Mental Health:

A Bibliography of Resources

March 2016
*Annotations have been excerpted and/or adapted from descriptions provided by the publishers.

152.4 S817
Steffy, Lynne
**Elephant in my room**
*Subjects*: Emotions; Juvenile literature. Anxiety; Juvenile literature. Depression, mental
Juvenile literature.
*Summary*: An elephant arrives mysteriously in Joshua's bedroom and grows larger each time Joshua internalizes his feelings. As Joshua tries to hide the elephant from his family, he learns that the only way to get rid of the pesky creature is to shrink it by expressing his feelings as they occur.

152.46 B471
Bennett, Jeremy
**The power of the mind : how I beat OCD**
*Subjects*: Obsessive-compulsive disorder. Anxiety.

152.46 B775
Bourne, Edmund J.
**Coping with anxiety : 10 simple ways to relieve anxiety, fear & worry**
*Subjects*: Fear. Anxiety. Self-help techniques.
*Summary*: These strategies are designed to help you overcome the physical, mental, and emotional symptoms of anxiety. They include step-by-step exercises that you can do in the moment without having to understand the subtleties of the most often used therapies for treating anxiety.

152.46 M271
**Anxiety. Deal with it before it ties you up in knots**
*Subjects*: Anxiety in children.

152.46 O76
Orsillo, Susan M.; Roemer, Lizabeth
**The mindful way through anxiety : break free from chronic worry and reclaim your life**
*Subjects*: Anxiety. Anxiety; Treatment.
*Summary*: This book describes clinically tested mindfulness practices specifically tailored for anxiety in its many forms. Learn step-by-step strategies for gaining awareness of anxious feelings without letting them escalate; loosening the grip of worry and fear; and achieving a new level of emotional and physical well-being.
152.46 W749
Wilson, Kelly G.; DuFrene, Troy
**Things might go terribly, horribly wrong: a guide to life liberated from anxiety**
*Subjects:* Anxiety Treatment. Acceptance and commitment therapy.
*Summary:* This book approaches the problem of anxiety a little differently than most. Instead of trying to help you overcome or reduce feelings of anxiety, this book will help you climb inside these feelings, sit in that place, and see what it would be like to have anxiety and still make room in your life to breathe and rest and live really and truly live in a way that matters to you.

155.2 L764
Liptak, John J.; Leutenberg, Ester A.
**The teen self-esteem workbook**
*Subjects:* Self-esteem.

155.4 A997
Azri, Stephanie
**Healthy mindsets for super kids: a resilience programme for children aged 7-14**
*Subjects:* Resilience (Personality trait) in children.
*Summary:* Join forces with superheroes Steemy, Link, Zen, KipKool, Holly and Hally, Beau and Angel in this ten-session program to boost resilience in children aged 7-14. Each session focuses on a key theme, from overcoming anxiety to dealing with grief, and includes discussions, exercises, and creative activities. Each superhero demonstrates a particular skill, and an engaging comic strip story runs throughout.

155.41246 F471
Foxman, Paul
**Fighting their fears: child and youth anxiety [DVD]**
*Subjects:* Anxiety in children. Anxiety in adolescence.
*Summary:* For many children, anxiety disrupts everyday life, interfering with their ability to make friends or go to school. Through interviews with experts and three young people, this compelling documentary outlines the causes, symptoms and treatments for anxiety disorders and emphasizes the importance of early identification and intervention.

155.41246 F795
Jardine Miller, Jean
**Kirstin’s story: no place to stand**
*Subjects:* Anxiety in children.

155.5 S291
Schab, Lisa M.
The anxiety workbook for teens : activities to help you deal with anxiety and worry
Subjects: Anxiety in adolescence.

155.518 L652
Lutenberg, Ester A.; Liptak, John J.
Teen stress workbook : activities to help you deal with anxiety and worry
Subjects: Stress in youth. Stress management Handbooks, manuals, etc.

155.9042 T925
Tummers, Nanette
Teaching stress management
Subjects: Students Mental health. Stress management Study and teaching.
Summary: The text provides teachers with foundational material on the physiology and psychology of stress so they understand how stress affects health on a long-term basis. And through the book's numerous tips, teachers and administrators will be able to incorporate the principles of stress management in the classroom, integrating them into their wellness and health policies and programs. Teaching students the skills of stress management can have a positive impact on schools' social climates - reducing conflict, bullying, and violence.

