



2023  
EDITION

# MENTAL HEALTH

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QUALITY HEALTH RELATED INFORMATION CAREFULLY SELECTED BY YOUR LIBRARIES

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Better informed to live better.

## **ABOUT**

Biblio-Santé is a program of the Quebec Public Library Association. The ABPQ is made up of 182 member municipalities and corporations, for a total of 320 autonomous libraries. Biblio-Santé is available in more than 660 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-Santé is an initiative of the Charlemagne, L'Assomption and Repentigny libraries that was started under the name Biblio-Aidants. 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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## **VISIT OUR WEBSITE**

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

**[bibliosante.ca](http://bibliosante.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 2023 and will be updated on an annual basis.

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# TABLE OF CONTENT

## RESOURCE DIRECTORY

<b>ORGANIZATIONS AND ASSOCIATIONS</b>	<b>7</b>
General	7
Suicide prevention	12
<b>INTERNET RESOURCES</b>	<b>14</b>
General	15
Suicide prevention	19
<b>HEALTH INFORMATION PORTALS</b>	<b>20</b>
<b>HEALTH DATABASES</b>	<b>21</b>
Open access databases	21
Databases with access restricted to subscribers	21

## READING SUGGESTIONS

<b>NON-FICTION</b>	<b>26</b>
General works	26
Depression	32
Postnatal depression	41
Burnout	43
Bipolar disorder (manic depression)	45
Addiction (alcohol, drugs, gambling, new technologies)	47
Anxiety disorders	53
Eating disorders	62
Borderline personality disorder	70
Schizophrenia	73
Suicide prevention	75
Dissociative complex disorders	76
<b>LIFE STORIES, BIOGRAPHIES AND TESTIMONIALS</b>	<b>77</b>
General works	77
Depression	80
Postnatal depression	84
Bipolar disorder (manic depression)	86
Addiction (alcohol, drugs, gambling, new technologies)	90
Anxiety disorders	96
Eating disorders	99
Borderline personality disorder	100
Suicide prevention	103
<b>NOVELS</b>	<b>105</b>
Depression	105
Postnatal depression	107
Anxiety disorders	109
Bipolar disorder (manic depression)	110
Addiction (alcohol, drugs, gambling, new technologies)	112
Eating disorders	114
Borderline personality disorder	115
Schizophrenia	115
Suicide prevention	116

<b>COMICS</b>	<b>118</b>
Depression	118
Bipolar disorder (manic depression)	119
Addiction (alcohol, drugs, gambling, new technologies)	121
Anxiety disorders	121
Eating disorders	122
<b>YOUTH LITERATURE</b>	<b>123</b>
General Works	123
Depression	124
Postnatal depression	131
Bipolar disorder (manic depression)	131
Addiction (alcohol, drugs, gambling, new technologies, sex)	133
Anxiety disorders	137
Eating disorders	147
Schizophrenia	150
Suicide prevention	152

## FILM, SERIES AND PROGRAM SUGGESTIONS

<b>FICTION</b>	<b>155</b>
<b>DOCUMENTARIES</b>	<b>165</b>
General	165
Depression	167
Postnatal depression	167
Addiction (alcohol, drugs, gambling, new technologies)	168
Anxiety disorders	168
Eating disorders	170
Schizophrenia	171
Suicide prevention	171

## TAKING PART IN ONE'S HEALTH CARE

<b>ORGANIZATIONS AND ASSOCIATIONS</b>	<b>174</b>
General	174
Legal information	174
<b>INTERNET RESOURCES</b>	<b>177</b>
General	177
Legal information	182
<b>READING SUGGESTIONS</b>	<b>183</b>

## HOW DO WE SELECT THE INFORMATION?

Each document for inclusion in the Biblio-Santé 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 health system users and 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-Santé, please visit [bibliosante.ca/criteria](http://bibliosante.ca/criteria)



### CAREGIVERS

#### **CAREGIVERS BOOKLET**

This booklet is complementary to all booklets of the Biblio-Santé Program. It highlights useful resources to support caregivers.

## OTHER BOOKLETS AVAILABLE



**ALZHEIMER'S  
DISEASE**



**AUTISM SPECTRUM  
DISORDER**



**BEREAVEMENT**



**CANCER**



**CHRONIC  
PAIN**



**DIABETES**



**END-OF-LIFE  
CARE**



**HEART DISEASE  
AND STROKE**



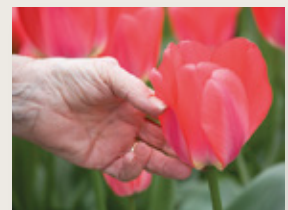
**INTELLECTUAL  
DISABILITY**



**MENTAL  
HEALTH**



**MULTIPLE  
SCLEROSIS**



**PARKINSON'S  
DISEASE**



**PHYSICAL  
DISABILITY**



**PULMONARY  
DISEASE**



**SENIORS  
AND AGING**

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# RESOURCE DIRECTORY

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# ORGANIZATIONS AND ASSOCIATIONS

## General

### ALCOHOLICS ANONYMOUS OF QUEBEC

**Toll free** 1 877 790-2526  
**Website** [https://aa-quebec.org/aaqc\\_wp/](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.

### AMI-QUEBEC ACTION ON MENTAL ILLNESS

**Phone** 514 486-1448  
**Website** <https://amiquebec.org/>

AMI-Quebec Action on Mental Illness is a non-profit organization that helps families manage the effects of mental illness through support, education, guidance, and advocacy. Many of their programs are open to anyone, and may also be of special interest to those living with mental illnesses, and they are available across Quebec by phone or internet.

### 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 a.m.

**ANEB Teen Corner**

**Website** <http://anebados.com/en/>  
**Text message** 1 800 630-0907

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 DES CENTRES D'INTERVENTION EN DÉPENDANCE (AQCID)**

**Phone** 819 299-6151  
**Website** [www.aqid.com/en/](http://www.aqid.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. Website in French.

**CANADIAN MENTAL HEALTH ASSOCIATION (CMHA)**

**Phone** 416 646-5557  
**Website** [www.cmha.ca](http://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 "Find Info", 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)

**Website** [www.humanstress.ca](http://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.

## DOUGLAS MENTAL HEALTH UNIVERSITY INSTITUTE

**Phone** 514 761-6131, ext. 2734

**Website** [www.douglas.qc.ca/?locale=en](http://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

**Website** <https://www.aidedrogue.ca/en/>

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 (FJET)

**Phone** 514 529-1000

**Website** [www.fondationjeunesentete.org/en](http://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  
**Website** [www.aidejeu.ca/en/](http://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**

**Toll free**  
**(Caregiver Support)** 1 855 852-7784  
**Website** [www.lappui.org/en](http://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)  
**Website** <https://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  
**Website** [www.ophq.gouv.qc.ca](http://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.

## PREMIÈRE RESSOURCES – AIDE AUX PARENTS

**Phone** 514 525-2573  
**Toll Free** 1 866 329-4223  
**Website** <https://premiereressource.com/en>

Première Ressource supports parents and their children from 0 to 18 years of age on a daily basis through free and confidential consultations by phone, email or chat, in French or English. The consultations concern concrete issues of the parent's reality, to support them in the acquisition and maintenance of parenting skills in order to provide children with a family environment favourable to their development.

## QUEBEC PEER SUPPORT WORKERS ASSOCIATION (AMPAQ)

**Phone** 514 413-8777 ext. 124306  
**Website** <https://www.ampaq.ca/>

AMPAQ is a non-profit organization which represents peer support workers based in Quebec and advocates for mental health care. Peer support workers are people who have themselves struggled with mental health issues or addiction and now use that experience in order to help others. The AMPAQ's website provides an interactive map which indicates where to find peer support workers in different areas, as well as a list of trusted mental health resources, which can be found under the "Ressources d'aide" tab. Website mostly in French, with some pages translated into English.

## RELIEF

**Toll free** 1 866 738-4873  
**Website** <https://relief.ca/home>

Relief is an organization that provides support to people with anxiety, depression and bipolar disorders. The organization Revivre has been renamed Relief, but it still provides fact sheets for each of the disorders, in addition to listing several services.

## **SOCIÉTÉ QUÉBÉCOISE DE LA SCHIZOPHRÉNIE**

**Phone** 514 251-4125  
**Toll free** 1 866 888-2323  
**Website** [www.schizophrenie.qc.ca](http://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. Website in French only.

## **Suicide prevention**

### **ASSOCIATION QUÉBÉCOISE DE PRÉVENTION DU SUICIDE (AQPS)**

**Phone** 418 614-5909  
**Toll free** 1 866 APPELLE (1 866 277-3553)  
**Website** [www.aqps.info](http://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.

### **REGROUPEMENT DES CENTRES DE PRÉVENTION DU SUICIDE DU QUÉBEC (RCPSQ)**

**Phone** 1 866 APPELLE (1 866 277-3553)  
**Website** [www.rcpsq.org](http://www.rcpsq.org)

You will be able to find, under the Directory tab of the CPS, the complete list of Centers for the prevention of suicide. All CPS have a local response telephone line. Website in French.

## REGROUPEMENT DES SERVICES D'INTERVENTION DE CRISE DU QUÉBEC (RESICQ)

**Toll free**

**1 866 APPELLE (1 866 277-3553)**

**Website**

**[www.centredecrise.ca](http://www.centredecrise.ca)**

Crisis centers offer crisis services for any adult in distress, at risk of suicide or not, as well as their loved ones. Short-term accommodation, 24/7 crisis telephone service, assessment and follow-up in the community are the main services offered. Check the website for a list of crisis centers in your area. Website in French.

# 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.

## General

### **CANADIAN INSTITUTE FOR HEALTH INFORMATION – MENTAL HEALTH AND ADDICTIONS**

[www.cihi.ca/en/mental-health-and-addictions](http://www.cihi.ca/en/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.

### **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.

### **CENTRE FOR ADDICTION AND MENTAL HEALTH – MENTAL ILLNESS & ADDICTION INDEX**

[www.camh.ca/en/health-info/mental-illness-and-addiction-index](http://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 (CAL)**

[www.carteloisir.ca/en](http://www.carteloisir.ca/en)

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**

[www.educaloi.qc.ca/en/web-guide/law-mental-health](http://www.educaloi.qc.ca/en/web-guide/law-mental-health)

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/](http://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.

## **GOVERNEMENT DU QUÉBEC**

### **Consumption of alcohol and other drugs, and gambling**

[www.quebec.ca/en/health/advice-and-prevention/alcohol-drugs-gambling/](http://www.quebec.ca/en/health/advice-and-prevention/alcohol-drugs-gambling/)

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

### **Mental health**

[www.quebec.ca/en/health/advice-and-prevention/mental-health/](http://www.quebec.ca/en/health/advice-and-prevention/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.

## **GOVERNMENT OF CANADA**

### **Mental health and wellness**

[www.canada.ca/en/public-health/topics/mental-health-wellness.html](http://www.canada.ca/en/public-health/topics/mental-health-wellness.html)

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.

## **INCLUSIVES EDUCATION SERVICES (IES)**

<https://iesquebec.ca/>

Inclusive Education Services offers a variety of specialized resources to ensure the well-being and academic success of all anglophone students in Quebec, especially those with mental illness. The resources are intended for students as well as families and professionals.

## **KELTY MENTAL HEALTH RESOURCE CENTRE – PARENTS AND CAREGIVERS**

[www.keltymentalhealth.ca/parents-caregivers](http://www.keltymentalhealth.ca/parents-caregivers)

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

## **MINDYOURMIND – TOOLS**

<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 SOCIETY OF CANADA (MDSC)**

<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](http://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. Find basic information on signs and symptoms, risk factors, treatment, and current clinical trials.

## **PROCHE AIDANCE QUÉBEC**

**Taking care of yourself... while taking care of your loved one**

<http://ranq.qc.ca/wp-content/uploads/2014/02/GuideLavalanglais.pdf>

## **REGROUPEMENT DES RESSOURCES ALTERNATIVES EN SANTÉ MENTALE DU QUÉBEC – ABOUT US**

[http://www.rrasmq.com/About\\_Us.php](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.

## **SOCIÉTÉ QUÉBÉCOISE DE LA SCHIZOPHRÉNIE**

**Refer-O-Scope**

[www.refer-o-scope.com/en](http://www.refer-o-scope.com/en)

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.

**Learning About Schizophrenia: Rays of Hope**

<https://cdn.ca.yapla.com/company/CPYbhM20gRybzX7UxIP9UupB/asset/files/Guides%20de%20r%C3%A9f%C3%A9rence/SSC-Rays-of-Hope-2021-WEB.pdf>

A reference manual for families and caregivers prepared by the Schizophrenia Society of Canada.

