellness.

BORDERLINE PERSONALITY DISORDER DEMYSTIFIED: AN ESSENTIAL GUIDE FOR UNDERSTANDING AND LIVING WITH BPD

For those who have been diagnosed and those who think they may have the illness, and for the family and friends who love and support them, this book illuminates new information and points the way to an ever more hopeful future.

Also available on pretnumerique.ca

TALKING TO A LOVED ONE WITH BORDERLINE PERSONALITY DISORDER

People with BPD often feel anger, pain, and hurt from a history of invalidation and disappointment, and their difficulty in regulating emotions can lead to moments of lashing out that can confuse and upset those around them. If you have a loved one with BPD, you need real, proven-effective strategies to help you navigate the intense emotions and conflict that can arise in daily interactions and conversations.
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

SURVIVING SCHIZOPHRENIA: A FAMILY MANUAL


In clear language, this much-praised and important book describes the nature, causes, symptoms, treatment, and course of schizophrenia and also explores living with it from both the patient’s and the family’s point of view. This new, completely updated seventh edition includes the latest research findings on what causes the illness, as well as information about the newest drugs for treatment, and answers the questions most often asked by families, consumers, and providers.

Also available on pretnumerique.ca

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 as 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

**HOW I STAYED ALIVE WHEN MY BRAIN WAS TRYING TO KILL ME: ONE PERSON’S GUIDE TO SUICIDE PREVENTION**


In *How I Stayed Alive When My Brain Was Trying to Kill Me*, Susan Blauner is the perfect emissary for a message of hope and a program of action for these millions of people. A survivor of multiple suicide attempts, she explains the complex feelings and fantasies that surround suicidal thoughts. In a direct, nonjudgmental, and loving voice, she offers affirmations and suggestions for those experiencing life-ending thoughts, and for their friends and family.

[Also available on pretnumerique.ca](http://pretnumerique.ca)

**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.
Dissociative complex disorders

PERSONALITY DISORDERS: ELEMENTS, HISTORY, EXAMPLES, AND RESEARCH

Personality Disorders systematically explores 10 personality disorders. Each chapter presents a comprehensive and in-depth picture of a particular disorder and its effects, not only on those who suffer from it but also on family, friends, and colleagues as well as the community at large. Chapters focus on important parameters such as symptoms, diagnosis, incidence, history, development, causes, effects, and costs. Relevant case histories and Up Close sections illustrate how the disorder may manifest in different environments and reveal how the disorder can affect a person’s interactions within society, at work, and in personal relationships. Research and theories about each particular disorder are also included. Every chapter closes with a discussion of various treatment approaches and a brief list of references, providing for a meaningful presentation for readers at the undergraduate student level and beyond.
General works

WE’VE BEEN TOO PATIENT: VOICES FROM RADICAL MENTAL HEALTH

Overmedication, police brutality, electroconvulsive therapy, involuntary hospitalization, traumas that lead to intense altered states and suicidal thoughts: these are the struggles of those labeled “mentally ill.” While much has been written about the systemic problems of our mental-health care system, this book gives voice to those with personal experience of psychiatric miscare often excluded from the discussion, like people of color and LGBTQ+ communities. It is dedicated to finding working alternatives to the “Mental Health Industrial Complex” and shifting the conversation from mental illness to mental health.

HEADCASE: LGBTQ WRITERS & ARTISTS ON MENTAL HEALTH AND WELLNESS

A provocative collection of texts and artwork by mental health consumers and providers alike, Headcase: LGBTQ Writers & Artists on Mental Health and Wellness breaks new ground in documenting issues in LGBTQ mental health care with superbly written and powerfully rendered personal and political stories and images.

LIFE INSIDE MY MIND: 31 AUTHORS SHARE THEIR PERSONAL STRUGGLES

Thirty-one young adult authors share their own struggles with mental illness, ranging from such topics as neurodiversity and addiction to OCD and PTSD.
(DON'T) CALL ME CRAZY: 33 VOICES START THE CONVERSATION ABOUT MENTAL HEALTH

Thirty-three writers, athletes, and artists offer essays, lists, comics, and illustrations that explore their personal experiences with mental illness, how we do and do not talk about mental health, help for better understanding how every person's brain is wired differently, and what, exactly, might make someone crazy.