155.937 G619
Goldman, Linda
Breaking the silence : a guide to help children with complicated grief - suicide, homicide, AIDS, violence, and abuse
Summary: This book is designed for mental health professionals, educators, and the parent/caregiver. It provides specific ideas and techniques to work with children in various areas of complicated grief. It presents words and methods to help initiate discussions of these delicate topics, as well as tools to help children understand and separate complicated grief into parts. These parts in turn can be grieved for and released one at a time.

158.12 A469
Altman, Donald
The mindfulness toolbox : 50 practical mindfulness tips, tools, and handouts for anxiety, depression, stress, and pain
Subjects: Mindfulness-based cognitive therapy. Meditation Therapeutic use.
Psychological health and safety in the workplace: prevention, promotion, and guidance to staged implementation.
Subjects: Health promotion, Standards. Safety, Psychological aspects, Standards.
This is a voluntary standard intended to provide systematic guidelines for Canadian employers that will help enable them to develop and continuously improve psychologically safe and healthy work environments for their employees.

158.72 G464
Gilbert, Merv; Bilsker, Dan
Psychological health & safety: an action guide for employers

294.3 G625
Goleman, Daniel
Destructive emotions: how can we overcome them?: a scientific dialogue with the Dalai Lama
Subjects: Mental health, Religious aspects. Emotions and cognition.
Summary: The author presents dialogues between the Dalai Lama and a small group of eminent psychologists, neuroscientists, and philosophers that probe the challenging questions: Can the worlds of science and philosophy work together to recognize destructive emotions such as hatred, craving, and delusion? If so, can they transform those feelings for the ultimate improvement of humanity?

344.710159 A172
Accommodating anxiety and stress: a new look at pervasive issues [kit]
Subjects: People with disabilities, Legal status, laws, etc., Canada. Labor laws and legislation, Canada.

362.2 F246
Farris, Katherine
Being there: when mental illness strikes someone near you: a guide for a friend, family member or co-worker
Victoria, BC: Katherine Farris & Larry MacDonald, 2005.
Subjects: Mentally ill, Care, Canada
Summary: This guide will help you understand what's going on when mental illness strikes, and suggest what you can do to help both the ill person and yourself. It passes on the advice of doctors, mental health professionals, and people who have been in the role of a companion.

362.2 S592
Simmie, Scott
The last taboo: a survival guide to mental health care in Canada

Subjects: Mental illness\(\) Canada. Mental health services\(\) Canada.

362.2 W763
Winder, Fern Stockdale
Working together for change: a 10 year mental health and addictions action plan for Saskatchewan

Subjects: Mental health services\(\) Canada\(\) Saskatchewan.

Summary: This report is the culmination of extensive public consultations across the province with a particular emphasis on the voices of people with lived experience of mental health and addictions issues and their family members, service providers across the human service sectors, and concerned citizens.

362.20425 F514
Finnigan, Candy
When enough is enough: a comprehensive guide to successful intervention

Subjects: Crisis intervention (Mental health services). Drug addicts\(\) Rehabilitation.

Summary: The author offers support, advice, and hope to people who care about someone with an addiction. She acknowledges that although intervention is a powerful tool, it is a complicated process that absolutely must be done right.

362.20425 R439
Returning to work: the role of depression
London, UK: Mental Health Foundation, 2009?

Subjects: Mentally ill\(\) Employment. Depression, Mental.

362.208997 H434
Healing traditions: the mental health of Aboriginal peoples in Canada

Subjects: Native peoples\(\) Mental health\(\) Canada. Native peoples\(\) Mental health services\(\) Canada. Medicine, Traditional\(\) Canada.

Summary: Aboriginal peoples in Canada have diverse cultures, but share common social and political challenges that have contributed to their experiences of health and illness. This collection addresses the origins of mental health and social problems and the emergence of culturally responsive approaches to services and health promotion. This book is not a handbook of practice, but a resource for thinking critically about current issues in the mental health of Indigenous peoples.