## **#WHATISPDD**

<http://cestquoiletpe.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.

# Suicide prevention

## **ASSOCIATION QUÉBÉCOISE DE PRÉVENTION DU SUICIDE**

### **How to talk about suicide**

<https://howtotalkaboutsucide.com>

This AQPS site offers tools and information for someone who has suicidal thoughts or someone who is worried about a loved one. It also offers resources for citizens and service providers.

### **Suicide Prevention Centres**

[www.aqps.info/besoin-aide-urgente/liste-centres-prevention-suicide.html](http://www.aqps.info/besoin-aide-urgente/liste-centres-prevention-suicide.html)

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.

## **GOVERNMENT OF CANADA – SUICIDE PREVENTION**

[www.canada.ca/en/public-health/services/suicide-prevention.html](http://www.canada.ca/en/public-health/services/suicide-prevention.html)

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

## **SUICIDE.CA**

<https://suicide.ca/en>

Suicide.ca's mission is to use digital technology to prevent suicide. It provides information and support to people with suicidal thoughts and behaviours, people who are worried about someone or have lost loved ones to suicide, and professionals who work with vulnerable clientele. It offers support 24 hours a day, 7 days a week by phone, SMS or chat.

# HEALTH INFORMATION PORTALS

Sources offering reliable and quality information about health and healthy lifestyle habits.

## GOVERNMENT OF CANADA – HEALTH

[www.canada.ca/en/services/health.html](http://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/](http://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](http://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

[www.medlineplus.gov](http://www.medlineplus.gov)

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

# HEALTH DATABASES

## 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](http://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>

## **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.

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# READING SUGGESTIONS

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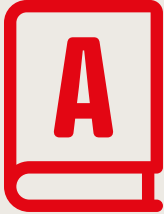
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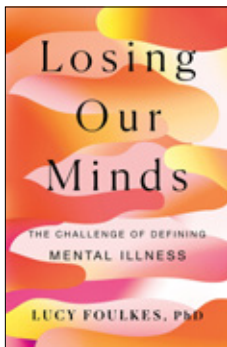
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# NON-FICTION

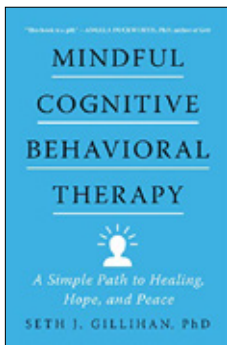
## General works



### **LOSING OUR MINDS: THE CHALLENGE OF DEFINING MENTAL ILLNESS**

**Lucy Foulkes.** New York, NY: St. Martin's Press, 2022, 258 p.

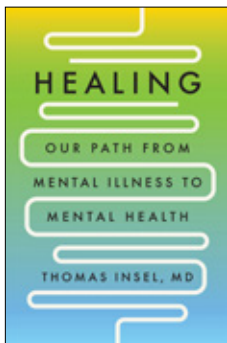
Public awareness of mental illness has been transformed in recent years, but our understanding of how to define it has yet to catch up. Too often, psychiatric disorders are confused with the inherent stresses and challenges of human experience. A narrative has taken hold that a mental health crisis has been building among young people. In this profoundly sensitive and constructive book, psychologist Lucy Foulkes argues that the crisis is one of ignorance as much as illness.



### **MINDFUL COGNITIVE BEHAVIORAL THERAPY: A SIMPLE PATH TO HEALING, HOPE, AND PEACE**

**Seth J. Gillihan.** New York, NY: HarperOne, an imprint of HarperCollins Publishers, 2022, 263 p.

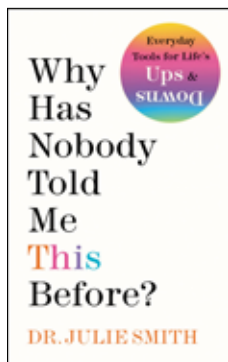
A practicing psychologist offers a fresh, welcome approach for treating mental health issues that speaks to our times, blending mindfulness and spirituality with Cognitive Behavioral Therapy to effectively overcome negative thinking, achieve deep healing, and truly attain lasting peace.



### **HEALING: OUR PATH FROM MENTAL ILLNESS TO MENTAL HEALTH**

**Thomas Insel.** New York: Penguin Press, 2022, 306 p.

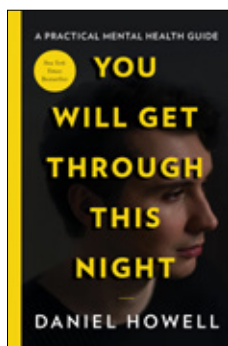
Mental illnesses are medical problems, but the author discovers that the cures for the crisis are not just medical, but social. This path to healing, built upon what he calls the three Ps (people, place, and purpose), is more straightforward than we might imagine. Dr. Insel offers a comprehensive plan for our failing system and for families trying to discern the way forward.



## WHY HAS NOBODY TOLD ME THIS BEFORE?

**Julie Smith.** New York, NY: HarperOne, an imprint of HarperCollinsPublishers, 2022, 351 p.

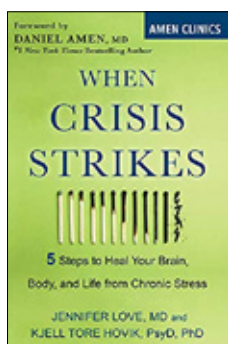
This book teaches you how to fortify and maintain your mental health, even in the most trying of times. Dr Julie Smith's expert advice and powerful coping techniques will help you stay resilient, whether you want to manage anxiety, deal with criticism, cope with depression, build self-confidence, find motivation, or learn to forgive yourself. *Why Has Nobody Told Me This Before* tackles everyday issues and offers practical solutions in bite-sized, easy-to-digest entries which make it easy to quickly find specific information and guidance.



## YOU WILL GET THROUGH THIS NIGHT

**Daniel Howell.** New York: Dey St., an imprint of William Morrow, 2021, 319 p.

Written by Daniel Howell, in conjunction with a qualified psychologist, in an entertaining and personal way from the perspective of someone who has been through it all – this no-nonsense book gives you the tools to understand your mind so you can be in control and really live. Split into three chapters for each stage of the journey: This Night – how to get through your toughest moments and be prepared to face anything; Tomorrow – small steps to change your thoughts and actions with a big impact on your life; The Days After – help to look after yourself in the long term and not just survive, but thrive.



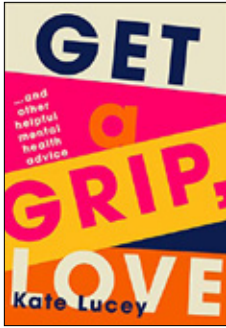
## WHEN CRISIS STRIKES: 5 STEPS TO HEAL YOUR BRAIN, BODY, AND LIFE FROM CHRONIC STRESS

**Jennifer Love and Kjell Tore Hovik.** New York: Citadel Press/Kensington Publishing Corp., 2021, 260 p.

Stress is an unfortunate fact of modern life, and when those stressors are catastrophic—divorce, illness, caregiving, loss—a brain under stress becomes a brain in crisis. In this invaluable guide, award-winning psychiatrist Dr. Jennifer Love and neuropsychologist Dr. Kjell Hovik explore how to heal the damage that prolonged stress can do to your brain and your health. In *When Crisis Strikes* you'll learn how to prevent these side effects from hijacking your daily life.



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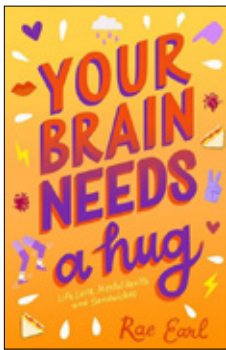


## GET A GRIP, LOVE

**Kate Lucey.** London: Mira, 2021, 293 p.

Exploring the science behind mental illness and its treatment, and including stories from a number of sufferers of depression and anxiety disorders, *Get a Grip, Love* provides a witty, razor-sharp exploration of mental health, and a no-nonsense guide that explains where the advice to ‘go for a run’, ‘stay off social media’ or ‘make some new friends’ comes from. It separates the facts from the fiction about what could work, speaks openly about how it feels to live with a mental health disorder, and demonstrates that it’s ok to feel the way that we do when we’re struggling, and that we certainly don’t need to get a grip.

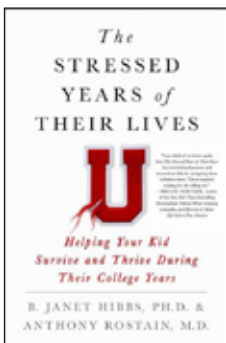
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## YOUR BRAIN NEEDS A HUG: LIFE, LOVE, MENTAL HEALTH, AND SANDWICHES

**Rae Earl.** New York: Imprint, 2019, 288 p.

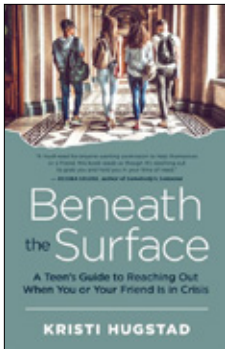
Imbued with a sense of humor, understanding, and hope, *Your Brain Needs a Hug* is a judgment-free guide for living well with your mind. *My Mad Fat Diary* author Rae Earl offers her personalized advice on the A to Zs of mental health, social media, family and friendship. When she was a teenager, Rae 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

**B. Janet Hibbs and Anthony Rostain.** New York: St. Martin’s Press, 2019, 352 p.

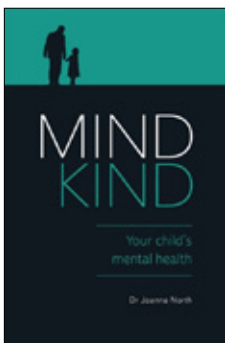
From two leading child and adolescent mental health experts comes a guide for the parents of every college and college-bound student who want to know what’s normal mental health and behavior, what’s not, and how to intervene before it’s too late.



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

**Kristi Hugstad.** Novato: New World Library, 2019, 167 p.

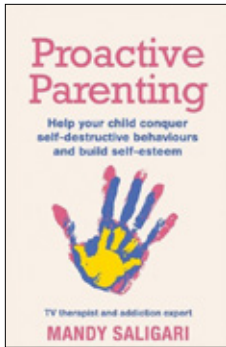
Depression and mental illness don't discriminate. Even in the most picture-perfect life, confusion and turmoil are often lurking beneath the surface. For a teenager in a world where anxiety, depression, and other mental illnesses are commonplace, life can sometimes feel impossible. Whether or not you 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**

**Joanna North.** Wollombi: Exisle, 2019, 256 p.

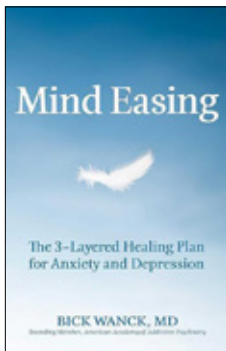
*Your Child's Mental Health* gives vital insight into the world of mental health and provides a value based system to help parents and caregivers to connect with their children and support them towards positive mental health and wellbeing. As a practising psychotherapist, Dr Joanna North is an expert 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

**Mandy Saligari.** London: Orion Spring, 2019, 256 p.

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

**Bick Wanck.** Deerfield Beach: Health Communications, 2019, 280 p.

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 [prenumerique.ca](https://prenumerique.ca)

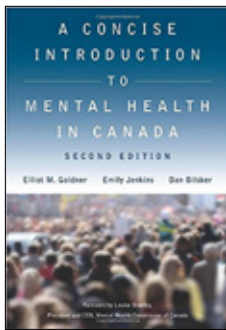


## ARE U OK? A GUIDE TO CARING FOR YOUR MENTAL HEALTH

**Kati Morton.** New York: Da Capo Lifelong, 2018, 236 p.

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.

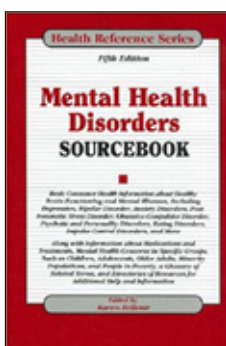
 Also available on [prenumerique.ca](https://prenumerique.ca)



## A CONCISE INTRODUCTION TO MENTAL HEALTH IN CANADA

**Elliot M. Goldner, Daniel Bilsker and Emily K. Jenkins.** Toronto: Canadian Scholars' Press, 2016, 371 p.

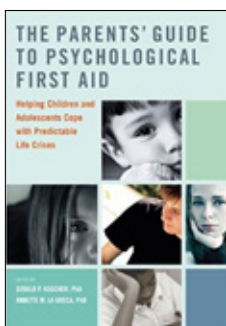
This book covers the full spectrum of mental health issues in Canada, incorporating insights from both the physical and social sciences to expand the way readers think about mental health. Interdisciplinary and reader-friendly, this book introduces readers to a wide range of topics, including substance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



## MENTAL HEALTH DISORDERS SOURCEBOOK

Edited by **Karen Bellenir.** Detroit: Omnigraphics, 2012, 700 p.