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 SCAR: A PERSONAL HISTORY OF DEPRESSION AND RECOVERY

A graceful and penetrating memoir interweaving the author’s descent into depression with a medical and cultural history of this illness.
HELLO! I WANT TO DIE, PLEASE FIX ME: DEPRESSION IN THE FIRST PERSON

Award-winning journalist Anna Mehler Paperny’s stunning memoir chronicles with courageous honesty and uncommon eloquence her experience of depression and her quest to explore what we know and don’t know about this disease that afflicts almost a fifth of the population – providing an invaluable guide to a system struggling to find solutions. As fascinating as it is heartrending, as outrageously funny as it is serious, it is a must-read for anyone impacted by depression – and that’s pretty much everybody.

OUT OF THE WOODS

After the disintegration of the most significant relationship of his life, the demons Luke Turner has been battling since childhood are quick to return – depression and guilt surrounding his identity as a bisexual man, experiences of sexual abuse, and the religious upbringing that was the cause of so much confusion. It is among the trees of London’s Epping Forest where he seeks refuge. But once a place of comfort, it now seems full of unexpected, elusive threats that trigger twisted reactions.

DEPRESSION: THE COMEDY

Comedians live by the mantra tragedy + time = comedy – hence Jessica Holmes’s new memoir about depression, “the cold sore of the mind.” She takes us on her journey – sometimes laugh-out-loud, sometimes cringe-worthy – from successful performer to someone who was basically living the life of a house cat.
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 – inextricably 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.

**BODY FULL OF STARS: FEMALE RAGE AND MY PASSAGE INTO MOTHERHOOD**  

As she undergoes several unexpected health issues after the birth of her first child and while she and her husband navigate the ups and downs of new parenthood, Molly Caro May moves between shock, sadness, and anger over her body’s betrayal. She finally identifies the root of her struggle as premenstrual dysphoric disorder and so begins her exploration of what she calls female rage. The process leads May to an overdue conversation with her body in an attempt to balance the physical changes she experiences with the emotional landscape opening up before her.

**THINGS THAT HELPED: ON POSTPARTUM DEPRESSION**  

This book is a memoir in essays, detailing the Australian writer Jessica Friedmann’s recovery from postpartum depression. In each essay she focuses on a separate totemic object – from pho red lips to the musician Anohni – to tell a story that is both deeply personal and culturally resonant.
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)

A HOUSE ON STILTS: MOTHERING IN THE AGE OF OPIOID ADDICTION

Paula Becker’s son Hunter was raised in a safe nurturing home by his writer/historian mom and his physician father. He was a bright curious child. And yet, addiction found him. More than 2.5 million Americans are addicted to opioids, some half-million of these to heroin. For many of them — for Hunter — their drug addiction leads to lives of demoralization, homelessness, and constant peril. For parents — for Paula — a child’s addiction upends family life, catapulting them onto a path no longer prescribed by Dr. Spock, but by Dante’s Inferno. A House on Stilts recounts Hunter’s headlong rush into drug addiction, its shattering impact on his family, and Paula’s determination to shield Hunter’s younger siblings from the maelstrom into which his addiction thrusts them all. Paula and her husband desperately fight to help their son, fearing for his life, grieving the loss of the boy they thought they knew. Within this ten-year crucible, Paula is transformed by an excruciating, inescapable truth: the difference between what she can do (love her son) and what she cannot do (save him).
MY LIFE ON THE LINE: HOW THE NFL DAMN NEAR KILLED ME, AND ENDED UP SAVING MY LIFE