362.28 T258
Woodward, John (Ed.)
Teen suicide

Subjects: Teenagers\(\) Suicidal behavior. Suicide\(\) Prevention.
362.76 F171
Fairholm, Judi
Walking the prevention circle : our children, our future : understanding child/youth maltreatment for Aboriginal communities
Ottawa, ON: Canadian Red Cross, 2010.
Subjects: Native peoples\textsuperscript{6} Mental health\textsuperscript{6} Canada. Child abuse\textsuperscript{6} Prevention.
Summary: A complete guide that addresses the history, challenges and potential of Aboriginal individuals and communities by examining issues relating to abuse, neglect and interpersonal violence.

370.1528 M214
Mah, Ronald
Difficult behavior in early childhood : for preK-3 classrooms and beyond
Subjects: Behavior modification. Discipline.
Summary: Offers insights into understanding why certain children behave in certain ways, so teachers can react appropriately to individual behaviours and needs. The book covers: reconciling the different behavioural expectations of families and schools; applying timeout effectively; motivating children immediately and powerfully; establishing and following through with boundaries; developing behaviour incentive plans that work; and identifying early signs of depression, anxiety, grief, and special needs.

370.10019 C834
Cosgrove, John
Breakdown : the facts about stress in teaching
Subjects: Teacher\textsuperscript{6} Job stress. Teachers\textsuperscript{6} Mental health. Stress management.

371.1024 M271
Mandel, Joey
Stop the stress in schools : mental health strategies teachers can use to build a kinder gentler classroom
Subjects: Stress in children\textsuperscript{6} Prevention. Classroom environment\textsuperscript{6} Psychological aspects.

371.713 A229
Adelman, Howard S.
Mental health in schools : engaging learners, preventing problems, and improving schools
Subjects: Students\textsuperscript{6} Mental health services.

371.713 F926
Froese-Germain, Bernie; Riel, Richard
Understanding teachers’ perspectives on student mental health
Ottawa, ON: Canadian Teachers\textsuperscript{6} Federation, 2012.
Subjects: Students\textsuperscript{6} Mental health\textsuperscript{6} Canada.
Summary: The results of a CTF survey that set out to examine the teachers’ perspective on issues related to student mental health and well-being in Canadian schools, including their perceptions of factors that may act as potential barriers to the provision of mental health services for students. Teachers were also asked about their level of preparedness to address the mental health issues that they may face.

371.713 M549
Mental health and high school curriculum guide
Toronto, ON: Canadian Mental Health Association, 2010?
Subjects: High school students Mental health. High school students Mental health services.
Notes: Wellness 10 (2012).
Summary: The curriculum guide provides educational tools to increase understanding of mental health and mental disorders among both students and teachers. The guide focuses on coaching teachers to be comfortable with their own knowledge of mental health and mental disorders. The guide uses a variety of interactive sessions to promote dialogue among students, as well as with their teachers. Discussing mental health and mental illness in a supportive environment enables youth to feel safe, ask questions, gain knowledge, combat stigma, and develop their own opinions of the world around them.

371.713 R362
Reilly, Nadja
Anxiety and depression in the classroom
Summary: Anxiety and depression are two of the most common mental health problems for young students, and can be particularly hard to detect and support. In this book, the first of its kind for teachers, Nadja Reilly lays out, with richly detailed examples, the signs to look for so educators can direct their students to help, and ensure emotional wellness in the classroom. Grounded in recent psychological research and practical self-regulation tools, Reilly opens her study out onto nourishing emotional wellness in all students, communicating with parents, and schoolwide mental health advocacy.

371.9 W567
When something’s wrong. Strategies for teachers
Subjects: School children Mental health Handbooks, manuals, etc.

371.9046 C774
Cooley, Myles L.
Teaching kids with mental health and learning disorders in the regular classroom
Subjects: Inclusive education. Children with mental disabilities Education.
Summary: Written by a clinical psychologist, this user-friendly, jargon-free guide describes mental health and learning disorders often observed in school children, explains how each might be exhibited in the classroom, and offers expert suggestions on what to do (and sometimes what not to do).
371.9142 S557
Shipon-Blum, Elisa
**The ideal classroom setting for the selectively mute child**

371.92 A396
Algozzine, Bob
**Teaching students with emotional disturbance : a practical guide for every teacher**
*Subjects:* Mentally ill children — Education.
*Summary:* The authors show readers how to recognize the cognitive, academic, physical, communicative, and behavioural characteristics of several forms of emotional disturbance, and offer specific strategies for responding to anxiety issues, opposition and noncompliance, tantrums, disruptiveness, inattention, task avoidance, and more. Highlights include: a pre-test and post-test to help readers assess their understanding of the origins of social and emotional difficulties and how they are best addressed; effective interventions and instructional adaptations for students who have emotional problems; trends and issues currently influencing how students with social and emotional problems are taught; and key vocabulary terms.