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.

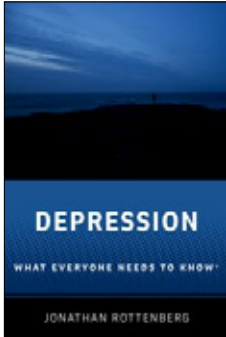


## THE PARENTS' GUIDE TO PSYCHOLOGICAL FIRST AID: HELPING CHILDREN AND ADOLESCENTS COPE WITH PREDICTABLE LIFE CRISES

**Gerald P. Koocher and Annette M. La Greca.** New York: Oxford University Press, 2011, 364 p.

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



## DEPRESSION

**Jonathan Rottenberg.** New York: Oxford University Press, 2022, 178 p.

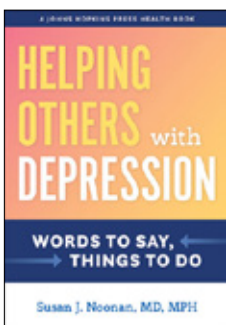
The author offers a practical, reader-friendly synthesis that bridges clinical science, clinical practice, and everyday life. Written in the pithy, straightforward style of Oxford's *What Everyone Needs to Know* series, this volume is a guide both for understanding what we know about the causes of depression and the depression epidemic, and for learning what to do about it—including material on how to recognize depression in oneself, a family member, or a friend, and how to navigate life after depression.



## GETTING IT DONE WHEN YOU'RE DEPRESSED: 50 STRATEGIES FOR KEEPING YOUR LIFE ON TRACK

**Julie A. Fast and John D. Preston.** Indianapolis: DK Publishing, 2021, 310 p.

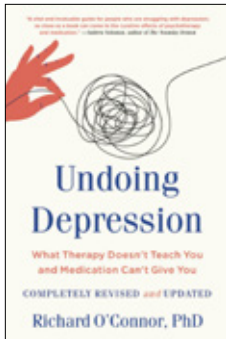
Many people suffer from depression on a daily basis. The hard part is learning to live with it. Getting up and getting moving can seem like an insurmountable chore. You know you need to be productive but your brain just won't cooperate. This book offers 50 strategies to break the cycle of inactivity that so often accompanies depression. These strategies are practical and easily applicable for anyone trying to lead a lifetime of productivity, regardless of your mood.



## HELPING OTHERS WITH DEPRESSION

**Susan J. Noonan.** Baltimore: Johns Hopkins University Press, 2021, 256 p.

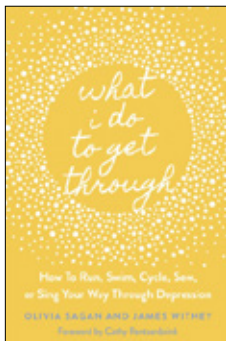
The book is meant for those who want to help a loved one with depression. The book details what depression is and what its main symptoms and manifestations are, followed by proven strategies for encouraging someone to get treatment and suggestions for how to tell when depressive symptoms are getting worse and may indicate a risk for suicide.



## UNDOING DEPRESSION: WHAT THERAPY DOESN'T TEACH YOU AND MEDICATION CAN'T GIVE YOU

**Richard O'Connor.** New York: Little, Brown Spark, 2021, 387 p.

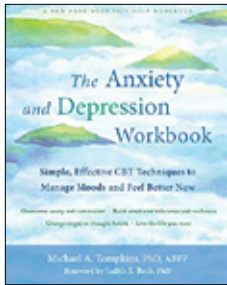
In this fully revised and updated edition of his book, Dr. O'Connor explains that, like heart disease and other physical conditions, depression is fueled by complex and interrelated factors: genetic, biochemical, environmental. But Dr. O'Connor focuses on an additional factor that is often overlooked: our own habits. Unwittingly we get good at depression. We learn how to hide it, and how to work around it. Relying on these methods to make it through each day, we deprive ourselves of true recovery, of deep joy and healthy emotion. *Undoing Depression* teaches us how to replace depressive patterns with a new and more effective set of skills. We already know how to “do” depression – and we can learn how to undo it. With a truly holistic approach that synthesizes the best of the many schools of thought about this painful disease, O'Connor offers new hope for sufferers of depression.



## WHAT I DO TO GET THROUGH: HOW TO RUN, SWIM, CYCLE, SEW, OR SING YOUR WAY THROUGH DEPRESSION

**Olivia Sagan and James Withey** (editors). London: Jessica Kingsley Publishers, 2021, 190 p.

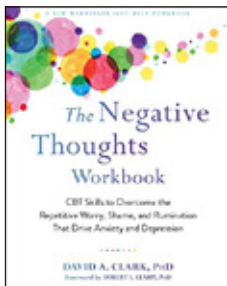
When mental illness strikes, we need tools at our side to help make things better, that give meaning, relief and dare we say...happiness. From wild swimming and mindful running, to community singing and everyday yoga, the inspiring stories in this book reveal the power of activities and hobbies to distract, exercise and calm, helping us to heal and recover from depression, anxiety and other mental illnesses.



## THE ANXIETY AND DEPRESSION WORKBOOK: SIMPLE, EFFECTIVE CBT TECHNIQUES TO MANAGE MOODS AND FEEL BETTER NOW

**Michael A. Tompkins.** Oakland: New Harbinger Publications, 2021, 241 p.

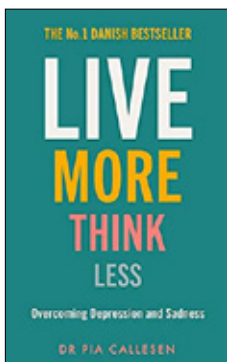
If you suffer from anxiety and depression, you may experience an overwhelming urge to avoid difficult emotions and emotional experiences. The last thing you want to do is kick the hornet's nest you carry around with you. However, the latest research in psychology emphasizes the importance of approaching – rather than avoiding – your emotions. Avoiding emotions works in the short term, but in the long term it only teaches you to believe you can't handle your feelings. What you need is a solid set of tools that will allow you to feel a full range of emotions with confidence. In this workbook, psychologist Michael Tompkins offers evidence-based cognitive-behavioral therapy (CBT) skills to help you target and tear down the emotional avoidance barriers that drive your anxiety and depression.



## THE NEGATIVE THOUGHTS WORKBOOK: CBT SKILLS TO OVERCOME THE REPETITIVE WORRY, SHAME, AND RUMINATION THAT DRIVE ANXIETY AND DEPRESSION

**David A. Clark.** Oakland, CA: New Harbinger Publications, Inc., 2020, 186 p.

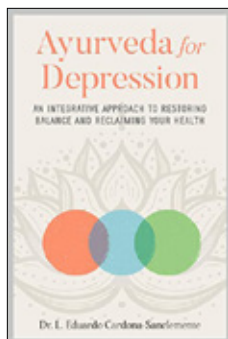
Emotional distress takes many forms—such as excessive worry, rumination, regret, shame, humiliation, or resentment. Managing these negative thoughts is essential for emotional healing and wholeness. In this workbook, renowned psychologist David A. Clark offers a transdiagnostic, cognitive behavioral approach to effectively target these unwanted thoughts. Using practical, step-by-step instructions and activities, readers will learn to free themselves from the addictive thought patterns that trap them in an endless cycle of negativity.



## LIVE MORE THINK LESS: OVERCOMING DEPRESSION AND SADNESS

**Pia Callesen and Anne Futtrup.** London: Icon Books, 2020 173 p.

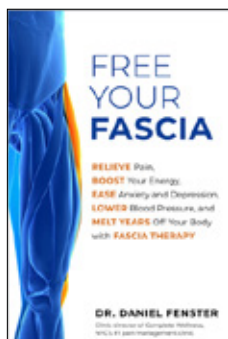
*Live More Think Less* presents strategies for regaining control over your thoughts – learning not only how to overcome depression, but how to avoid developing it altogether. Many of us believe that the best way to treat crises and challenges is to process them: to mull over and analyse the stresses, anxieties and traumas we face. But this perception is misguided. Instead, we should think of our mind as a sieve, through which everything slips unless we choose to hold onto it. But how do we let go of those negative thoughts we've held onto which are weighing us down?



## **AYURVEDA FOR DEPRESSION: AN INTEGRATIVE APPROACH TO RESTORING BALANCE AND RECLAIMING YOUR HEALTH**

**L. Eduardo Cardona-Saclemente.** Berkeley, California: North Atlantic Books, 2020, 432 p.

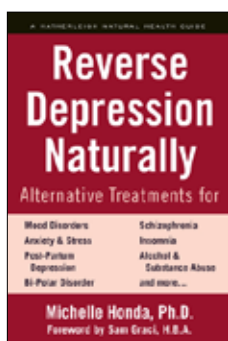
The ancient system of Ayurveda has been used for more than 5 millennia to treat all manner of ailments and bring the body back into a state of balance. An integrated model that nourishes both inner and outer wellness, Ayurvedic wisdom can empower you to reclaim your life from depression and restore wholeness in body, mind, and spirit. While conventional western approaches to treating depression often fall back on a discrete, one-size-fits-all approach, Ayurveda addresses depression systemically to treat and heal the whole person.



## **FREE YOUR FASCIA: RELIEVE PAIN, BOOST YOUR ENERGY, EASE ANXIETY AND DEPRESSION, LOWER BLOOD PRESSURE, AND MELT YEARS OFF YOUR BODY WITH FASCIA THERAPY**

**Daniel Fenster.** Carlsbad, CA: Hay House, Inc., 2020, 240 p.

At the #1 pain management clinic in New York City, director Dr. Daniel Fenster has changed thousands of lives for the better through a holistic approach and integrative therapies. His experience has revealed to him that treating the fascia – your long ignored, unappreciated, “hidden organ” that weaves around and through every single structure in your body – is crucial for both physical and mental health.



## **REVERSE DEPRESSION NATURALLY: ALTERNATIVE TREATMENTS FOR MOOD DISORDERS, ANXIETY AND STRESS**

**Michelle Honda and Sam Graci.** Long Island City, NY: Hatherleigh Press, 2020, 132 p.

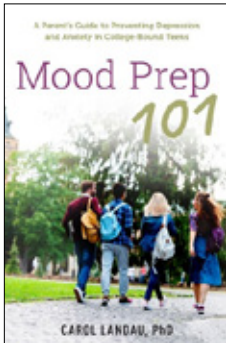
Globally, more than 300 million people of all ages suffer from depression and that number is only increasing. *Reverse Depression Naturally* provides a comprehensive overview of depression and anxiety and how to effectively and naturally manage them. It's a complete resource of healing remedies, dietary recommendations, mental exercises, and protocols.



## COPING WITH DEPRESSION

**Avery Elizabeth Hurt.** New York: Rosen Publishing, 2020, 112 p.

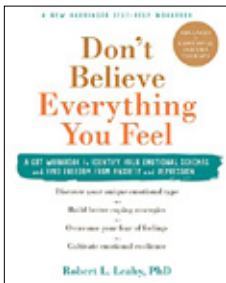
According to researchers at Johns Hopkins University, clinical depression among adolescents increased by 37 percent between 2005 and 2014. The National Institute of Mental Health estimates that three million children ages twelve to seventeen have had at least one major depressive episode in the past year. This timely volume helps young people understand this complex illness and offers guidance for coping with their own depression as well as that of friends and family. Filled with solid facts and encouraging advice, this book tackles a disturbing issue in a hopeful and supportive way.



## MOOD PREP 101: A PARENT'S GUIDE TO PREVENTING DEPRESSION AND ANXIETY IN COLLEGE-BOUND TEENS

**Carol Landau.** New York: Oxford University Press, 2020, 336 p.

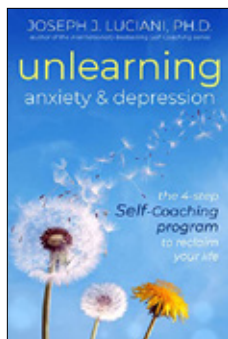
Depression in college students has reached a crisis and the prevalence continues to rise. The increasing psychological distress of the current generation, Gen Z, and their greater willingness to obtaining mental health care have overwhelmed most college counseling services. Despite this sobering news, parents can play a critically important role and the book describes a plan for supporting and preventing depression in young people. Each chapter concludes with practical suggestions and strategies for parents.



