



Canadian Mental Health Association
Summerside

Consumer & Family Support

Information Resources

61 Duke Street
Summerside, PEI
C1N 3R9
902-436-7399
902-436-2209 (fax)
cfsupport@cmha.pe.ca

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Anxiety/Phobias

Books

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

Getting Help for Social Anxiety Disorder. Irena Esche, MD, Jean Goulet, MD, and Michael Van Ameringen, The Medicine Group Ltd., 1999. *Explains the disorder, associated illnesses, treatment, and educational programs available.*

Master Your Panic and Take Back Your Life! Denise F. Beckfield, PhD, 1998. *A practical self-empowering book on overcoming debilitating panic attacks.*

Overcoming Panic Attacks. Shirley Babior, Carol Goldman, Pfeifer-Hamilton Publishers, Duluth, MN, 1990. *Strategies to free yourself from the anxiety trap.*

Overcoming Panic Disorder. Lorna Weinstock, M.S.W., and Eleanor Gilman. *A Woman's Guide to understanding the origins, implications, and treatment of panic disorder, written in a warm and supportive style.*

The Anxiety & Phobia Workbook – Third Edition. Edmund J. Bourne, Ph. D. *A practical and comprehensive guide offering help to anyone who is struggling with panic attacks, agoraphobia, social fears, generalized anxiety, obsessive-compulsive behaviors, or other anxiety disorders.*

The Boy Who Couldn't Stop Washing. Judith L. Rapoport, MD, Fitzhenry and Whiteside, Toronto, 1989. *Tells the stories of those who are afflicted with obsessive-compulsive disorder and describes treatment that is often a combination of drugs and behavior modification therapy.*

Video:

Understanding Obsessive-Compulsive Disorder, 1997. 22 mins.

Booklet:

Post Traumatic Stress Disorder (PTSD) and War-Related Stress. Veterans Affairs Canada. 2008.

Information Kits

Obsessive Compulsive Disorder – compiled by CMHA

Children/Youth and Family

Books

1-2-3 Magic. Thomas W. Phelan, PhD, Child Management Inc., 1995. *Effective discipline for children 2 - 12.*

A Lasting Impression. *A teacher's Guide to Helping Children of Parents with a Mental Illness.* 28 page Workbook. (see also Families Speak Up and Kids Speak Up.)

Butterflies in MY Belly. Jacqueline MacKay. Acorn Press. 2009

Because Life Goes On- Helping Children and Youth Live with Separation and Divorce. Health Canada. 2001.

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

Changing the Way Things Work- A Young People's Guide to Social Action. Canadian Mental Health Association. 1992.

Chicken Soup for the Mother's Soul. *101 stories to open the hearts and rekindle the spirits of mothers.*

Don't Pop Your Cork on Mondays. Adolph Moser, Ed.D., Landmark Editions, 1988. *The children's anti-stress book.*

Embracing Cultural Diversity. Department of Canadian Heritage and Canadian Mental Health Association, 1998. *A resource guide for parents from birth to 12 years; gives parents confidence to deal with questions of cultural diversity with their children.*

Families Speak Up Shining Light on Mental Illness. *When a parent has a mental illness, everyone in the family is affected.* 20 page Workbook. (see also Kids Speak Up and A Lasting Impression)

Helping Your Anxious Child. Ronald M. Rapee, Ph.D., Susan H. Spence, Ph.D., Vanessa Cobham, Ph.D., Ann Wignall, M. Psych., New Harbinger Publications, Inc., 2000. *Parents are provided a step-by-step guide for assisting their children in overcoming a variety of worries, fears, and anxieties.*

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

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

Keys to Parenting Your Anxious Child. Katharina Manassis, M.D., Barron's Educational Series, Inc., 1996. *A practical guide that shows parents how to recognize a child's anxieties.*

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

Kids Speak Up Shining Light on Mental Illness. Written by a group of children whose parents have a mental illness. *...sharing their experiences with others their age: their fears, their joys, their disappointments, their dreams.* 20 pages. (see also Families Speak Up and A Lasting Impression)

Learning Diversity: Accommodations in Colleges and Universities for Students with Mental Illness. Lana M. Frado, Canadian Mental Health Association, 1993.