Ryan O’Callaghan’s plan was always to play football and then, when his career was over, kill himself. Growing up in a politically conservative corner of California, the not-so-subtle messages he heard as a young man from his family and from TV and film routinely equated being gay with disease and death. Letting people in on the darkest secret he kept buried inside was not an option: better death with a secret than life as a gay man. As a kid, Ryan never envisioned just how far his football career would take him. He was recruited by the University of California, Berkeley, where he spent five seasons, playing alongside his friend Aaron Rodgers. Then it was on to the NFL for stints with the almost-undefeated New England Patriots and the often-defeated Kansas City Chiefs. Bubbling under the surface of Ryan’s entire NFL career was a collision course between his secret sexuality and his hidden drug use. When the league caught him smoking pot, he turned to NFL-sanctioned prescription painkillers that quickly sent his life into a tailspin. As injuries mounted and his daily intake of opioids reached a near-lethal level, he wrote his suicide note to his parents and plotted his death. Yet someone had been watching. A member of the Chiefs organization stepped in, recognizing the signs of drug addiction. Ryan reluctantly sought psychological help, and it was there that he revealed his lifelong secret for the very first time.

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.

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**Anxiety disorders**

**BECAUSE WE ARE BAD: OCD AND A GIRL LOST IN THOUGHT**  

As a child, Lily knew she was bad. By the age of 13, she had killed someone with a thought, spread untold disease, and spied on her friends. Only by performing a series of secret routines could she correct her wrongdoing. But it was never enough. She had a severe case of Obsessive-Compulsive Disorder, and it ruled her life.

Also available on pretnumerique.ca

**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

**DRAWBRIDGE: DRAWING ALONGSIDE MY BROTHER’S SCHIZOPHRENIA**


How do you establish trust and meaningful connection with a sibling who suffers from schizophrenia? In a desperate attempt to rekindle her relationship with her estranged brother Steve, Joan takes him to art therapy classes at the Art Studios, part of the Vancouver Recovery Through Art program. This marks the beginning of a remarkable journey into the healing power of art.
THE EDGE OF EVERY DAY: SKETCHES OF SCHIZOPHRENIA

Against the starkly beautiful backdrop of Anchorage, Alaska, where the author grew up, Marin Sardy weaves a fearless account of the shapeless thief – the schizophrenia – that kept her mother immersed in a world of private delusion and later manifested in her brother, ultimately claiming his life.

THE COLLECTED SCHIZOPHRENIAS: ESSAYS

Opening with the journey toward her diagnosis of schizoaffective disorder, Wang discusses the medical community’s own disagreement about labels and procedures for diagnosing those with mental illness, and then follows an arc that examines the manifestations of schizophrenia in her life. In essays that range from using fashion to present as high-functioning to the depths of a rare form of psychosis, and from the failures of the higher education system and the dangers of institutionalization to the complexity of compounding factors such as PTSD and Lyme disease, Wang’s analytical eye, honed as a former lab researcher at Stanford, allows her to balance research with personal narrative.

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

**NOBODY EVER TALKS ABOUT ANYTHING BUT THE END**

In November of 2016, Liz Levine’s younger sister, Tamara, reached a breaking point after years of living with mental illness. In the dark hours before dawn, she sent a final message to her family and committed suicide. In **Nobody Every Talks About Anything But the End**, Liz weaves the story of what happened to Tamara with another significant death – that of Liz’s childhood love, Judson, to cancer. This account of life and loss – inventively told in the form of the alphabet – is haunting and bittersweet, heartbreaking yet often hilarious. With appealing honesty, Liz writes about her relationship with Judson, Tamara’s increasingly bizarre outbursts, the conflicts that arise in a family of challenging personalities and multiple religions, and how death casts a long shadow. In doing so, she exposes the raw and uncomfortable truths about grief and mourning that we often shy away from — and almost never share with others. And she reveals how, in the midst of death, life — with all its messy complications — must also be celebrated.

Also available on pretnumerique.ca

**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.
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.

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**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.

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**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?
Anxiety disorders

**WHAT IF?**

Josh Baker isn’t sure why his brain tells him to do things that other people don’t need to do: checking his locker again and again, counting cracks in ceilings, and always needing to finish a song, for starters. He is a talented drummer, a math genius, and he knows everything about rock and roll. Yet, he knows his problems have the power to hurt his family and make him fail at school. When Josh is diagnosed with OCD, it’s a blessing and a curse. Can he overcome his thoughts, or will they break him?