## DON'T BELIEVE EVERYTHING YOU FEEL: A CBT WORKBOOK TO IDENTIFY YOUR EMOTIONAL SCHEMAS AND FIND FREEDOM FROM ANXIETY AND DEPRESSION

**Robert L. Leahy.** Oakland, CA: New Harbinger Publications, Inc., 2020, 216 p.

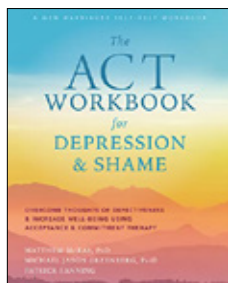
Many people struggle with difficult emotions, whether as a result of depression, anxiety, or simply dealing with the common struggles of daily life. Based on the groundbreaking theory of emotional schema, this workbook helps readers explore their own deeply held personal beliefs about emotions, determine if these beliefs are helpful or harmful, and find the motivation to adopt alternative coping strategies.



## UNLEARNING ANXIETY & DEPRESSION: THE 4-STEP SELF-COACHING PROGRAM TO RECLAIM YOUR LIFE

**Joseph J. Luciani.** Norwood, NJ: Goodman Beck Publishing, 2020, 212 p.

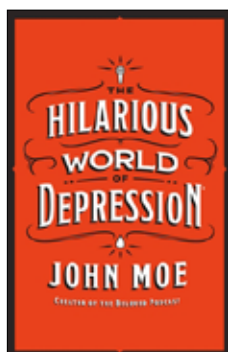
What if everything you thought you knew about anxiety and depression was wrong? What if, instead of mental illnesses or emotional disorders, anxiety and depression are simply habits? You already know about habits – habits are learned and habits can be broken or “unlearned.” This idea may surprise you, but the truth about anxiety and depression isn’t complicated. This book will teach you to unlearn your habits of anxiety and depression – and then coach yourself to do it!



## THE ACT WORKBOOK FOR DEPRESSION & SHAME: OVERCOME THOUGHTS OF DEFECTIVENESS & INCREASE WELL-BEING USING ACCEPTANCE & COMMITMENT THERAPY

**Matthew McKay, Patrick Fanning and Michael Jason Greenberg.** Oakland, CA: New Harbinger Publications, Inc., 2020, 197 p.

Many people with depression believe they are defective, unwanted, or inferior, and this feeling of being flawed and inadequate often leads to a strong sense of shame. Written by experienced clinicians, this workbook provides readers with practical, proven-effective skills based in acceptance and commitment therapy (ACT), so they can identify and alleviate shame-based, self-defeating beliefs, and learn to create a more fulfilling life.



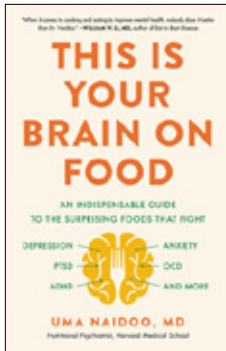
## THE HILARIOUS WORLD OF DEPRESSION

**John Moe.** New York: St. Martin’s Press, 2020, 285 p.

Depression podcast, struggled with depression; it plagued his family and claimed the life of his brother in 2007. As Moe came to terms with his own illness, he began to see similar patterns of behavior and coping mechanisms surfacing in conversations with others, including high-profile comedians who’d struggled with the disease. Moe saw that there was tremendous comfort and community in open dialogue about these shared experiences and that humor had a unique power.



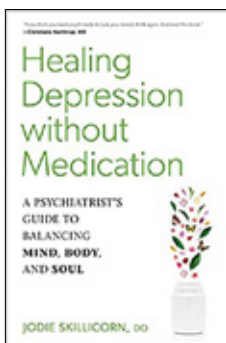
Also available on [pretnumerique.ca](http://pretnumerique.ca)



## **THIS IS YOUR BRAIN ON FOOD: AN INDISPENSABLE GUIDE TO THE SURPRISING FOODS THAT FIGHT DEPRESSION, ANXIETY, PTSD, OCD, ADHD, AND MORE**

**Uma Naidoo.** New York: Little, Brown Spark, 2020, 374 p.

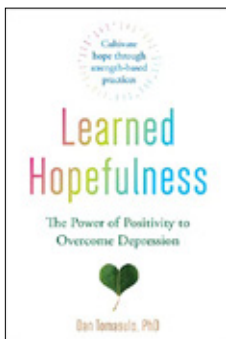
A Harvard-trained psychiatrist, Cornell nutrition specialist, and professional chef shares actionable dietary recommendations and brain-healthy recipes for foods that can support the treatments of common psychological and cognitive health challenges, from anxiety to sleep disorders.



## **HEALING DEPRESSION WITHOUT MEDICATION: A PSYCHIATRIST'S GUIDE TO BALANCING MIND, BODY, AND SOUL**

**Jodie Skillicorn.** Berkeley, California: North Atlantic Books, 2020 319 p.

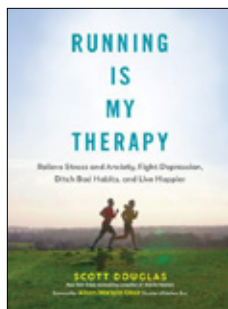
Psychiatrist Jodie Skillicorn presents a new path, debunking the myth of the neurochemical imbalance and exploring the roots of depression, such as adverse childhood experiences (ACEs) and poorly managed day-to-day stress. Evidence-based and fully supported by current depression research, Dr. Skillicorn's holistic methods for beating depression—including nutrition, mindfulness, fostering meaningful connections, exercise, sleep, nature, and breathwork—empower readers to become agents of their own wholeness and healing.



## **LEARNED HOPEFULNESS: THE POWER OF POSITIVITY TO OVERCOME DEPRESSION**

**Daniel J. Tomasulo.** Oakland, CA: New Harbinger Publications, Inc., 2020, 172 p.

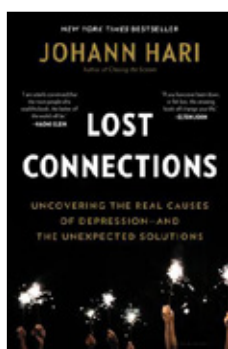
People who suffer from low mood or depression often lose hope-in themselves and the world-and, as a result, they spiral deeper and deeper into major depression. In *Learned Hopefulness*, psychologist Dan Tomasulo offers strengths-based practices grounded in positive psychology to help readers break the cycle of depression, improve resiliency and motivation, and move past feelings of hopelessness.



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

**Scott Douglas.** New York: The Experiment, 2018, 287 p.

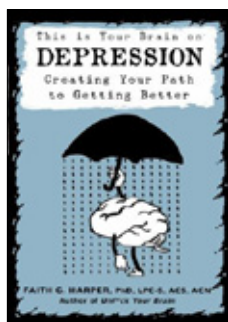
For those struggling with depression and anxiety, a consistent running routine can enhance the mental-health benefits of talk therapy, antidepressants, and cognitive behavioral therapy. The key to running's therapeutic power lies in its lasting physiological effects, inducing changes in brain structure 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.** New York: Bloomsbury, 2018, 321 p.

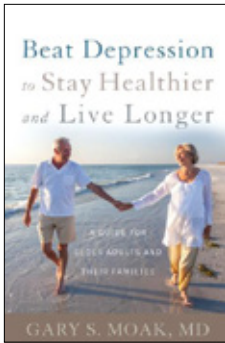
Johann Hari went on a forty-thousand-mile journey across the world to interview the leading experts about what causes depression and anxiety, and what solves them. He learned there is scientific evidence for nine different causes of depression and anxiety – and that this knowledge leads to a very different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



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

**Faith G. Harper.** Portland: Microcosm Publishing, 2018, 125 p.

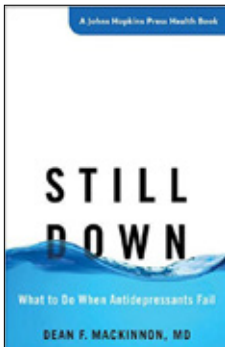
A straightforward, accessible guide to understanding and treating depression.



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

**Gary S. Moak.** Lanham: Rowman & Littlefield Publishers, 2017, 318 p.

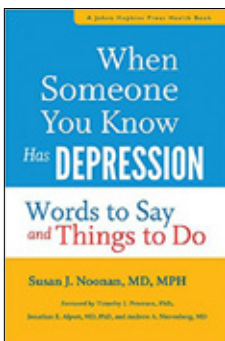
Clinical depression is a serious medical illness that not only can turn a happy retirement into a time of misery, but also leads to a wide range of health problems. Depression increases the rate of disease such as stroke, heart disease, and Alzheimer's disease and worsens the course of others such as 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.



## **STILL DOWN: WHAT TO DO WHEN ANTIDEPRESSANTS FAIL**

**Dean F. MacKinnon.** Baltimore: Johns Hopkins University Press, 2016, 140 p.

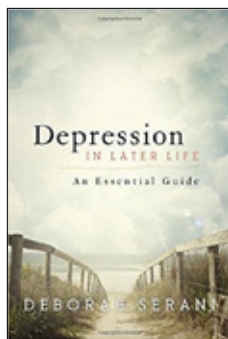
In *Still Down*, Dr. Dean F. MacKinnon, a psychiatrist at Johns Hopkins Medical School, presents nine composite stories drawn from patients he has seen in his twenty years as an expert in treatment-resistant mood disorders.



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

**Susan J. Noonan.** Baltimore: John Hopkins University Press, 2016, 160 p.

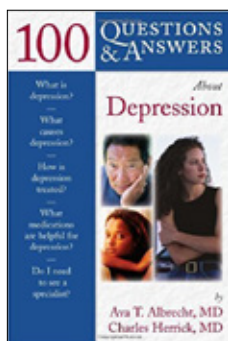
A concise and practical guide to the daily management of depression and bipolar depression written for the caregiver, the book explains how to reinforce lessons the patient has been taught in therapy, how to role model resilience skills, and how caregivers can and must care for themselves. It describes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



## DEPRESSION IN LATER LIFE

**Deborah Serani.** Lanham: Rowman & Littlefield, 2016, 286 p.

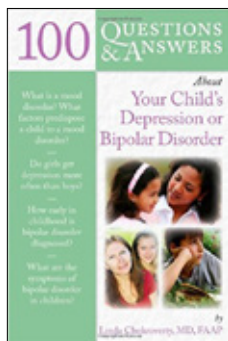
For sufferers and their families and caregivers, this go-to guide introduces readers to depression among the aging and the elderly. It looks at both sufferers who've been diagnosed in their younger years as well as those with a new diagnosis, and reviews the symptoms, the diagnostic process, treatment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



## 100 QUESTIONS & ANSWERS ABOUT DEPRESSION

**Ava T. Albrecht and Charles Herrick.** Sudbury: Jones and Bartlett Publishers, 2011, 206 p.

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.

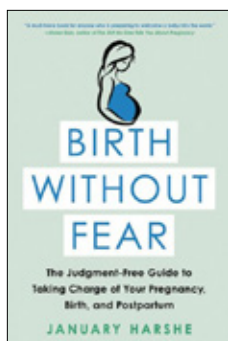


## 100 QUESTIONS & ANSWERS ABOUT YOUR CHILD'S DEPRESSION

**Linda Chokroverty.** Sudbury: Jones and Bartlett Publishers, 2010, 203 p.

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.