Parent Effectiveness Training. Dr. Thomas Gordon, New American Library, New York, 1975. *Offers a proven method to bring parents and their children together and to show parents how to help their children become mature, healthy, happy, and loving.*

Parenting Through Crisis. Barbara Coloroso, Penguin Books, 1999. *Helping kids in times of loss, grief, and change.*

The Bully, The Bullied, and The Bystander. Barbara Coloroso, Harper Collins Publishers Ltd., 2002. *From pre-school to high school—how parents and teachers can help break the cycle of violence.*

Your Education-Your Future- Canadian Mental Health Association. *A guide to college and university for students with psychiatric disabilities.*

What To Do When Your Brain Gets Stuck. Dawn Huebner. Magination Press. 2007. *A Kid's guide to overcoming OCD.*

What to Do When You Worry Too Much. Dawn Huebner. Magination Press. 2006. *A Kid's guide to overcoming anxiety.*

Videos

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

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

“Sooper Puppy: Flying High” – *Teaches children about the effects of drugs and how to say no to drugs.* 17 minutes

“Sooper Puppy: Self-Esteem” – *Children will recognize the value of liking yourself, realize that you can learn and grow from your mistakes.* 19 minutes

“Sooper Puppy: Once Upon a Feeling”

“Sooper Puppy: What's The Difference” – *Teaches children that it's better to learn about someone or something before making judgements.* 20 minutes

“Sooper Puppy: Words Can Hurt”

“Sooper Puppy: Whose Wuzzit?” – *Children will learn that it's never right to take something that isn't theirs without getting permission.* 20 minutes

“1- 2- 3 Magic” – Thomas W. Phelan, 120 minutes. *Effective discipline for children 2 – 12.*

“Winning At Parenting...without beating your kids” – Barbara Coloroso, 1989, 125 minutes. *A humorous approach to the daily hassles of mealtime, bedtime, chores and fighting. Also ways to buffer your kids from sexual promiscuity, drug abuse, and suicide while helping them grow in increased self-discipline, independent problem-solving skills, and responsibility.*

Booklets

Depression Creates Moments Like This- A booklet for teens. Nova Scotia Dept. of Health. 2005.

Pamphlets

Children and Attention Deficit Disorders

Children and Depression

Children and Difficult Behaviour

Children and Family Breakup

Children and Self-Esteem

Children and The Stress of Parenting

Children and Their Fears

Depression/Bi-Polar Disorder**Books**

A Brilliant Madness. Patty Duke, Gloria Hochman, Bantam Books, New York, 1992. *A combination of personal experience and insight gathered with a review of the clinical picture of manic depressive illness.*

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

Antidepressant Skills Workbook. Provincial Health Services Authority of BC. Dan Bilsker, MD., & Randy Paterson, PhD., 2005.

Bipolar Disorder- An Information Guide. Centre for Addiction and Mental Health. 2000. *This guide is for people with bipolar disorder, their families and anyone who wants to understand the basics of this illness, its treatment and management.*

Bipolar Disorder for Dummies. Candida Fink, MD and Joe Kraynak, Wiley Publishing, Inc. 2005. *This reassuring guide explains the brain chemistry behind the disease and covers the latest medications and therapies. You get sound advice and self-help techniques that you and your loved ones, including kids and teens, can use to ease and eliminate symptoms, function in times of crisis, plan ahead for manic or depressive episodes, and feel a whole lot better.*

Conquering Depression. R. Joffe, MD. & A. Levitt, MD., Empowering Press. 1998. *A guide to understanding symptoms, causes and treatment of depressive illness.*

Depression: An Overview of the Literature. Canadian Mental Health Association. 1995.

Depression, New Directions in Theory, Research, and Practice. Edited by C. Douglas McCann and Norman S. Endler, Wall and Emerson, Inc., Toronto, 1990. *This book focuses on new directions in theory, research, and practice in depression. It provides a comprehensive and current survey of biological and psychological factors in depression.*

Depressive Illnesses: Treatments Bring New Hope. National Institute of Mental Health. 1989.

Depressive Illness- A Guide for Patients and Families. Ruth Thompson, MSW. CSW. Harvey Stancer, MD., & Emmanuel Persad, MB, BS. Social Work Department, Clarke Institute. 1987. *This booklet is written for patients suffering from depressive illness (unipolar), their families and anyone who is interested in gaining a basic understanding of the illness.*

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

Free To Be Me! From Depression Valley to Plain Happiness. Alvin Curley, Five Pillars Publications, Summerside, PEI, 2002. *A true story of a journey to wellness, using models such as Reality Therapy, Neuro-Linguistic Programming, Innerwealth Technology, and the Holistic Health Approach.*

Mood Disorders. BC's Mental Health Journal – Visions, Canadian Mental Health Association, No. 11, Fall 2000. *Offers first hand experiences of people who have struggled with and gained control over mood disorders such as depression and manic depression.*