**ME, MYSELF AND THEM**

Struggling to cope with a tragic loss, Denis Murphy has, for the past seven years, learned to live differently. His friends are used to his strict routines, like ironing his socks and lighting his fireplace every Sunday (even in the summer). His forlorn mother puts up with his strange “no touching” antics, even though all she wants is a hug from her son. Really, the only problem is the four monsters he has for roommates. This ragtag bunch run his life, determined to create chaos in his orderly world.

Bipolar disorder (manic depression)

**ROSIE COLORED GLASSES**

Rex is serious and unsentimental and tapes checklists of chores on Willow’s bedroom door. Rosie is sparkling and enchanting and meets Willow in their treehouse in the middle of the night to feast on candy. After Rex and Rosie’s divorce, Willow finds herself navigating their two different worlds. She is clearly under the spell of her exciting, fun-loving mother. But as Rosie’s behavior becomes more turbulent, the darker underpinnings of her manic love are revealed.
**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

**WHEN ELEPHANTS FLY**
**Nancy Richardson Fischer.** Toronto: Harlequin Teen, 2018, 380 p.

Lily Decker is a high school senior with a twelve-year plan: avoid stress, drugs, alcohol and boyfriends, and take regular psych quizzes administered by her best friend, Sawyer, to make sure she’s not developing schizophrenia. Genetics are not on Lily’s side. When she was seven, her mother, who had paranoid schizophrenia, tried to kill her. And a secret has revealed that Lily’s odds are even worse than she thought.
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

THAT NIGHT

Hailey is determined to find out all she can about her boyfriend’s suicide last year. She knows Declan wouldn’t kill himself, even if she can’t remember a lot of what lead up to that fateful night. Kane, Declan’s stepbrother and Hailey’s best friend, wants to move past what happened, not dig up bad memories. But the more Hailey searches for information, the more she remembers. Now the truth is unveiling secrets that have the possibility of ruining everything.

THE TEACHER

No one knew the story of Elsa Weiss. She was a respected English teacher at a Tel Aviv high school, but she remained aloof and never tried to befriend her students. No one ever encountered her outside of school hours. She was a riddle, and yet the students sensed that they were all she had. When Elsa killed herself by jumping off the roof of her apartment building, she remained as unknown as she had been during her life. Thirty years later, the narrator of the novel, one of her students, decides to solve the riddle of Elsa Weiss. Expertly dovetailing explosive historical material with flights of imagination, the novel explores the impact of survivor’s guilt and traces the footprints of a Holocaust survivor who did her utmost to leave no trace. Ben-Naftali’s The Teacher takes us through a keenly crafted, fictional biography for Elsa – from childhood through adolescence, from the Holocaust to her personal aftermath – and brings us face to face with one woman’s struggle in light of one of history’s great atrocities.
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)

**ROCK STEADY: BRILLIANT ADVICE FROM MY BIPOLAR LIFE**  

Sequel/companion book to Forney’s 2012 best-selling graphic memoir, *Marbles: Mania, Depression, Michelangelo, and Me.* Whereas her previous book was a memoir about her bipolar disorder, this book turns the focus outward, offering a self-help guide of tips, tricks and tools by someone who has been through it all and come through stronger for it.

**CHLORINE GARDENS**  

Dealing with pregnancy, child-rearing, art-making, mental illness, and an MS diagnosis, the parts of Chlorine Gardens’ sum sound heavy, but Keiler Roberts’ gift is the deft drollness in which she presents life’s darker moments. She doesn’t whistle past graveyards, but rather finds the punch line in the pitiful.

**SUNBURNING**  

In an era where personal lives are meticulously curated and presented, Keiler 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

HARDCORE ANXIETY: A GRAPHIC GUIDE TO PUNK ROCK AND MENTAL HEALTH

Punk rock and mental health have been intertwined since the very beginning. Nervous breakdowns, anxiety, seeking acceptance, attempting to overcome internalized demons, and reacting to harmful and oppressive systems—punk rock embodies and emboldens all our feelings and experiences, positive and negative. Hardcore Anxiety charts and tracks punk movements from the 70s till today, from small towns to stadiums, from the struggles in our heads to the people actively harming us in our communities. Told from the point of view of a young man discovering punk and working through mental illness in Evansville, Indiana, this stunning nonfiction graphic novel gives punks the most important advice of all: “You aren’t alone. You’re going to make it through alive.”