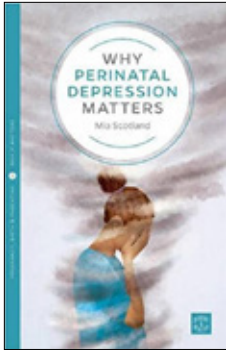
## Postnatal depression



## BIRTH WITHOUT FEAR

**January Harshe.** New York: Hachette Books, 2019, 267 p.

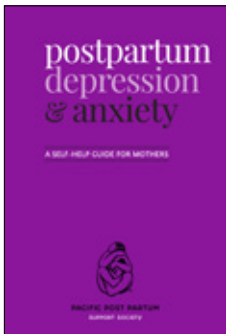
An empowering, inclusive guide to pregnancy, childbirth, and postpartum life that puts mothers first – not a particular philosophy or agenda – and offers passionate and straightforward guidance on the issues that matter most to them, so that they can have the kind of parenting experience they desire



## **WHY PERINATAL DEPRESSION MATTERS**

**Mia Scotland.** London: Pinter & Martin, 2015, 159 p.

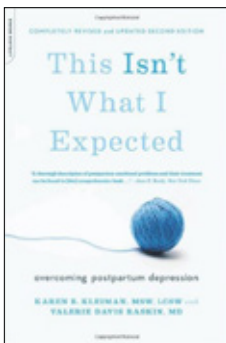
Why is the seemingly joyful event of new parenthood causing so much suffering? Depression seems to be related to the stresses that a modern couple undertake when they have a baby. The lack of support, lack of celebration, overload of expectations, overwhelming responsibility, isolation, judgment, blaming 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**

**Pacific Post Partum Support Society.** Burnaby: Pacific Post Partum Support Society, 2014, 120 p.

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.

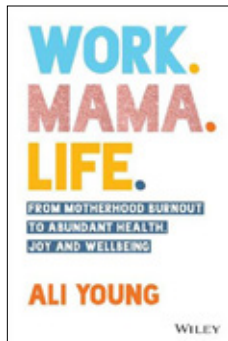


## **THIS ISN'T WHAT I EXPECTED: OVERCOMING POSTPARTUM DEPRESSION**

**Karen R. Kleiman and Valerie D. Raskin.** Boston, Da Capo Lifelong, 2013, 317 p.

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.

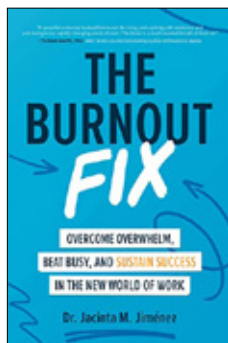
## Burnout



### **WORK. MAMA. LIFE: FROM MOTHERHOOD BURNOUT TO ABUNDANT HEALTH, JOY AND WELLBEING**

**Ali Young.** Hoboken: Wiley, 2022, 272 p.

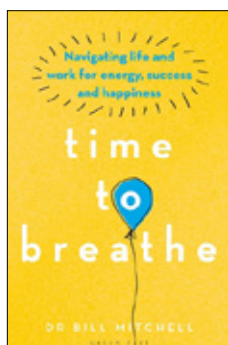
Through a combination of evidence-based research, first-hand mothering experience, and easy-to-follow exercises, this guidebook will show mamas everywhere how to rediscover their joy, self and health in the face of the intense challenges working motherhood brings.



### **THE BURNOUT FIX: OVERCOME OVERWHELM, BEAT BUSY AND SUSTAIN SUCCESS IN THE NEW WORLD OF WORK**

**Jacinta M. Jiménez.** New York: McGraw Hill, 2021, 270 p.

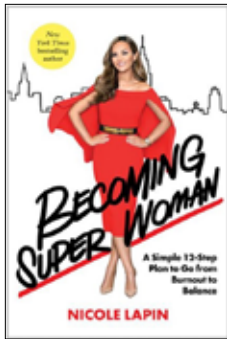
In *The Burnout Fix*, award-winning psychologist and board-certified leadership coach Dr. Jacinta M. Jiménez shows you how to harness science-backed resilience strategies to survive, and thrive, in today's "always on, always connected" world – where a reported 60% of employees report being stressed out all or most of the time at work. Packed with compelling, real-world stories and the latest research in positive, social, and motivational psychology, *The Burnout Fix* shows how neglecting to nurture your personal pulse can undermine all your efforts at working harder and "smarter." You'll learn how to integrate healthy personal practices into all aspects of your life, from pacing for performance and leveraging leisure time to securing a support system and evaluating how to regain control of your time and priorities.



### **TIME TO BREATHE: NAVIGATING LIFE AND WORK FOR ENERGY, SUCCESS AND HAPPINESS**

**Bill Mitchell.** London: Green Tree, 2020, 256 p.

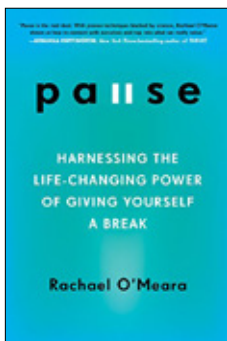
Ever feel like you're so busy and stressed that you forget to breathe? This book is for all of us struggling on with the multiple demands of jobs that never seem to end and the complexities of home lives. All of which can lead to exhaustion, unhappiness, burn-out or depression – this book offers a road map of practical, effective solutions.



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

**Nicole Lapin.** Dallas: Benbella Books, 2019, 322 p.

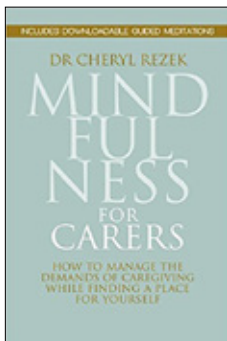
Is working like crazy driving you crazy? Do you feel daily pressure to keep pushing yourself even when you're stressed and exhausted? It's time to stop putting yourself at the bottom of every to-do list and start taking care of yourself first. It's time to leave Superwoman in the movies, where she belongs,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



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

**Rachael O'Meara.** New York: TarcherPerigee, 2017, 256 p.

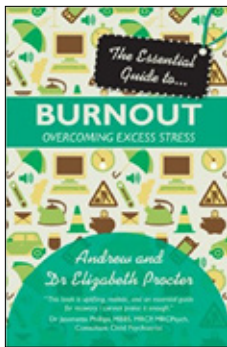
Feeling overwhelmed, burned out, or stuck? Discover the power of the pause. Sometimes life throws you for a loop. You're stressed out at your job; you're torn between work and family; your motivation and productivity are taking a nosedive. Your impulse might be to lean in and tough it out, but what you 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.



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

**Cheryl A. Rezek.** London: Jessica Kingsley Publishers, 2015, 96 p.

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

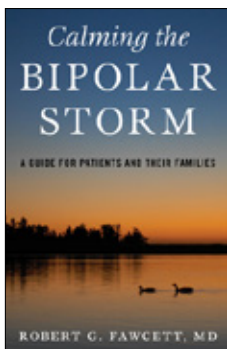


## THE ESSENTIAL GUIDE TO BURNOUT: OVERCOMING EXCESS STRESS

**Andrew Procter and Elizabeth Procter.** Oxford: Lion Hudson, 2014, 192 p.

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.

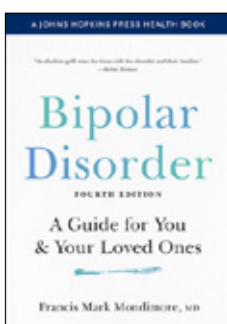
## Bipolar disorder (manic depression)



## CALMING THE BIPOLAR STORM: A GUIDE FOR PATIENTS AND THEIR FAMILIES

**Robert G. Fawcett.** Lanham, MD: Rowman & Littlefield, 2021, 201 p.

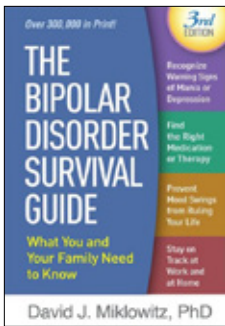
*Calming the Bipolar Storm* describes the symptoms and subtypes of bipolar disorder, its causes, and the role of the social and biological environment in affecting its course. It also emphasizes positive health-promoting behaviors and describes treatments, including psychotherapy and medications for mania and depression and for relapse prevention.



## BIPOLAR DISORDER: A GUIDE FOR YOU & YOUR LOVED ONES

**Francis Mark Mondimore.** Baltimore: Johns Hopkins University Press, 2020, 332 p.

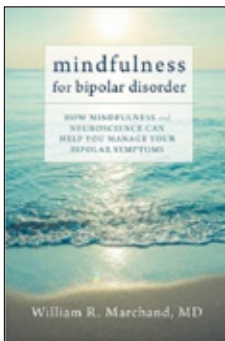
The author is a psychiatrist who specializes in depression and bipolar disorder, for which the right mixture of medications is difficult to achieve. This fourth edition features updated discussions of older therapies and added material on newer ones – vagus nerve stimulation, transcranial magnetic stimulation, and intravenous infusion of ketamine/esketamine – and a new chapter comparing bipolar disorder with borderline personality disorder.



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

**David J. Miklowitz.** New York: Guilford Press, 2019, 444 p.

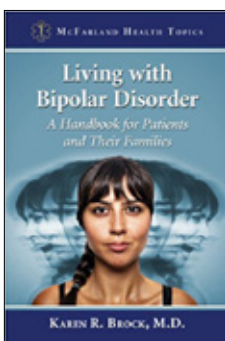
Bipolar disorder is a lifelong challenge – but it doesn't have to rule your life. Find the science-based information you need in the revised third edition of this indispensable guide. Trusted authority Dr. David J. Miklowitz shares proven strategies for managing your illness or supporting a loved one 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.



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

**William R. Marchand.** Oakland: New Harbinger Publications, 2015, 197 p.

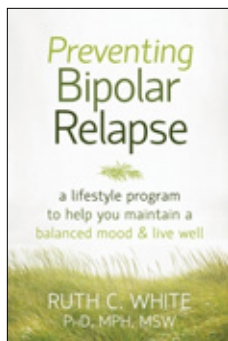
In *Mindfulness for Bipolar Disorder*, psychiatrist and neuroscientist William R. Marchand provides a breakthrough program based in cutting-edge neuroscience and mindfulness practices to target bipolar symptoms. Along with healthy lifestyle changes, therapy, and medication, Marchand shows how mindfulness 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

**Karen R. Brock.** Jefferson: McFarland & Company, 2014, 251 p.

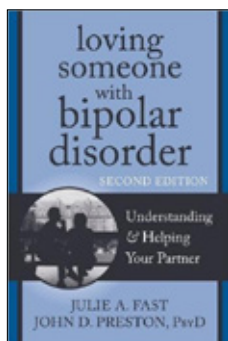
The goal of this book is to help the bipolar person manage their illness and live a full and meaningful life. The reader will learn about bipolar disorder: how it presents, is diagnosed, is passed down in families, and how it affects women as compared to men. The types of treatment and daily maintenance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



## PREVENTING BIPOLAR RELAPSE

**Ruth C. White.** Oakland: New Harbinger Publications, 2014, 167 p.

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.



## LOVING SOMEONE WITH BIPOLAR DISORDER: UNDERSTANDING & HELPING YOUR PARTNER

**Julie A. Fast and John Preston.** Oakland: New Harbinger Publications, 2012, 238 p.

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.

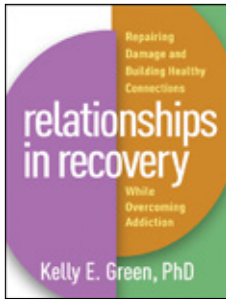
## Addiction (alcohol, drugs, gambling, new technologies)



## DIGITAL MADNESS: HOW SOCIAL MEDIA IS DRIVING OUR MENTAL HEALTH CRISIS, AND HOW TO RESTORE OUR SANITY

**Nicholas Kardaras.** New York: St. Martin's Press, 2022, 272 p.

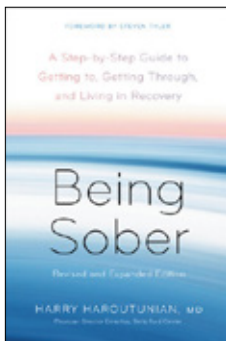
The author answers the question of why young people's mental health is deteriorating as we become a more technologically advanced society. While enthralled with shiny devices and immersed in Instagram, TikTok, Twitter, Facebook and Snapchat, our young people are struggling with record rates of depression, loneliness, anxiety, overdoses and suicide. What's driving this mental health epidemic? Our immersion in toxic social media has created polarizing extremes of emotion and addictive dependency, while also acting as a toxic "digital social contagion", spreading a variety of psychiatric disorders.



## **RELATIONSHIPS IN RECOVERY: REPAIRING DAMAGE AND BUILDING HEALTHY CONNECTIONS WHILE OVERCOMING ADDICTION**

**Kelly E. Green.** New York: The Guilford Press, 2021, 235 p.

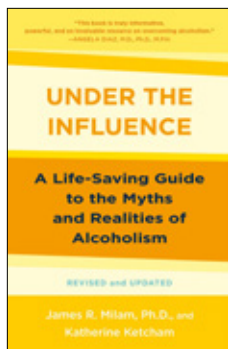
Addiction can wreak havoc on relationships, destroying trust and damaging bonds with family, friends, and colleagues. Substance use both causes these interpersonal problems and becomes a method of trying to cope with them. Psychologist and addictions expert Kelly Green has learned through working with hundreds of clients that maintaining healthy relationships is key to the recovery process. In this compassionate, judgment-free guide, Dr. Green shares powerful tools for setting and maintaining boundaries, communicating feelings and needs, ending harmful relationships respectfully, and reestablishing emotional intimacy. Includes downloadable self-assessment worksheets and exercises.