371.94 D252
Davidson, Howard S.
**Just ask : a handbook for educators of students being treated for mental disorders**
*Subjects:* Mentally ill — handbooks, manuals, etc.
*Summary:* Chapter one contains basic information about five mental disorders: schizophrenia, mood disorders, anxiety disorders, brain injury disorders, and substance abuse disorders.

371.94 O28
Oehlberg, Barbara
**Reaching and teaching stressed and anxious learners in grades 4-8 : strategies for relieving distress and trauma in schools and classrooms**
*Subjects:* Stress in children — Treatment. Anxiety in children — Treatment.
*Summary:* This important new resource helps educators understand how trauma and stress interfere with cognitive skills, and how classroom and school activities can be used to restore feelings of safety, empowerment, and well-being. Topics include: neurobiology of the developing child and how cognitive lock-out from the neocortex occurs during stress responses; strategies for reactivating cognitive skills, memory, and the ability to learn following stress responses; how acting-out behaviours are linked to stress and trauma; and how to generate a united effort on school safety and violence prevention issues.

373.146 S849
Stewart, Jan
**The tough stuff series**
Austin, TX: PRO-ED, 2000.

*Subjects*: Counselling in secondary education.

*Summary*: A collection of guided journals designed to help adolescents deal with real-life problems and issues they are currently facing. Using such techniques as interviewing, reflecting, self-monitoring, illustrating, poetry-writing, self-analysis, imagining, song-writing, recording, surveying, journal writing, and self-relaxation, students learn how to examine their thoughts, feelings, and behaviours using a fun, non-confrontational, and motivating approach. As each activity links to the next, the student is guided through a process of self-exploration and self-discovery. Secondary topics include: Death of a Family Member; Death of a Friend; Coping with Anxiety; Overcoming Phobias; Controlling Your Weight; Dealing with Depression; Understanding Anorexia; Learning About Bulimia; Surviving Separation and Divorce; Living with an Alcoholic Parent; Managing Stress; and Controlling Panic.

428.62 P652
Renfrey, George

**Emotional wellness : Mary’s story**

*Subjects*: Native peoples; Mental health services; Canada.

*Summary*: In the tradition of our culture, this teaching about emotional wellness will be told through a story.

610.29 S628
Skovholt, Thomas M.

**The resilient practitioner : burnout prevention and self-care strategies for counselors, therapists, teachers**

*Subjects*: Burn-out (Psychology); Prevention. Teachers; Mental health. Counselors; Mental health.

613 S822
Steiner-Adair, Catherine

**Full of ourselves : a wellness program to advance girl power, health, and leadership**

*Subjects*: Eating disorder; Prevention. Body image in adolescence.

*Summary*: Designed for girls in grades 3-8, this is an educational program that aims to sustain girls in their mental, physical, and social health and to decrease their vulnerability to the development of body preoccupation and eating disorders.

613.042 M664

**Mind and body connection : how your emotions affect your health [DVD]**
Orangeville, ON: McIntyre Media Inc., 2015.

*Subjects*: Mind and body; Juvenile films.

*Summary*: Grades 7 - Post secondary. Teacher's guide included on disc as a PDF file. In this program, students learn how their emotional health affects their physical health and vice versa. It describes how many physical ailments have a mental component.
613.0433 B869
Bronson, Mary H. (Mary Helen)
**Teen health. Mental + emotional health**
*Subjects*: Mental health. Emotions.

615.851 C476
**Your mind’s eye : how to heal yourself and release your potential through creative visualisation**

615.8516 S958
Sunderland, Margot
**Willy and the wobbly house**
*Subjects*: Anxiety, Juvenile fiction.

616 R989
Ryan, Ruth M.
**Handbook of mental health care for persons with developmental disabilities**
*Subjects*: People with mental disabilities, Mental health.