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

**MAMA’S CLOUD**
Jessica Williams. [Saskatchewan]: All Write Here Publishing, 2018, 26 p.

“Mama is the most wonderful and magical person in the world, but when a dark cloud settles over her, her inner magic seems to disappear. There must be something that can make the cloud vanish, but what?”

**AGES 3 TO 7**

**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.
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.

SMALL THINGS

An empowering wordless graphic picture book that gets to the heart of a young boy’s anxiety and opens the way for dialogue about acceptance, vulnerability, and the universal experience of worry.

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.
DARIUS THE GREAT IS NOT OKAY

Clinically-depressed Darius Kellner, a high school sophomore, travels to Iran to meet his grandparents, but it is their next-door neighbor, Sohrab, who changes his life.

AGES 12 TO 17

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?

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.

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

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.

POINT OF VIEW  
From the first time he accidentally saw pornography online, Lucas, now sixteen, has been addicted and as he sets out on the road to recovery, he helps mend his family, as well.
Anxiety disorders

**ANXIOUS CHARLIE TO THE RESCUE**


Charlie did everything the same, every day. He was afraid something bad would happen if he didn’t. When an emergency disrupts his routine, Charlie discovers that sometimes change can lead to something wonderful.

**THE WORRY BOX**


Murry Bear has so many worries! Luckily, his sister, Molly, knows just what to do. She tells him about her worry box. “When I’m worried about something,” she says, “I write it down, then put it inside.” Then Molly offers to help make one for Murray, and he takes it on their journey to the waterfall – but will it really help?

**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.
THE PLAYGROUND PROBLEM: A BOOK ABOUT ANXIETY

Ruby feels anxious about her show and tell presentation. But when she discovers that Joey is having a hard time at lunch, it’s up to Ruby to use her SEN Superpowers to cheer him up. Will it help ease her own anxiety too? SEN Superpowers: The Playground Problem explores the topic of anxiety with an empowering story and adorable illustrations.

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.

WHAT TO DO WHEN YOU WORRY TOO MUCH: A KID’S GUIDE TO OVERCOMING 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.
HARRIET’S MONSTER DIARY: AWFULLY ANXIOUS (BUT I SQUISH IT, BIG TIME)

Meet Harriet, a lovable monster who is just sick at the thought of giving a report in front of her class! Her heart pounds, her chest gets tight, and her stomach twists in painful knots. She can’t even bear to get started on it! What is she going to do?

AGES 7 TO 11

WHAT TO DO WHEN MISTAKES MAKE YOU QUAKE: A KID’S GUIDE TO ACCEPTING IMPERFECTION

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.

AGES 8 TO 11

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.

AGES 8 TO 12
**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.

**OUTSMARTING WORRY: AN OLDER KID’S GUIDE TO MANAGING ANXIETY**

This book teaches older kids and the adults who care about them a specific set of skills that makes it easier to face — and overcome — worries and fears. Practical techniques are presented in language immediately accessible to children with an emphasis on shifting from knowing to doing, from worried to happy and free.
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.

LET’S CALL IT A DOOMSDAY  

Ellis Kimball, sixteen, whose anxiety disorder causes her to prepare for the imminent end of the world, meets Hannah, who claims to know when it will happen.

Also available on pretnumerique.ca
PAPER GIRL

This book is about a girl, Zoe, who is agoraphobic and doesn’t want to leave her house. She likes to craft and play chess, but since she never leaves her home, she is missing out on a normal teenager life. When her mom hires a tutor, Jackson, she befriends him and finds out that Jackson has a secret too.

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 it’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.

NOT HUNGRY

June is fat. June also has an eating disorder, but no one sees. When she doesn’t eat, her friends and family think they see a fat girl on a diet, not someone starving herself. When June’s secret is found out by Toby, the new boy next door, she is panicked. Then she learns he also has a secret. Everyone has their own little lies.
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

**WHERE THE WATERMELONS GROW**  

Twelve-year-old Della Kelly of Maryville, North Carolina, tries to come to terms with her mother’s mental illness while her father struggles to save the farm from a record-breaking drought.