## **BEING SOBER**

**Harry L. Haroutunian.** Emmaus, PA: Rodale, 2021, 272 p.

The disease of addiction affects 1 out of 10 people in the United States and is a devastating and often fatal illness. Dr. Harry Haroutunian offers a step-by-step plan with a realistic, one-day-at-a-time approach to a disease that so often seems insurmountable. With a focus on reclaiming the power that comes from a life free from dependency, *Being Sober* guides you through the many phases of addiction and recovery with a warm sense of humor and compassion, not judgment or overly “cultish” language. This revised edition shares a new chapter on emotional sobriety and advanced recovery topics, along with more information on the opioid crisis and prescription drug abuse in the United States.



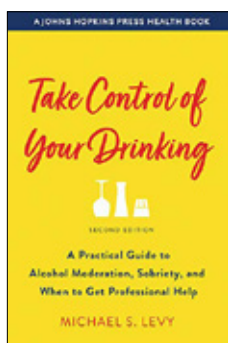
## UNDER THE INFLUENCE: A LIFE-SAVING APPROACH TO ALCOHOLISM—REVISED AND UPDATED

**James R. Milam and Katherine Ketcham.** New York: Bantam Dell, 2021, 272 p.

Based on groundbreaking scientific research, *Under the Influence* examines the physical factors that set alcoholics and non-alcoholics apart, and suggests a bold, stigma-free way of understanding and treating the disease of alcoholism. You'll learn: How to tell if someone you know is an alcoholic. The progressive stages of alcoholism. How to help an alcoholic into treatment and how to choose the right treatment program. Why diet and nutritional therapy are essential elements of treatment. Why frequently prescribed medications can be dangerous for alcoholics. How to ensure a lasting recovery. An essential resource for anyone hoping to better understand the nature of alcoholism—whether you are looking to support a loved one or learning how to best care for yourself.



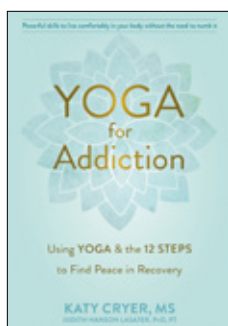
Also available on [prenumerique.ca](https://prenumerique.ca)



## TAKE CONTROL OF YOUR DRINKING: A PRACTICAL GUIDE TO ALCOHOL MODERATION, SOBRIETY AND WHEN TO GET PROFESSIONAL HELP

**Michael S. Levy.** Baltimore: Johns Hopkins University Press, 2021, 295 p.

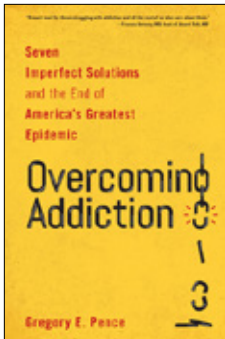
This is the second edition of a book written by a psychologist with many years' experience in counseling patients with alcohol problems. The author dispenses practical advice for those wanting help in moderating their drinking or in learning how to abstain permanently. Includes new self-diagnostic questionnaires and summaries of recent research into substance abuse.



## YOGA FOR ADDICTION: USING YOGA AND THE TWELVE STEPS TO FIND PEACE IN RECOVERY

**Katy Cryer.** Oakland, CA: New Harbinger Publications, Inc., 2020, 200 p.

Yoga provides a crucial ingredient for lasting recovery from addiction: a way to relate to the body so that we can live in it comfortably without the need to numb it. In *Yoga for Addiction*, readers will find a gentle yoga practice that supports and complements traditional twelve step programs, so they can manage emotions, find freedom from addiction, and live a more joyful life.



## OVERCOMING ADDICTION: SEVEN IMPERFECT SOLUTIONS AND THE END OF AMERICA'S GREATEST EPIDEMIC

**Gregory E. Pence.** Lanham, Maryland: Rowman & Littlefield, 2020, 191 p.

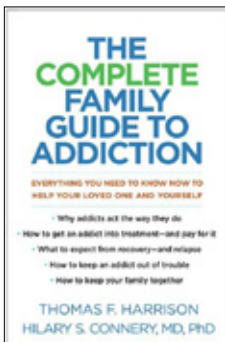
Leading bioethicist Gregory Pence demystifies seven foundational theories of addiction to reveal how they must work together to build more comprehensive solutions. Concerned citizens, individuals suffering from addiction, their families, and those who devote their lives to fighting addiction will find this new perspective a hopeful call to arms.



## DRUG ADDICTION RECOVERY

**Christopher Dines.** London: Quercus, 2019, 138 p.

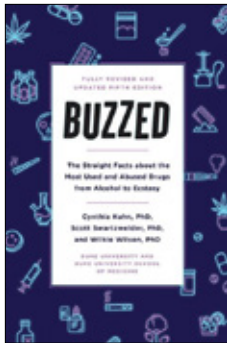
Covering everything those recovering from addiction might need to know, including the need to grieve, coping with depression and shame, and spiritual wellbeing, it also offers a number of guided meditations as well as a variety of different exercises.



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

**Thomas F. Harrison and Hilary S. Connery.** New York: The Guilford Press, 2019, 262 p.

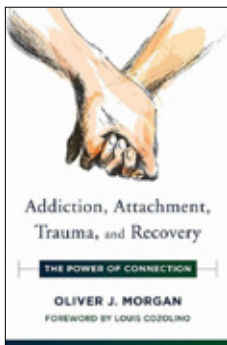
The purpose of this book is to explain addiction and to help families and friends to deal with it successfully. People who are struggling with addiction can also use this book to understand their situation and the resources that are available to help them. And people who are wondering if they might have 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**

**Cynthia M. Kuhn, Scott Swartzwelder and Wilkie Wilson.** New-York: W.W. Norton & Company, 2019, 384 p.

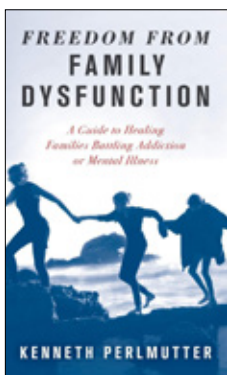
The fifth edition of the essential, accessible source for understanding how drugs work and their effects on body and behavior. With nearly a quarter of a million copies sold in its four previous editions, *Buzzed* is now revised and updated with the most recent discoveries about drugs. It includes new 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**

**Oliver J. Morgan.** New York: W.W. Norton & Company, 2019, 384 p.

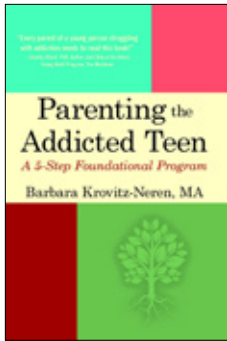
*Addiction, Attachment, Trauma, and Recovery* presents a model, a method, and a mandate. This new focus calls for change in the established ways we think and behave about addiction and recovery. It reorients understanding and clinical practice for mental health and addiction counselors, psychologists, 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**

**Kenneth Perlmutter.** Lanham: Rowman & Littlefield, 2019, 149 p.

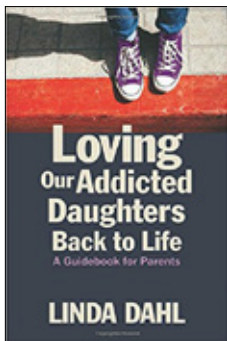
The headlines ring with stories of opioid addiction and overdose. Parents complain about their children's screen addiction, law enforcement decries the flood of fentanyl, scores of Americans overdose and die daily, and teen alcohol poisoning and marijuana-induced psychosis rates continue to rise. Disabling 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

**Barbara Krovitz-Neren.** New York: Central Recovery Press, 2017, 136 p.

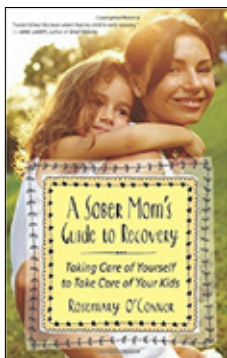
An innovative approach that teaches parents how to reconnect with the entire family and reclaim their parenting power. The program is designed to help parents let go of the addicted family system and begin parenting with renewed strength and positive power.



## LOVING OUR ADDICTED DAUGHTERS BACK TO LIFE: A GUIDEBOOK FOR PARENTS

**Linda Dahl.** Las Vegas: Central Recovery Press, 2015, 154 p.

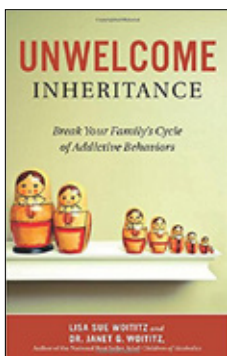
The latest information on gender-specific treatment of addiction and recovery can be found in this go-to manual for parents seeking direction to help their daughters. Step-by-step guidelines present tools for recognizing substance abuse in young women; communicating with them and their care providers; 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.** Center City: Hazelden Publishing, 2015, 200 p.

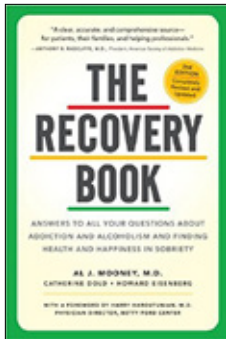
Rosemary O'Connor brings her many years of experience working with women in recovery to addressing the key life issues mother's face at all stages of their recovery path. At once affirming, engaging, and practical, *A Sober Mom's Guide to Recovery* combines down-to-earth advice with the inspiring stories 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

**Lisa Sue Weititz and Janet Geringer Weititz.** Center City: Hazelden Publishing, 2015, 160 p.

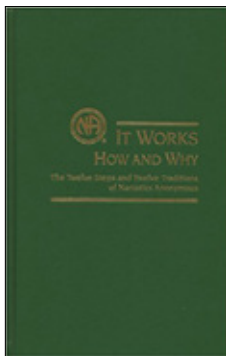
Parents affected by addiction can enable their children's substance abuse and even model addictive behaviors learned from their own parents, passing the cycle on from generation to generation. Learn what you can do to help yourself, your children, and future generations break the cycle of addiction and addictive behaviors.



## THE RECOVERY BOOK: ANSWERS TO ALL YOUR QUESTIONS ABOUT ADDICTION AND ALCOHOLISM AND FINDING HEALTH AND HAPPINESS IN SOBRIETY

**Al J. Mooney, Catherine Dold and Howard Eisenberg.** New York: Workman Publishing, 2014, 607 p.

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.

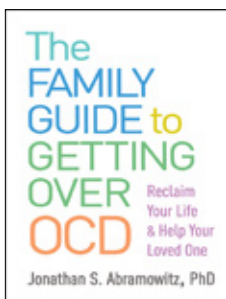


## IT WORKS - HOW AND WHY: THE TWELVE STEPS AND TWELVE TRADITIONS OF NARCOTICS ANONYMOUS

**Narcotics Anonymous World Services.** Van Nuys: Narcotics Anonymous, 2002, 221 p.

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

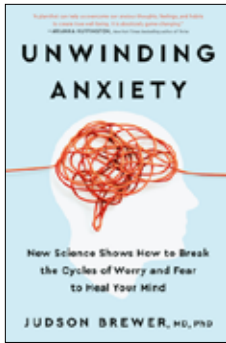
## Anxiety disorders



## THE FAMILY GUIDE TO GETTING OVER OCD: RECLAIM YOUR LIFE & HELP YOUR LOVED ONE

**Jonathan S. Abramowitz.** New York: The Guilford Press, 2021, 241 p.

When a loved one has OCD, it's a constant struggle. It hurts to see your spouse so anxious or your teen spending so much time alone. You've tried logic, reassurance, even accommodating endless rituals—but, too often, these well-meaning attempts actually make OCD worse. Psychologist Jonathan Abramowitz has worked with countless families affected by OCD, and he understands the strain. Grounded in state-of-the-art treatment research, this compassionate guide helps you change your own behavior to support your loved one's recovery. By gently but firmly encouraging the person you care about to face their fears, you can stop being controlled by the disorder, disentangle yourself from unhealthy patterns, and see your whole family grow more confident and hopeful.