616.85 A511
Amen, Daniel G.
**Healing anxiety and depression**
*Subjects*: People with mental disabilities, Mental health.

616.85 F454
Field, Jon Eben
**Depression and other mood disorders**
*Subjects*: Depression, Mental health. Juvenile literature.
*Summary*: Studies indicate that approximately 4% of adolescents experience serious depression. Depression and other mood disorders, such as bipolar disorder, occur across all age groups, genders, economic classes, and ethnic groups. Causes, symptoms, and treatment options are explored along with a discussion about the difficulties young people encounter living with or caring for siblings or parents who are depressed or have a mood disorder.

616.85 S491
Servan-Schreiber, David
**The instinct to heal : curing stress, anxiety, and depression without drugs and without talk therapy**

616.852 M286
Mansell, Warren
Coping with fears and phobias: a step-by-step guide to understanding and facing your anxieties

616.8522 B775
Bourne, Edmund J.
Anxiety and phobia workbook

616.8522 B775
Bourne, Edmund J.
Natural relief for anxiety: complementary strategies for easing fear, panic and worry

616.8522 B985
Butler, Gillian
Cognitive-behavioral therapy for anxiety disorders: mastering clinical challenges
Subjects: Anxiety disorders Treatment. Cognitive therapy.

616.8522 D134
Daitch, Carolyn
Anxiety disorders: the go-to guide for therapists
Subjects: Anxiety disorders Treatment.
Summary: For the benefit of both therapists and clients, the author covers the ins and outs of the anxiety disorders Generalized Anxiety Disorder, Panic Disorder, Specific Phobias, Social Anxiety Disorder, and Obsessive Compulsive Disorder and offers numerous case examples of those who have sought treatment for these disorders and learned to manage them. For each type of anxiety disorder, she details specific treatment options and techniques, explaining which are best suited to individual use, and which are better done in collaboration with a therapist.

616.8522 K67
Knaus, William J.
Cognitive behavioral workbook for anxiety: a step-by-step program

616.8522 T662
Tomkins, Michael A.
Anxiety and avoidance: a universal treatment for anxiety, panic, and fear
Subjects: Cognitive therapy. Anxiety Treatment. Panic disorders Treatment. Summary: The book includes present-moment awareness (mindfulness) techniques, motivational tools for overcoming experiential avoidance, and cognitive tools for reframing anxiety and fear. In addition, you will learn how to use your personal values as a vehicle for lasting change. While most anxiety treatments have focused on symptom reduction, this book teaches you the skills needed to better handle the underlying emotional reactions that lead to anxiety and panic in the first place.

616.85220651 C466
Chapman, Alexander L.; Gratz, Kim
Dialectical behavior therapy skills workbook for anxiety: breaking free from worry, panic, PTSD & other anxiety symptoms
Subjects: Dialectical behavior therapy. Anxiety disorders Treatment.

616.85227 A161
Abramowitz, Jonathan S.
Getting over OCD: a 10-step workbook for taking back your life
Subjects: Obsessive compulsive disorder. Cognitive therapy. Summary: The author provides the information, support, and tools you need to: understand your obsessions, compulsions, and rituals; develop a customized action plan; take gradual steps to safely confront - and master - the situations you avoid; find relief from intrusive thoughts; overcome compulsive urges; reduce anxiety and improve your relationships.

616.8527 G617
Golant, Mitch; Golant, Susan K.
What to do when someone you love is depressed: a practical, compassionate, and helpful guide
Subjects: Depressed persons Family relationships. Depression, Mental. Summary: This book offers guidance to the friends and family of a depressed person on how to keep one's own spirits up and at the same time do what is best to help a loved one get through a difficult time. Among the subjects addressed are: the warning signs of serious illness, how to maintain intimacy and communication, the most successful forms of treatment, and what to do when someone threatens suicide.

616.8584 M425
Matz, Gabor
In the realm of hungry ghosts: close encounters with addiction

*Subjects:* Substance abuse. Compulsive behavior.

*Summary:* The author looks at the epidemic of addictions in our society, tells us why we are so prone to them and what is needed to liberate ourselves from their hold on our emotions and behaviours.