Over the Boards- The Ron Ellis Story. Ron Ellis with Kevin Shea. A Fenn Publishing Book, Bolton, Ontario, 2002. *This is more than a hockey story; it's a reflection of how life parallels sports. It has helpful messages concerning Ron's Christianity and his treatments for depression.*

Riding The Roller Coaster - Living With Mood Disorders. Marja Bergen, Northstone Publishing, Kelowna, BC, 1999. *A first person account filled with encouragement for those managing mood disorders.*

Skywriting: A Life Out of the Blue. Jane Pauley, Random House, Inc. 2004. *The memoir tells of her extraordinary life, which includes a diagnosis of bipolar disorder.*

The Bipolar Survival Guide: What You and Your Family Need to Know. David J. Miklowitz, PhD., The Guilford Press. 2002. *A practical straightforward book that will be a great help to those who have bipolar illness, as well as their families.*

The Depressive Spectrum. Dean Schuyler, MD, Jason Aronson Publishing, New York, 1974. *A comprehensive review of depression in all its range of emotions, its signs and symptoms, classification, theories, outcomes and all the treatment options.*

The Depression Workbook: A Guide for Living With Depression and Manic Depression. Mary Ellen Copeland, MS and Matthew McKay, PhD, New Harbinger Publications, Oakland, California, 1992. *The material in this book is the result of a study of the coping strategies and experiences of a large group of depressives and manic-depressives from around the US. The workbook is designed as a guide to achieving the maximum level of stability possible and to enhance wellness in the future.*

The Hibernation Response. Peter Whybrow, MD and Robert Bahr, Avon Books, 1988. *A study of seasonal affective disorder (SAD).*

The Last Taboo: A Survival Guide to Mental Health Care in Canada. Scott Simmie and Julia Nunes, McLelland & Stewart Ltd., Toronto, Ontario, 2001. *A practical roadmap for people with mental disorders and those who care about them.*

The Manual for Affective Disorder Support Groups. Wendy Miller Resnick, RN, MS, The Depression and Related Disorders Association, Inc., 1988. *This manual was prepared in an effort to provide an organizational framework for developing and maintaining an affective disorder support group.*

Understanding Depression- What We Know and Whay You Can Do About It. J. Raymond DePaulo., Jr., MD. 2002. *One of the world's foremost authorities on depression presents a thorough, accessible guide to depression's nature, causes, effects, and treatments.*

Understanding Manic Depressive Illness: An Information Guide for Patients and their Families. Ruth Thompson, MSW, Harvey C. Stancer, MD, PhD, Emmanuel Persad, MB, BS, Clarke Institute of Psychiatry, Toronto, 1984. *This booklet is written for patients suffering from manic depressive illness (bipolar affective disorder), their families and anyone else who is interested in gaining a basic understanding of the illness.*

You Can Beat Depression. Dr. John Preston, Impact Publishers, San Luis Obispo, California, 1996. *A comprehensive guide to prevention and recovery.*

Videos

“Bipolar Personality Disorder” - Narrated by Kate Jackson from the Trouble in Mind series, 25 minutes. *An in-depth look at the mania aspect of Bipolar Disorder, past treatments and modern diagnosis and treatments.*

“ Bipolar Disorder: New Understandings, New Hope” – The Ontario Mood Disorders Association, 2002, 40 minutes.

"Call Me Anna" - *The story of Patty Duke, a two-hour feature film based on her book about manic depressive illness.*

“Crazy For Life”. Written and performed by Victoria Maxwell. *The story of Victoria Maxwell's roller-coaster ride with bipolar disorder, psychosis and anxiety.*

“Depression and the Elderly” *The prevalence of depression in the elderly is discussed and primary symptoms are described. 25 min.*

“Depression- Out of the Shadows” 2008. 90 min. *Tells the stories of people of different ages, from diverse backgrounds, who live with various forms of depression*

"Depression: The Road to Recovery" - A patient guide produced by Eli Lilly Pharmaceuticals. Also available in French under the title of "De L'Ombre A La Lumiere."

“Faces of Depression” – National Mental Health Association, 1993, 13 minutes. *People with the illness share their experiences. Stresses the importance of getting a diagnosis and treatment.*

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

"Four Portraits of Manic Depression" - *A one-hour documentary that examines how manic-depressive illness has affected the lives of four different people.*

"Living Life to the Full". Dr. Chris Williams. CMHA. 2008. *A DVD course to help you boost how you feel and tackle low mood and depression.* 44 min.

"Living Well With Bipolar Disorder". Monkey See productions. 2000. *In this engaging video, six individuals of different ages and backgrounds candidly describe the impact bipolar disorder has had on their lives and the strategies they have learned for dealing with it.* 47 min.