🔗 Also available on prenumerique.ca

**NICK AND JUNE WERE HERE**  

Told in two voices, Nick, a sometimes artist who steals cars to support his aunt, and June, who has been hiding her symptoms of schizophrenia, run away together.

**WHEN WE COLLIDED**  
Emery Lord. New York: Bloomsbury, 2016, 344 p

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 wagers 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**

**THE SURVIVAL LIST**

Sloane Weber is devastated when her older sister dies by suicide. Talley was a bright light who made everyone want to step closer. Why had she made that unthinkable choice? The only clue Talley left behind for Sloane is a puzzle – a list of random places and names, along with the phone number of a boy named Adam, who lives in California and claims he didn’t know Talley.

Also available on pretnumerique.ca
ON A SCALE OF 1 TO 10

Tamar is admitted to Lime Grove, a psychiatric ward for teenagers, where the psychologists ask her endless questions. How did the self-harming start? Will you tell us what happened? How do you feel, on a scale of one to ten? But there’s one question Tamar can’t – won’t – answer: What happened to her friend Iris? A uniquely powerful, devastating novel of friendship, fragility and forgiveness. Contains scenes of suicide and self-harm that some readers may find upsetting.

[Also available on pretnumerique.ca]

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.

[Also available on pretnumerique.ca]

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.
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.
SOMEONE, SOMEWHERE
Cédric Klapisch. 2019, 110 min.

Remy, a young Parisian with an unskilled job. Melanie, a young she-Parisian who works in scientific research. Two depressive moods living in close proximity but strange to each other. Shall the two ever meet?

ETERNAL BEAUTY
Craig Roberts. 2019, 95 min.

After Jane (Sally Hawkins) falls into a state of despair over her schizophrenia, she encounters new sources of love and life with surprising results.

TULLY
Jason Reitman. 2018, 95 min.

A struggling mother of three forms an unexpected bond with the night nanny hired to help with her newborn baby.

DUMPLIN
Anne Fletcher. 2018, 110 min.

Willowdean (“Dumplin”), the plus-size teenage daughter of a former beauty queen, signs up for her mom’s Miss Teen Bluebonnet pageant as a protest that escalates when other contestants follow her footsteps, revolutionizing the pageant and their small Texas town.
**DIANE**
Kent Jones. 2018, 95 min.

Diane fills her days helping others and desperately attempting to bond with her drug-addicted son. As these pieces of her existence begin to fade, she finds herself confronting memories she’d sooner forget than face.

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**TO THE BONE**
Marti Noxon. 2017, 107 min.

Drama (United States). A young woman, dealing with anorexia, meets an unconventional doctor who challenges her to face her condition and embrace life.

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**A STAR IS BORN**

A musician helps a young singer find fame as age and alcoholism send his own career into a downward spiral.

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**BEAUTIFUL BOY**
Felix van Groeningen. 2018, 120 min.

Based on the best-selling pair of memoirs from father and son David and Nic Sheff, Beautiful Boy chronicles the heartbreaking and inspiring experience of survival, relapse, and recovery in a family coping with addiction over many years.
**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.

CALLOUSED 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**  
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**  
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 works

**LONELINESS: THE NEW SILENT KILLER**

*News In Review, CBC.* 2019, 19 min 05 s.

More people are lonely than ever before. Studies show that one in five Canadians identify as being lonely. Loneliness is more than a feeling of occasional solitude – it’s a prolonged feeling of perceived isolation. While long seen as being bad for mental health, loneliness is now recognized as being physically harmful too. It’s being called the silent killer – considered by some experts as being more harmful than smoking 15 cigarettes a day. In fact, loneliness is now linked to heart disease, depression, obesity and other life-threatening conditions. So why in our highly connected world are we so lonely? And what can we do about it?

**FOURTH PERIOD BURNOUT**

*Madison Thomas, CBC Short Docs.* 2018, 14 min 57 s.
Online: https://curio.ca/en/video/fourth-period-burnout-18247/

Three teens document how they’re overwhelmed by high expectations and pressure to succeed. High school students today have to balance heavy workloads at school with increasing pressure to succeed. Fourth Period Burnout pools the creative energies of three youth — Juliette (16), Daniel (18) and Theresa (15) — and their mentor, Madison Thomas, to create a short documentary about their day-to-day experiences with stress and burnout.