616.8585 P838
Porr, Valerie

**Overcoming borderline personality disorder: a family guide for healing and change**


*Subjects:* Borderline personality disorder.

*Summary:* Borderline personality disorder (BPD) is characterized by unstable moods, negative self-image, dangerous impulsivity, and tumultuous relationships. Many people with BPD excel in academics and careers while revealing erratic, self-destructive, and sometimes violent behaviour only to those with whom they are intimate. This book is an informative guide to understanding this profoundly unsettling - and widely misunderstood - mental illness.

616.858842 M148
McGuire, Dennis

**Mental wellness in adults with Down syndrome: a guide to emotional and behavioral strengths and challenges**


*Subjects:* Down syndrome.

*Summary:* This book provides parents, mental health professionals, teachers, and caregivers with the keys to understanding how to promote mental wellness and resolve psychosocial problems in people with Down syndrome. The book clarifies what the common behavioural characteristics of Down syndrome are, how some could be mistaken for mental illness, and what mental health problems occur more commonly in people with Down syndrome.

616.86 J42
Jay, Jeff

**At wit's end: what you need to know when a loved one is diagnosed with addiction and mental illness**


*Subjects:* Substance abuse Patients Mental health. Dual diagnosis Patients Mental health.

*Summary:* In this book, families learn how psychiatric diagnoses mimic addictive disorders, why chemical use exacerbates psychiatric problems, what various treatment approaches offer, and when intervention is needed. Real-life stories throughout the book offer hope, illustrating that people do recover from co-occurring disorders and that families do heal.

616.89 F527 REF

**DSM-IV-TR mental disorders: diagnosis, etiology, and treatment**


*Subjects:* Mental illness Diagnosis. Mental illness Treatment.
Summary: The factual content of the chapters in this book has been adapted from the 'Disorders' section of the 2nd ed. of the Tasman, Kay, and Lieberman textbook, Psychiatry, which was published by John Wiley & Sons in 2003.

616.89 I64
Iorizzo, Carrie
**Schizophrenia and other psychotic disorders**
Subjects: Schizophrenia Juvenile literature.
Summary: A psychotic disorder is a mental illness in which the major symptoms are delusions and hallucinations. Schizophrenia is the most well-known psychotic disorder, but others include schizoaffective disorder, delusional disorder, and brief psychotic disorder. Symptoms, causes, and treatment options are explored, along with a discussion on dealing with parents or siblings who have been diagnosed with schizophrenia and other psychotic disorders.

616.8900835 H429
Hazan, Eric P.; Goldstein, Mark A.
**Mental health disorders in adolescents : a guide for parents, teachers, and professionals**
Subjects: Adolescent psychiatry.

616.89008997 D948
Duran, Eduardo
**Healing the soul wound : counseling with American Indians and other native peoples**

616.8914 R614
Ritter, Kathleen.; Terndrup, Anthony I.
**Handbook of affirmative psychotherapy with lesbians and gay men**
Subjects: Gays Mental health. Lesbians Mental health.

616.89165 B224
Baraitser, Marion
**Reading and expressive writing with traumatized children, young refugees and asylum seekers : unpack my heart with words**
Summary: This book guides readers through all aspects of implementing biblio/narrative therapy with children and adolescents, from the importance of cultural sensitivity and understanding the psychological needs of the child to providing more practical information on how to choose the right text and encourage expression through the spoken and written word. It includes exercises for use in sessions, an analysis of the importance of symbol when working therapeutically with children, and a complete account of the ethics of good practice.
616.89165 M498
Mehl-Madrona
Coyote wisdom: the power of story in healing

616.895 H414
Haycock, Dean A.
The everything guide to adult bipolar disorder
Subjects: Depression, Mental. Manic-depressive illness Treatment.

616.895 097
Owen, Sarah
Bipolar disorder: the ultimate guide
Summary: Using a question-and-answer format, this guide reveals everything about the condition, and shows how to keep it firmly under control. From how to deal with a manic episode to coping with the stigma often associated with mental illness, this guide contains the very latest research surrounding the illness that affects one in fifty.