"Manic Depression: The Role of Self-Help" - Presentation by Gwen Finnen, RN, founder of Society of Manic Depression. *Describes the illness and outlines the benefits of belonging to a self-help group for support and information. The video is 20 minutes long and was produced in 1986.*

"Men Get Depression". State of the Art. 2008. *A one hour documentary that explores the corrosive effect of depression on the self, relationships and careers through the intimate profiles of real men and their families.* 60 min.

"Out of the Blue"- NBC Dateline, September 2, 2004. *An interview with broadcast journalist, Jane Pauley, on her struggle with bipolar disorder.* 60 min.

"Out of the Dark: Youth and Depression" – *A 30 minute video and guide produced by Memorial University for CMHA, Newfoundland and Labrador Division, 2000.*

"Over Prescribing Antidepressants and Other Drugs". – *A documentary aired on CBC's Fifth Estate, November 2003.* 60 min.

"Taking Control of Depression - Mending the Mind" - featuring Edward Asner, physicians from the National Institutes of Mental Health and Alan Xenakis, MD, 30 minutes, 1991. *Explains the facts about depression, symptoms and causes, methods of diagnosis, treatments that work.*

Pamphlets & Booklets

Depression Creates Moments Like This- A booklet for teens. Nova Scotia Dept. of Health. 2005.

What is Bipolar Disorder? *A 10-page booklet from the Mood Disorders Society of Canada.*

Eating Disorders

Videos

“Eating Disorder-Trouble in Mind Series”. 2005. 23 min

“Dying To Be Thin- Anorexia”. 2005 60 min.

Pamphlet

Eating Disorders

Grief

Books

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

Coping With a Miscarriage: Why It Happens and How to Deal With Its Impact on You and Your Family. Hank Pizer, Christine O'Brien Palinski, New American Library, New York, 1980. *Provides clear, reassuring information about the causes and warning signs of miscarriage, current approaches to the prevention of miscarriage as well as how to deal with the fears and guilt that often accompany miscarriage.*

Giving Sorrow Words: How to Cope With Grief and Get On With Your Life. Candy Lightner, Nancy Hathaway, Warner Books, New York, 1990. *The result of interviews with more than one hundred people whose lives were forever changed by the death of a loved one. Explores all aspects of the grieving process, including the significance of religious and cultural traditions.*

Go Toward The Light. Chris Oyler, Laurie Becklund, Beth Polson, Harper and Row, New York, 1988. *A mother's account of how she and her young family faced and courageously survived the death of a seven year old son from AIDS.*

Grieving Mental Illness. Virginia Lafond. University of Toronto Press. 1994. *A guide for patients and their caregivers.*

I Never Know What To Say: How to Help Your Family and Friends Cope With Tragedy. Nina Hermann Donnelly, Random House Canada, Toronto, 1987. *A simply worded guide for those who would like to help a friend or relative through the process of mourning death, or dying, or other types of extreme loss, but who often feel they don't know what to say or will say or do the "wrong" thing.*

The Mourning Book. Helen Fitzgerald. Simon and Schuster. 1994. *The most comprehensive resource offering practical and compassionate advice on coping with all aspects of death and dying.*

Year One: A Record. John Tittensor, Penguin Books, New York, 1984. *A father's agonizing yet enlightening account of grieving and survival after the accidental death of his two young children.*

Mental Health

Books

Cancer in the Workplace. Rogers Media Inc. *booklet*.

Management of Prader-Willi Syndrome. Louise Greeswag & Randell Alexander. Springer-Verlag. 1988.

Mental Health Promotion Tool Kit. Canadian Mental Health Association, 1999. *A practical resource for community initiatives.*

Mindscapes- images en tete. National Gallery of Canada. 2004.

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

Self-Esteem 3rd ed. Matthew McKay, PhD. & Patrick Fanning. New Harbinger Publications. 2000. *A proven program of cognitive techniques for assessing, improving and maintaining your self-esteem.*

The Insider's Guide to Mental Health Resources Online. John M. Grohol, The Guilford Press, 1997. *For both computer novices and experienced surfers, this invaluable guide helps readers take full advantage of the growing Internet and World Wide Web resources in psychology, psychiatry, and related areas, such as self-help and patient education.*

The Last Taboo. Scott Simmie and Julia Nunes, McLelland & Stewart, Toronto, 2001. *A survival guide to mental health care in Canada.*

Videos

“ABC’s of Volunteerism”. Prince Edward Island Network, Canada Volunteeris Initiative.