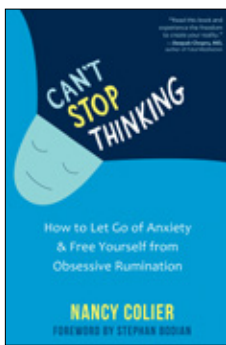
## UNWINDING ANXIETY

**Judson Brewer.** New York: Avery, an imprint of Penguin Random House, 2021, 287 p.

Presents a step-by-step plan to break the cycle of worry and fear that drives anxiety and addictive habits through the use of brain-based techniques accessible to anyone.



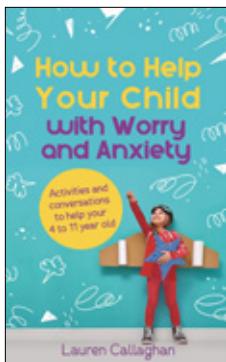
Also available on [pretnumerique.ca](https://pretnumerique.ca)



## CAN'T STOP THINKING: HOW TO LET GO OF ANXIETY & FREE YOURSELF FROM OBSESSIVE RUMINATION

**Nancy Colier.** Oakland, CA: New Harbinger Publications, Inc., 2021, 146 p.

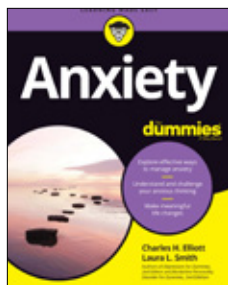
How do you break the cycle of negative thinking? This book offers much-needed relief to “chronic overthinkers” using a powerful combination of mindfulness, acceptance, and awareness. With this unique guide, readers will discover the key to breaking free from the negative thinking that keeps them stressed out, anxious, worried, and generally unhappy. Using the powerful, evidence-based tools in this book, readers will find a way out of their own head and into a world of freedom and the possibility of lasting happiness.



## HOW TO HELP YOUR CHILD WITH WORRY AND ANXIETY: ACTIVITIES AND CONVERSATIONS FOR PARENTS TO HELP THEIR 4-11-YEAR-OLD

**Lauren Callaghan.** Newark: Trigger Publishing, 2021, 142 p.

A practical book for parents and carers to help them navigate parenting a child experiencing worry and anxiety. Clinical psychologist Dr Lauren Callaghan provides a clear explanation of child anxiety, and gives you activities, conversation starters, and tools to help your child deal with their anxious thoughts.



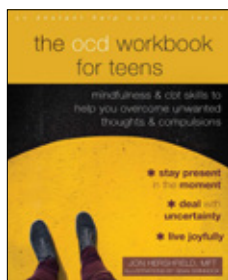
## ANXIETY FOR DUMMIES

**Charles H. Elliott and Laura L. Smith.** Hoboken, NJ: John Wiley & Sons, 2021, 344 p.

Feel like your life is spinning out of control? Not sure how to handle what seems like constant change and chaos? You're not alone. But if you suffer from an anxiety disorder, you're likely suffering far more than you need to. Anxiety is our natural reaction to unfamiliar, stressful, and dangerous situations, but for some of us this reaction can become all-consuming and ultimately debilitating. This book shows you how to manage feelings of uneasiness, distress, and dread – and take back control of your life. In a straightforward and friendly style, clinical psychologists Charles H. Elliot and Laura L. Smith show you how to pinpoint your triggers, use proven techniques and therapies, improve health and eating habits, and make other practical changes to your lifestyle that will have you feeling better fast.



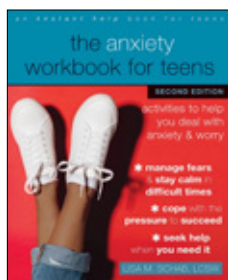
Also available on [prenumerique.ca](https://prenumerique.ca)



## THE OCD WORKBOOK FOR TEENS: MINDFULNESS AND CBT SKILLS TO HELP YOU OVERCOME UNWANTED THOUGHTS AND COMPULSIONS

**Jon Hershfield.** Oakland, CA: Instant Help Books, an imprint of New Harbinger Publications, 2021, 136 p.

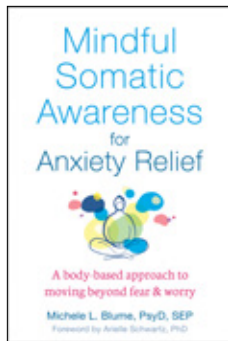
In *The OCD Workbook for Teens*, therapist and OCD expert Jon Hershfield offers proven-effective mindfulness and cognitive behavioral therapy (CBT) skills to help teens with OCD symptoms stay present in the moment, tolerate and accept obsessive thoughts, and move forward joyfully in life without being slowed down by compulsions.



## THE ANXIETY WORKBOOK FOR TEENS: ACTIVITIES TO HELP YOU DEAL WITH ANXIETY AND WORRY

**Lisa M. Schab.** Oakland, CA: Instant Help Books, an imprint of New Harbinger Publications, 2021, 215 p.

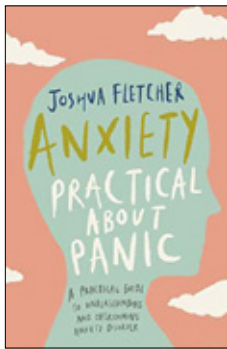
*The Anxiety Workbook for Teens* is the go-to resource for teen anxiety, recommended by therapists worldwide. This fully revised and updated second edition offers new activities to address the specific anxiety triggers today's teens are facing—from social media stress to global warming to pandemics. Teen readers will also find the most up-to-date strategies for managing fear, anxiety, and worry, so they can take charge of their lives and reach their goals.



## MINDFUL SOMATIC AWARENESS FOR ANXIETY RELIEF: A BODY-BASED APPROACH TO MOVING BEYOND FEAR AND WORRY

**Michele Blume.** Oakland, CA: New Harbinger Publications, Inc., 2020, 200 p.

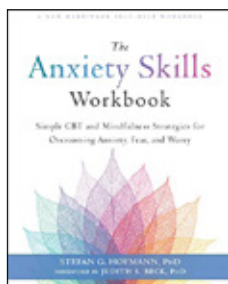
Anxiety doesn't start in the mind, it starts in the body. In *Mindful Somatic Awareness for Anxiety Relief*, a clinical psychologist and Reiki/somatic practitioner offers a unique approach to relieving anxiety, fear, and worry using simple, body-based exercises to quiet the fear in your body before it hijacks the mind, all while restoring resilience and vitality.



## ANXIETY: PRACTICAL ABOUT PANIC

**Joshua Fletcher.** London: Jon Murray Learning, 2020, 143 p.

Do you suffer from anxiety and panic? So did Joshua Fletcher, but he treated his own condition successfully, went back to school, became a counsellor and emerged as one of the country's leading experts on anxiety. *Anxiety: Practical About Panic* is a complete, easy-to-read and hugely practical book about anxiety from someone who knows how to recover and live your life to the full – and will show you how.



## THE ANXIETY SKILLS WORKBOOK: SIMPLE CBT AND MINDFULNESS STRATEGIES FOR OVERCOMING ANXIETY, FEAR, AND WORRY

**Stefan G. Hofmann.** Oakland, CA: New Harbinger Publications, Inc., 2020, 200 p.

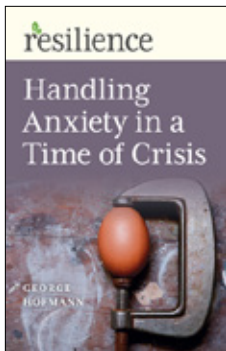
Anxiety is at epidemic levels. In *The Anxiety Skills Workbook*, psychologist and cognitive behavioral therapy (CBT) expert Stefan Hofmann offers readers a comprehensive approach to transforming anxiety using simple evidence-based strategies from CBT and mindfulness. With this easy-to-use guide, readers will learn to break free from worry and start focusing on living the life they want.



## THE ANXIETY FIRST AID KIT: QUICK TOOLS FOR EXTREME, UNCERTAIN TIMES

**Rick Hanson.** Oakland, CA: New Harbinger Publications, Inc., 2020, 116 p.

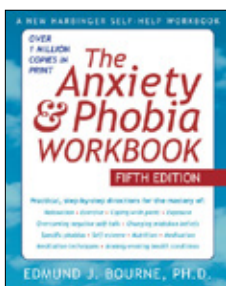
Between pandemic-related economic fears, the frustrations of social distancing, indoor confinement, work and household double duties (now including homeschooling!), and the looming threat of serious illness, is it any wonder you're feeling completely stressed out and anxious? If you need immediate relief, *The Anxiety First Aid Kit* has everything you need to manage stress and anxiety – right now.



## HANDLING ANXIETY IN A TIME OF CRISIS

**George Hofmann.** Winchester: Changemakers Books, 2020 88 p.

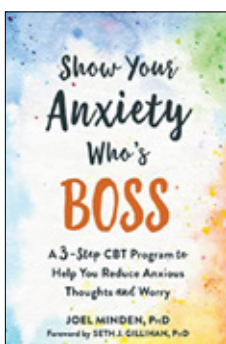
It's a challenging time for people who experience anxiety, and even people who usually don't experience it are finding their moods are getting the better of them. Anxiety hits hard and its symptoms are unmistakable, but sometimes in the rush and confusion of uncertainty we miss those symptoms until it's too late. When things seem to be coming undone, it's still possible to recognize the onset of anxiety and act to prevent the worst of it.



## THE ANXIETY & PHOBIA WORKBOOK

**Edmund J. Bourne.** Oakland, CA: New Harbinger Publications, Inc., 2020, 494 p.

This evidence-based workbook is packed with the most effective techniques for assessing and treating anxiety, the latest clinical research, and a complete arsenal of skills for quieting fears and getting anxious thoughts under control.



## SHOW YOUR ANXIETY WHO'S BOSS: A 3-STEP CBT PROGRAM TO HELP YOU REDUCE ANXIOUS THOUGHTS AND WORRY

**Joel Minden.** Oakland, CA: New Harbinger Publications, Inc., 2020, 194 p.

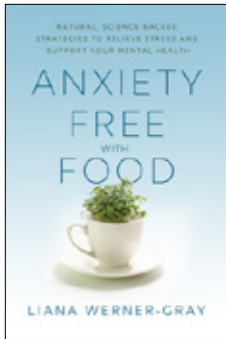
This accessible guide will help you gain the upper hand, show your anxiety who's boss, and start living the life that you were always meant to live. In *Show Your Anxiety Who's Boss*, you'll find a simple and direct three-step approach grounded in cognitive behavioral therapy (CBT) to help you gain understanding and authority over your anxious thoughts and rumination, bounce back from stress and minor setbacks, and accept what you just can't know for sure.



## BURNING BRIGHT: RITUALS, REIKI, & SELF-CARE TO HEAL BURNOUT, ANXIETY & STRESS

**Kelsey Patel.** New York: Harmony Books, 2020, 299 p.

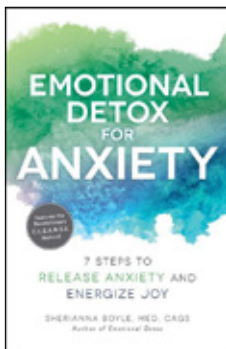
As a spiritual coach, Reiki master, and wellness expert, Kelsey Patel has helped thousands struggling with burnout and anxiety. She has developed a reputation as Hollywood's go-to energy healer, and now she wants to share the knowledge, tips, and techniques that have worked so well for her and her clients. *Burning Bright* dives deep into the nature of anxiety, the root of unhappiness, the cause of systemic burnout, and the origin of chronic pain, guiding readers through a re-examination of their thought processes and solution-based practical techniques to overcome these cycles of negativity and stress.



## ANXIETY-FREE WITH FOOD: NATURAL, SCIENCE-BACKED STRATEGIES TO RELIEVE STRESS AND SUPPORT YOUR MENTAL HEALTH

**Liana Werner-Gray.** Carlsbad, CA: Hay House, Inc., 2020, 334 p.

If you're feeling anxious, stressed, or depressed, you're not alone. The world is in turmoil, and inner calm may seem impossible right now. It's important to remember, however, that your mental health is tied to your physical health. What you eat affects your brain chemistry, hormones, and nervous system, which control your moods. This means that your first step toward an anxiety-free life can be as soon as your next meal!