616.8950092 T643
Toews, Miriam
Swing low: a life
Subjects: Manic-depressive persons Canada Biography.
Notes: English language arts 20 (2012).
Summary: Toews' father, Mel, took his own life in 1998. In an effort to understand and accept his decision, she writes his memoir. Mel is a respected teacher, a loving father and husband, and a respected member of the Mennonite community. He suffers from bi-polar depression, and is able to hide his mental illness from the community; however his family experiences his struggle. After Mel retires from teaching, he slips deeper into silence and despair, and ultimately takes his own life.

618.928522 L349
Last, Cynthia G.
Help for worried kids: how your child can conquer anxiety and fear
Subjects: Anxiety in children Treatment.
Summary: Drawing on 25 years of clinical practice and research, the author vividly illustrates the different forms that childhood anxiety can take and offers practical solutions specific to each. For example, the author shows how to schedule worry time to ease generalized anxiety, and explains why reassurance is often counterproductive for kids with obsessive-compulsive disorder. The book emphasizes strategies for preventing episodes before they begin,
demonstrates how to intervene when one is in progress, and offers tips on how to keep anxiety from worsening as a child matures.

618.928522 L665
Levine, Karen; Chedd, Naomi
Attacking anxiety: a step-by-step guide to an engaging approach to treating anxiety and phobias in children with autism and other developmental disabilities

618.928522 S622
Sisemore, Timothy A.
I bet I won’t fret: a workbook to help children with generalized anxiety disorder
Subjects: Anxiety in children.
Summary: This book draws on scientifically proven strategies for dealing with childhood anxiety. Each simple activity in this collection helps teach children how to stop worrying, overcome their fears, and enjoy being kids. The activities can be used in counseling sessions or as homework exercises.

618.928527 L645
Merrell, Kenneth W.
Let’s talk day: teens and depression [DVD]
Summary: Originally broadcast as a series of segments on Canada A.M. in February 2012. Special features: Interviews: Clara Hughes, Margaret Trudeau and Michael Landsberg (9 min.) ; Power play interview with Clara Hughes (5 min.) ; Michael Landsberg: depression, sports and me (9 min.) The program focuses on teen mental health and is an enlightening combination of interviews with Canadian mental health experts interspersed with teens who share their poignant struggles with depression. Viewers will get helpful advice not only from the experts but more importantly their peers on how to reach out for help, how to deal with the struggle, and how to begin the healing process.

618.928527 M568
Merrell, Kenneth W.
Helping students overcome depression and anxiety: a practical guide
Summary: In this guide, more than 40 specific psychoeducational and psychosocial intervention techniques are detailed, with a focus on approaches that are evidence-based, broadly applicable, and easy to implement. Including 26 ready-to-use worksheets, this edition has been updated throughout to ensure its currency and clinical utility. Coverage of psychiatric medications has been extensively revised with the latest developments and findings.
618.9289 H842
House, Alvin E.
**DSM-IV diagnosis in the schools**
*Subjects*: School children—Mental health. Mental illness—Diagnosis.

618.9289 V944
Voltz, Jennifer Resetar
**Teaching social skills to youth with mental health disorders** : incorporating social skills into treatment planning for 109 disorders
*Summary*: Following a discussion of the importance and effectiveness of skill teaching in the treatment of mental health disorders, the authors provide a series of charts that list the social skills that caregivers and treatment providers might target for each of more than a hundred diagnoses common for children and adolescents. Examples of treatment plans show how social skills can be integrated into plans across different settings and levels of care - home and school, foster care, residential group home, and psychiatric facility.

618.928916 P722
**Play therapy with children in crisis** : individual, group, and family treatment
*Subjects*: Play therapies—Case studies. Crisis intervention (Mental health services) —Case studies.
*Summary*: This book presents effective, creative approaches to helping children who have experienced such stressful situations as parental death or divorce, abuse and neglect, violence in the school or community, and natural disasters.

649.1 G433
Giant, Nikki
**Life coaching for kids** : a practical manual to coach children and young people to success, well-being and fulfilment

813.6 B651
Bobula, Jill; Bobula, Katherine.
**Anxious Annie, the world’s greatest thinker** : anxiety and obsessive compulsive disorder
*Subjects*: Obsessive-compulsive disorder—Juvenile fiction.
*Notes*: Health education grade 2 (2010).