“Working Like Crazy” – National Film Board, 1999, 54 minutes. Offers alternatives to conventional community mental health and economic development.

“Mind Your Health” National Mental Health Association. 2005.

Pamphlets

The following pamphlets are produced by the Canadian Mental Health Association and can be purchased in quantity:

Mental Health For Life
Getting Help: When & How
Mental Illness in the Family
Stress

Mental Illnesses
The Myths of Mental Illness
Feeling Angry?
Separation and Divorce

Coping With Unemployment	You and Your Aging Parents
Growing Older	Preventing Suicide
Grief After Suicide	Grieving
Depression and Manic Depression	Schizophrenia
Depression in the Workplace	Violence and Mental Illness
Children and Attention Deficit Disorders	Understanding Anxiety Disorders
Children and Difficult Behaviour	Phobias and Panic Disorder
Children and Self-Esteem	Post-Traumatic Stress Disorder
Children and Depression	Obsessive-Compulsive Disorder
Children and Family Break-up	Seasonal Affective Disorder
Children and the Stress of Parenting	When a Young Person is Suicidal
Children and Their Fears	Reflections on Youth Suicide
Eating Disorders	Post Partum Depression

Mental Illness

Books

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

Dual Diagnosis of Major Mental Illness and Substance Abuse Volume 2: Recent Research and Clinical Implications. Robert E. Drake and Kim T. Mueser, Editors, Jossey-Bass Publishers, San Francisco, 1996.

Feeling the Rainbow. Donna Noble. Sound Health Enterprises. 1992. *The second book of a trilogy documenting and encouraging healing and recovery from mental illness.*

For Better or For Worse: A Couple's Guide to Dealing With Chronic Illness. Beverly Kievman with Susie Blackmun, Contemporary Books, Chicago, 1989. *Addresses the financial, medical, and psychological problems of chronic illness that face the caregiving spouse, dealing with the tough realities in a time of devastating change.*

Learning Diversity- Accommodations in Colleges and Universities fro Students with Mental Illness. (booklet) Lana Frado. CMHA. 1993

Psychosocial Rehabilitation Journal. Vol. 15 No. 2. October 1992. *Collections of articles on the Clubhouse Model of rehabilitation for individuals living with mental illness.*

Protect, Befriend, Respect- Nova Scotia Mental Health Movement 1908-2008. Judith Fingard and John Rutherford. Fernwood Publishing. Halifax & Winnipeg. 2008. *This book traces the evolution of the movement in Nova Scotia to improve the prospects of people living with mental illness.*

The Last Taboo: A Survival Guide to Mental Health Care in Canada. Scott Simmie and Julia Nunes, McLelland & Stewart Ltd., Toronto, Ontario, 2001. *A practical roadmap for people with mental disorders and those who care about them.*

What Hurts What Helps- A Guide to What Families of the Mentally Ill Need from Mental Health Professionals. 3rd ed. Joyce Burland, PhD., 1993.

When Someone You Love Has A Mental Illness: A Handbook for Family, Friends, and Caregivers. Rebecca Woolis, M.F.C.C., Putnam Publishing, New York, 1992. *Addresses short-term, daily problems of living with a person with mental illness, as well as long-term planning and care.*

When Something's Wrong – Ideas for Families. Canadian Psychiatric Research Foundation. *A handbook designed to give parents, caregivers or other family members useful strategies to cope with and assist children and youth with mood, behaviour, or thinking difficulties.*

Your Mental Health Matters: Getting Help for Depression, Panic Disorder and Obsessive-Compulsive Disorder (booklet). Brain Bexton, MD., Martin Katzman, MD., Oliver Robinow, MD. The Medicine Group Ltd. 1998

Videos

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

"Out of Madness People Grow" – Man Alive with Roy Bonisteel, CBC, 1986, 30 minutes. *Profiles a support group called "Grow" that was created for people with mental illness. There are over 500 Grow groups around the world. They follow a step program.*

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

"Walls and Bridges" – Narrated by Kelly Ryan, MITV, 1991, 30 minutes. *Discusses mental illness in general in five parts: The Stress, The Stigma, The Homeless, The Law, and The Hope.*

Parenting

Books

1-2-3 Magic. Thomas W. Phelan, PhD, Child Management Inc., 1995. *Effective discipline for children 2 - 12.*

Don't Pop Your Cork on Mondays. Adolph Moser, Ed.D., Landmark Editions, 1988. *The children's anti-stress book.*

Keys to Parenting Your Anxious Child. Katharina Manassis, M.D., Barron's Educational Series, Inc., 1996. *A practical guide that shows parents how to recognize a child's anxieties.*