**SIMPLY COMPLICATED**

*Demi Lovato.* 2018, 88 min.
Online: https://www.youtube.com/watch?v=ZWTIL_w8cRA

Singer and actress Demi Lovato opens up about using drugs, bipolar disease, eating disorders and her road to sobriety and a healthy life.
**SIMPLY COMPLICATED**  
Demi Lovato. 2018, 88 min.  
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Singer and actress Demi Lovato opens up about using drugs, bipolar disease, eating disorders and her road to sobriety and a healthy life.

**INVISIBLE – UNCOVERING MENTAL ILLNESS**  
Online: [www.youtube.com/watch?v=Y1IP2xGevE0](https://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](http://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

REGINA BOY MAKES MOVIE ABOUT FIGHTING DEPRESSION
CBC Kids News. 2019, 3 min 20 s.

Roman Fehr thought the short film he made about depression would be a school project that he submitted and quickly forgot about. Instead, it seems to have struck a chord. The 90-second animated video, called Overcoming the Darkness, is about a person who gets the help he needs to fight off depression. In the two weeks since the 13-year-old from Regina first posted his movie on YouTube, it has been viewed almost 3,000 times and racked up a string of positive comments. According to the Public Health Agency of Canada, depression is a serious type of mental illness called a mood disorder. People with depression often feel down and hopeless. The good news is depression can be treated with therapy, emotional support and medication. After doing some research, Fehr learned it’s possible to overcome depression, but “you can’t do it alone.” In his video, the main character is seen getting help from family and friends, speaking with a therapist and getting medication.
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

MOTHERS ON THE EDGE
BBC Channel. 2019, 59 min 9 s.

Louis Theroux returns to the UK to spend time in specialist psychiatric units which treat mothers experiencing serious mental illness while allowing them to live alongside their babies. Immersing himself on the wards, he meets women who have been admitted with a range of serious conditions – including depression, anxiety and psychosis – often triggered by birth or the strains of motherhood. As he follows the patients and their families both in hospital and recovering back at home, Louis explores what lies behind their recent crisis and discovers the immense challenge in caring for two people in the most vulnerable state of their lives.

WHEN THE BOUGH BREAKS
Brooke Shield. 2017, 93 min.

When The Bough Breaks is a feature length documentary about postpartum depression and postpartum psychosis. Narrated and Executive Produced by Brooke Shields, this shocking film uncovers this very public health issue which affects one in five new mothers after childbirth. The film follows Lindsay Gerszt, a mother who has been suffering from PPD for six years. Lindsay agrees to let the cameras document her and give us an in depth look at her path to recovery. We meet women who have committed infanticide and families who have lost loved ones to suicide. Babies are dying, women aren’t speaking out and the signs are being missed. When The Bough Breaks takes us on a journey to find answers and break the silence.
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.

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

**TALKING TO ANOREXIA**
*Louis Theroux, BBC Channel. 2017, 59 min 34 s.*

Anorexia, the pathological fear of eating and gaining weight, is now the most deadly mental illness in the UK, affecting around one in every 250 women at some point in their lives. In recent years, the number of people being admitted to hospital because of their condition has risen dramatically, but with many struggling to make a full recovery, being diagnosed with the eating disorder can sometimes mean a life-long battle. In this film, Louis Theroux embeds himself in two of London’s biggest adult eating-disorder treatment facilities: St Ann’s Hospital and Vincent Square Clinic. He meets women of all ages and at various stages of their illness, accompanying them through an enforced daily routine of scheduled eating, weigh-ins and group therapy sessions. As he spends more time with patients both on and off the wards, he witnesses the dangerous power that anorexia holds over them, leaving some unsure about whether recovery is achievable or even wanted. And as Louis seeks to understand what lies behind this mysterious illness, he finds himself drawn into a complex relationship between the disorder and the person it inhabits.

**ERIKA HUNZINGER**
*CBC News, CBC. 2013, 5 min.*

Online: [www.cbc.ca/player/play/2374944016](http://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](http://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.