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

Parent Effectiveness Training. Dr. Thomas Gordon, New American Library, New York, 1975. *Offers a proven method to bring parents and their children together and to show parents how to help their children become mature, healthy, happy, and loving.*

Parenting Through Crisis. Barbara Coloroso, Penguin Books, 1999. *Helping kids in times of loss, grief, and change.*

The Bully, The Bullied, and The Bystander. Barbara Coloroso, Harper Collins Publishers Ltd., 2002. *From pre-school to high school—how parents and teachers can help break the cycle of violence.*

Videos

"1-2-3 Magic" - Thomas W. Phelan, PhD, 1990, 120 minutes. *Effective discipline for children 2 - 12.*

"Winning at Parenting ... without beating your kids" - Barbara Coloroso, 1989, 125 minutes. *A humorous approach to the daily hassles of mealtime, bedtime, chores, and fighting. Also ways to buffer your kids from sexual promiscuity, drug abuse and suicide while helping them grow in increased self-discipline, independent problem-solving skills and responsibility.*

Psychosis/Schizophrenia

Books

A Sibling's Guide to Psychosis: Information, Ideas and Resources. Sharon Mulder & Elizabeth Lines. Canadian Mental Health Association. 2005.

First Episode Psychosis: A Guide for People with Psychosis and their Families. Donna Czuchta, RN, MSc and Kathryn Ryan, RN, MSc(N), Addiction Research Foundation, 1999. *Provides information about first episode psychosis, its treatment and recovery. Increased awareness of signs, symptoms and treatment may improve treatment outcomes for people with a first episode of psychosis.*

Schizophrenia: A Handbook for Families. Health and Welfare Canada in cooperation with the Schizophrenia Society of Canada, 1991. *A complete guide for those interested in having more information about the illness and knowing how to support those with the illness.*

Schizophrenia Simplified: A Field Guide to Schizophrenia for Frontline Workers, Families, and Professionals. John F. Thornton and Mary V. Seeman, Hogrefe and Huber Publishers, Toronto, 1991. *Focuses on the interaction of the social, medical, and legal systems in serving the needs of the person with schizophrenia. Includes a brief review of who is affected and the causes and outcomes of this illness.*

Schizophrenia: Youth's Greatest Disabler. Schizophrenia Society of Alberta, 1990. *Gives an introduction to schizophrenia by providing basic facts about the illness.*

The Shell People: My Story of Schizophrenia. Sharon Mercato, Ashlar House Publishing, Brampton, Ontario, 1992. *The autobiography of a young woman afflicted with schizophrenia. This book reflects the thoughts and feelings of the author through various stages of learning to live with the illness.*

What Can Communities Do? Canadian Mental Health Association. 2005. *A Community action guide to early psychosis intervention strategies.*

Videos

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

“C21” – Profiles of two young people diagnosed with schizophrenia, January 2003, 20 minutes

“Combatting Schizophrenia” – Presentation for Police

“Critical Connections”. American Psychiatric Association. 1997. 30 min. *A schizophrenia awareness video*

“Dr. Anne Bassett - Schizophrenia Research”, June 1994

“Dr. Barry Jones - Message for the Schizophrenia Society of Canada”

“First Break” - National Film Board of Canada, 1997. *Describes the first episode of mental illness in a person's life, which often occurs in their late teens or early twenties. This film dispels the myths and questions the stigmas attached to mental illness while offering a powerful portrait of coping.* 51 min.

“New Hope in the Treatment of Schizophrenia”

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

“Out of Darkness”

“Reaching Out – The Importance of Early Treatment”, 22 minutes

“Recognizing and Understanding Schizophrenia in Young Adults”. World Federation of Mental Health.

“Report on Schizophrenia” - CBC Compass News, May 29, 1996, 5 minutes

“Schizophrenia: Hope Not Despair”, Schizophrenia Society, 1999, 18 minutes

“Schizophrenia: It Can Happen to Someone You Know”

“Schizophrenia Society of Canada President's Message” 1994-95

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

The Bonnie Tapes: Recovering from Mental Illness, 27 minutes

My Sister is Mentally Ill, 22 minutes
 Mental Illness in the Family, 26 minutes

Audio

“Virtual Hallucinations”

Internet

Schizophrenia Internet Resources – CD-ROM for computer

Self-Help

Books

A Directory of Self-Help and Community Resources in Prince Edward Island. CMHA PEI Division, updated annually.

Chicken Soup for the Mother's Soul. Jack Canfield, Mark Victor Hansen, Jennifer Read Hawthorne, Marci Shimoff, Health Communications, Inc., 1997. *An inspirational book that pays tribute to motherhood.*

Helping You Helps Me: A Guide Book for Self-Help Groups. Karen Hill, Health and Welfare Canada, 1984. *A practical guide to starting and maintaining a self-help group. Leadership, membership, recruitment, fund-raising, problem-solving and decision-making are among the more than twenty topics covered. Also available on cassette.*

Making Self-Help Mutual Aid Work: The Resource Kit. Produced by the Ontario Self-Help Network, a program of the Self-Help Resource Centre.

Self-Help: A “How-To” Manual. The Self-Help Connection, The Canadian Mental Health Association, Nova Scotia Division, 1990. *A general guide for those interested in starting and maintaining self-help groups.*

Self-Help Groups: Getting Started-Keeping Going. Judy Wilson, Longman Group UK Limited, 1986. *This guide draws on the experience of many self-help groups and offers practical advice.*

You Are Not Alone. The Mood Disorders Association of Metropolitan Toronto. 1994. *A handbook for facilitators of self-help and mutual aid groups for people with depression and manic-depression and their families and friends.*

Videos

"What is Self-Help?" - Rosemary Faulkner, 1992.

Seniors

Books

Learning Today for a Better Tomorrow. PEI Association of Social Workers. 1991. *A Handbook about elder abuse.*

Let Me Decide. William Molloy, MD, Virginia Mephram, RN, Penguin Books, Toronto, 1989. *The health and personal care directive that speaks for you when you can't.*

Live Well, Live Long. The American Society on Aging. *Health promotion and disease prevention for older adults.*

Prince Edward Island Seniors' Guide, 1st edition. Seniors' Secretariat of Prince Edward Island. 2008. *Information about programs and services for seniors.*

Seniors' Mental Health. Canadian Mental Health Association. *Visions Journal.* N. 15, Summer 2002.

What Are We Going To Do Now? William Molloy, MD, Key Porter Books, Toronto, 1996. *A sensitive and compassionate book that teaches children how to ensure that their parents have a healthy, happy, and comfortable old age.*

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

Sexual Abuse

Books

Beyond Don't: Dreaming Past the Dark. Elly Danica, 1996, Gynergy Books, Charlottetown, PEI. *One woman's struggle with the multi-layered reality of child sexual abuse.*

Don't: A Woman's Word. Elly Danica, 1988, Gynergy Books, Charlottetown, PEI. *The story of an incest survivor.*

He Told Me Not To Tell. Jennifer Fay, 1991. *A parent's guide for talking to children about sexual assault.*

I Am Not Your Higher Power! Sara Society, 1995, Vancouver. *Writings of persons-in-support of survivors of sexual abuse.*

Leaping upon the Mountains. Mike Lew, 1999. *Men Proclaiming Victory over Sexual Child Abuse.*

Self-Help or Self-Delusion: A SARA 12 Step History. Sara Society, 1999. *A manual recording the work and projects of Sara since its inception.*

The Courage to Heal. Ellen Bass and Laura Davis, 1988, Harper Collins Publishers, New York. *A guide for women survivors of child sexual abuse.*

Why Me?. Lynn B. Dougherty, PhD., 1984, Mother Courage Press, Racine, Wisconsin. *Help for victims of child sexual abuse, even if they are adults now.*

Stress

Books

A Guide to Managing Workplace Stress. Trevor Hicks & Caroline McSherry. Brown Walker Press. 2006. *The intention of this book is to provide information to those who may be suffering from work related stress and to provide managers with a “toolkit” to help address such problems in the workforce.*

Coping With Stress. Published by the Canadian Mental Health Association and the Heart and Stroke Foundation, 1996. *A booklet that provides a first aid kit for stress and resources to help you cope with stress.*

Don't Sweat the Small Stuff at Work. Richard Carlson, PhD, Hyperion, New York, 1998. *Simple ways to minimize stress and conflict while bringing out the best in yourself and others.*

Emotional First Aid: A Crisis Handbook. Irvington Publishers Inc., 1984. *The aim of the book is to communicate basic knowledge of ways to relieve emotional distress based on the understanding of how emotions function.*

How to Stop Worry in One Second. Craig Mardus, PhD., Warner Books. 1995. *Learn from your own nervous system how best to deal with worry and stress.*

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

Resilience: Discovering A New Strength at Times of Stress. Frederic Flach, MD, Random House of Canada, Toronto, 1988. *Discusses ways of coping with stress, recovering from disruption and creating a process for surviving catastrophic events in one's life.*

Staying on Top: When Your World Turns Upside Down. Kathryn D. Cramer, PhD, Penguin Books, New York, 1990. *Provides a sound, straightforward method for recovering from cataclysmic setbacks, and demonstrates how life's traumas can be turned into forces for positive change.*

Stress and Mental Health. Mario Orlandi, PhD, Donald Prue, PhD, Facts on File Publications Inc., New York, 1988. *A book for young adults designed to help teens develop a healthy self-image and a sound attitude toward problem solving and stress management.*

Stress for Success: Thriving on Stress at Work. Peter G. Hanson, MD, Collins Publishers, Toronto, 1989. *Focuses on the major problems and pressures of today's workplace, and explains how to deal with its most stressful challenges.*

Stress Management for Dummies. Allen Elkin, PhD. Wiley Publishing. 1999. *Your stress-free guide to stress relief.*

The Joy of Stress. Peter G. Hanson, MD, Hanson Stress Management Organization, Islington, 1985. *A book on the effects, mental and physical, of stress. Designed as a guide for dealing effectively with the effects of stress in daily life.*

The Little Book of Stress Relief. David Posen, MD. Key Porter Books. 2003. *It provides an excellent framework for stress management and is filled with great tips and insights. And it's fun to read!*

The Stress Owner's Manual. Ed Boenisch, PhD, C. Michele Haney, PhD, Impact Publishers, San Luis Obispo, California, 1996. *This guide will help you find immediate, short-term relief from stress, pinpoint the sources of life stress, learn ways to manage stress over the long haul, recognize and avoid burnout, and regain meaning, balance and health in your life.*

Videos

"Humor Your Stress" - Jest for the Fun of It with Loretta LaRoche, 60 minutes, 1995. *Shows eight steps to en-lightenment--which translated means, "lightening our ways", including finding the humor in everyday situations.*

"Life Is Short – Wear Your Party Pants!" with Loretta LaRoche, 2003. *She gives the tools needed to not only reduce feelings of tension, but to also bring joy, passion and gusto to life.*

"Stress At Work" produced by CMHA York Region Branch, Newmarket, Ontario, 1988, 25 minutes. *This is a documentary on the symptoms, effects, and management of stress. Some mental health experts are interviewed as well as sufferers of stress. The stress management programs of various companies are cited. It offers suggestions to both the employer and employee and is very informative.*

"The Joy of Stress" with Loretta LaRoche, 56 minutes, 1995. *Explains how humor helps strengthen our immune system, reduces stress, and prevents "Hardening of the Attitude."*

Substance Abuse

Books

Alcoholics Anonymous- 4th edition. 2001

Alcoholism. Dr. Alvin Silverstein and Virginia B. Silverstein, J. B. Lippincott Company, New York, 1975. *Provides information about what alcohol is, how it affects the body, and the effects of drinking on society past and present.*

Concurrent Disorders-Mental Disorders and Substance Use Problems. BC Mental Health and Addictions Journal. Vol. 2 No. 1. Winter 2004.

Dual Diagnosis of Major Mental Illness and Substance Abuse Volume 2: Recent Research and Clinical Implications. Robert Drake & Kim Mueser. Jossey-Bass Publishers. 1996

Getting Better: Inside Alcoholics Anonymous. Nan Robertson, William Morrow and Co., New York, 1988. *An overview of Alcoholics Anonymous that tells how AA actually works and attempts to explain why it succeeds.*

Suicide

Books

After A Parent's Suicide- Helping Children Heal. Margo Requarth, MA,MFT.,Healing Heart Press, 2008. *"How-to" guide for parent survivors: how to talk to your children, how to see them through the heart-rending anguish to a place of acceptance, healing and finally, a renewed and deepened capacity for joy.*

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

Choosing To Live. Thomas E. Ellis, Psy.D., Cory F. Newman, Ph.D., New Harbinger Publications, 1996. *How to defeat suicide through cognitive therapy.*

Suicide. BC Partners fro Mental Health and Addictions Information. Visions Journal. Vol 2 No. 71. Fall 2005.

Suicide Intervention Handbook. Living Works Education. 1999. *Training Manual for suicide intervention*

Videos

"College Response" – SOS Suicide Prevention Program, 14 minutes, 2005. Video & Guide.

"Patrick's Story" – National Film Board and Cooper Rock Pictures, 24 minutes.

"Remembering Tom" - National Film Board and Cooper Rock Pictures, 24 minutes.

Pamphlets

Grief After Suicide

Preventing Suicide

Reflections on Youth Suicide

Signals of Suicide

When a Young Person is Suicidal