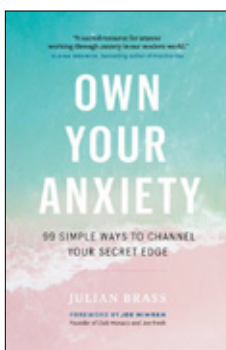
## EMOTIONAL DETOX FOR ANXIETY: 7 STEPS TO RELEASE ANXIETY AND ENERGIZE JOY

**Sherianna Boyle.** Adams Media, 2019, 240 p.

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.



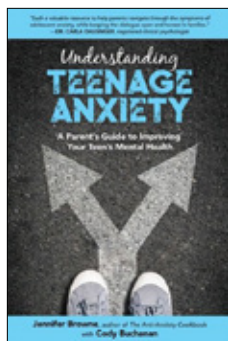
Also available on [pretnumerique.ca](http://pretnumerique.ca)



## OWN YOUR ANXIETY: 99 SIMPLE WAYS TO CHANNEL YOUR SECRET EDGE

**Julian Brass.** Vancouver: Page Two, 2019, 288 p.

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.



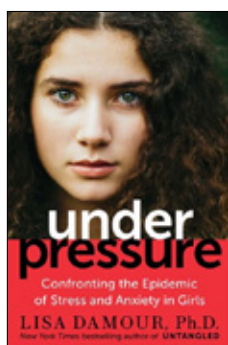
## UNDERSTANDING TEENAGE ANXIETY: A PARENT'S GUIDE TO IMPROVING YOUR TEEN'S MENTAL HEALTH

**Jennifer Browne and Cody Buchanan.** New York: Skyhorse Publishing, 2019, 216 p.

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.



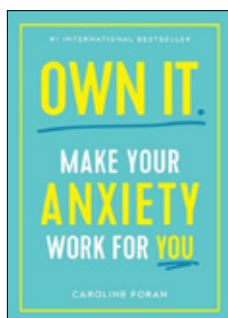
Also available on [pretnumerique.ca](http://pretnumerique.ca)



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

**Lisa Damour.** New York: Ballantine Books, 2019, 261 p.

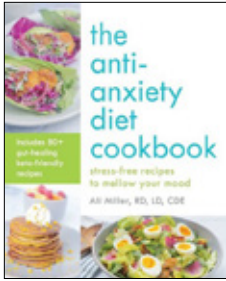
In the same engaging, anecdotal style and reassuring tone that won over thousands of readers of her first book, *Untangled*, Damour starts by addressing the facts about psychological pressure. Surprisingly, she explains the underappreciated value of stress and anxiety – that stress can helpfully stretch 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.



## OWN IT: MAKE YOUR ANXIETY WORK FOR YOU

**Caroline Foran.** New York: The Experiment, 2019, 258 p.

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!



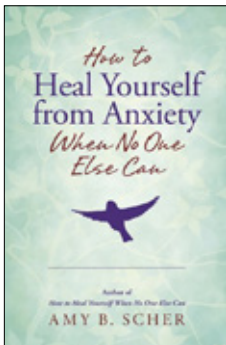
## THE ANTI-ANXIETY DIET COOKBOOK: STRESS-FREE RECIPES TO MELLOW YOUR MOOD

**Ali Miller.** Berkeley: Ulysses Press, 2019, 144 p.

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!



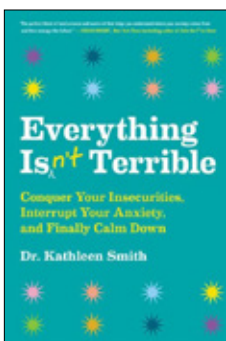
Also available on [pretnumerique.ca](http://pretnumerique.ca)



## HOW TO HEAL YOURSELF FROM ANXIETY WHEN NO ONE ELSE CAN

**Amy B. Scher.** Woodbury: Llewellyn Worldwide, 2019, 241 p.

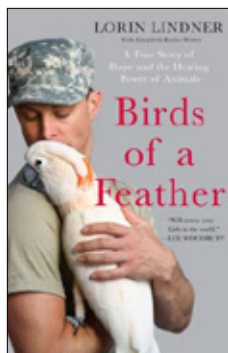
A go-at-your-own-pace approach full of hands-on techniques for healing the roots of anxiety by changing harmful beliefs, calming your body, and releasing old emotional energy that holds you back. Utilizing the author's self-created techniques, as well as her own version of tapping and the popular Emotional 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

**Kathleen Smith.** New York: Hachette Books, 2019, 210 p.

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.



## BIRDS OF A FEATHER: A TRUE STORY OF HOPE AND THE HEALING POWER OF ANIMALS

**Lorin Lindner and Elizabeth Butler-Witter.** New York: St. Martin's Press, 2018, 223 p.

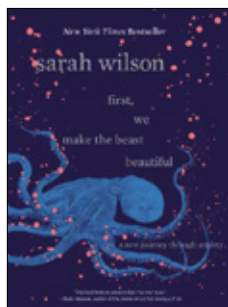
The author traces her unlikely founding of Serenity Park, a sanctuary for rescued parrots and veterans with PTSD, describing how her observation of the deep bonds that birds are capable of forming gave her the idea to establish a beneficial therapy practice for traumatized veterans.



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

**Maggy van Eijk.** New York: TarcherPerigee, 2018, 245 p.


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.

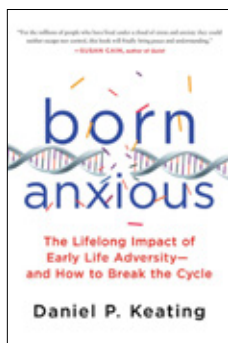


## FIRST, WE MAKE THE BEAST BEAUTIFUL: A NEW JOURNEY THROUGH ANXIETY

**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.

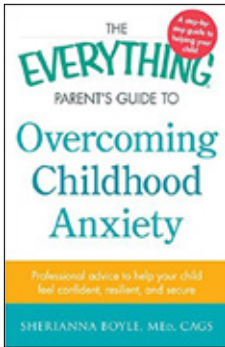
 Also available on [prenumerique.ca](https://prenumerique.ca)



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

**Daniel P. Keating.** New York: St. Martin's Press, 2017, 238 p.

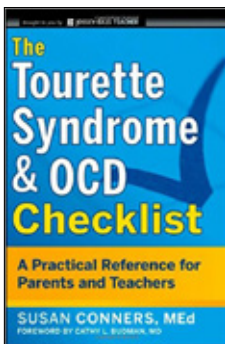
Why are we the way we are? Why do some of us find it impossible to calm a quick temper or to shake anxiety? The debate has always been divided between nature and nurture, but as psychology professor Daniel Keating demonstrates in *Born Anxious*, new science points to a third factor that allows us to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



## **THE EVERYTHING PARENT'S GUIDE TO OVERCOMING CHILDHOOD ANXIETY**

**Sherianna Boyle.** Avon: Adams Media, 2014, 320 p.

Practical advice to help parents and kids cope with anxiety.

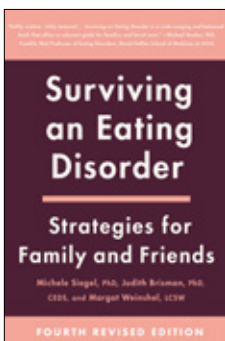


## **THE TOURETTE SYNDROME & OCD CHECKLIST: A PRACTICAL REFERENCE FOR PARENTS AND TEACHERS**

**Susan Conners.** San Francisco: Jossey-Bass, 2011, 172 p.

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.

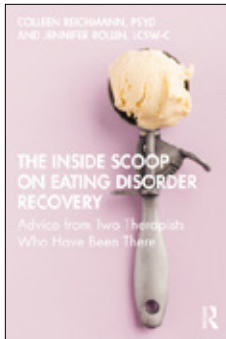
## **Eating disorders**



## **SURVIVING AN EATING DISORDER: STRATEGIES FOR FAMILY AND FRIENDS (4<sup>TH</sup> EDITION)**

**Michele Siegel, Judith Brisman and Margot Weinschel.** New York: Harper Perennial, 2021, 300 p.

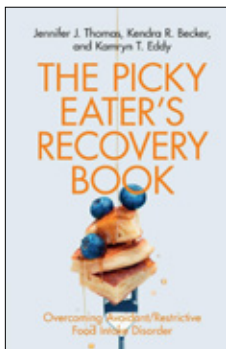
*Surviving an Eating Disorder* is the first book for family and friends to use a psychological perspective to understand eating disorders. The factors that can hinder progress are discussed and the methods that can work are emphasized. Illustrated with case examples, this fourth edition explains the latest treatments and provides the necessary tools to carefully evaluate what can be most effective for each reader's individual care. The authors offer concrete advice and support, urging readers to care for both themselves and their relationships as they support their loved ones struggling with food and eating issues.



## THE INSIDE SCOOP ON EATING DISORDERS: ADVICE FROM TWO THERAPISTS WHO HAVE BEEN THERE

**Colleen Reichman and Jennifer Rollin.** New York: Routledge, 2021, 184 p.

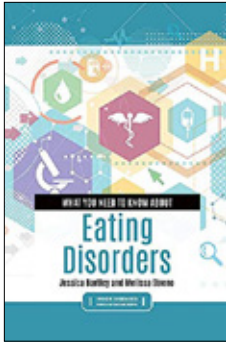
Written from the perspective of two eating disorder therapists, both of whom are recovered from their own eating disorders, this book uses humor, personal narratives, and research-proven techniques to offer specific actionable guidelines on how to reclaim one's life from an eating disorder. The authors explain the difference between dieting and eating disorders, break down the stages of recovery, and provide tips on how to thrive in each stage. The book provides powerful myth-busting on topics that have historically not been addressed in eating disorder recovery books, such as clean eating and orthorexia, exercising in recovery, and how to use social media in a pro-recovery way.



## THE PICKY EATER'S RECOVERY BOOK: OVERCOMING AVOIDANT/RESTRICTIVE FOOD INTAKE DISORDER

**Jennifer J. Thomas, Kendra R. Becker and Kamryn Eddy.** Cambridge: Cambridge University Press, 2021, 280 p.

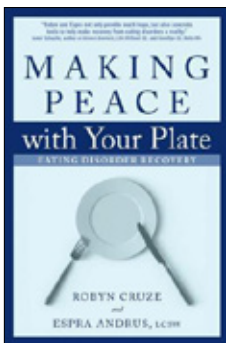
Are you a picky eater? Do you worry that food will make you vomit or choke? Do you find eating to be a chore? If so, your struggles could be caused by an avoidant/restrictive food intake disorder (ARFID), a disorder characterized by eating a limited variety or volume of food. You may have been told that you eat like a child, but ARFID affects people right across the lifespan, and this book is the first specifically written to support adults. Join Drs. Jennifer Thomas, Kendra Becker, and Kamryn Eddy – three ARFID experts at Harvard Medical School – to learn how to beat your ARFID at home and unlock a healthier relationship with food. Real-life examples show that you are not alone, while practical tips, quizzes, worksheets, and structured activities take you step by step through the latest evidence-based treatment techniques to support your recovery.



## WHAT YOU NEED TO KNOW ABOUT EATING DISORDERS

**Jessica Bartley.** Santa Barbara, California: ABC-CLIO, LLC, 2020, 145 p.

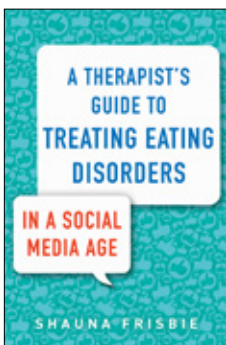
This book provides readers with information to better understand eating disorders, written in accessible language for teens and young adults – those most at risk for these potentially deadly mental disorders. Eating disorders, including anorexia nervosa, bulimia nervosa, and binge eating disorder, are some of the most commonly diagnosed mental disorders. They are also the deadliest: in the United States, an individual dies as the result of an eating disorder every hour.



## MAKING PEACE WITH YOUR PLATE: EATING DISORDER RECOVERY

**Robyn Cruze and Espra Andrus.** Las Vegas, NV: Central Recovery Press 2020, 219 p.

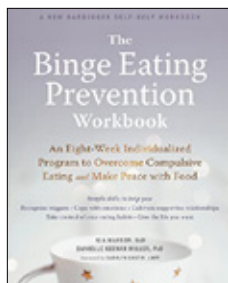
The second edition of the best-selling and groundbreaking work where a therapist and an eating disorder survivor come together to deliver expert guidance for readers with eating disorders. With its unique three-phase approach to eating, this book smashes the illusion of control, the power, and the lies of the deadly illness of disordered eating, providing a concrete plan for long-term recovery.



## A THERAPIST'S GUIDE TO TREATING EATING DISORDERS IN A SOCIAL MEDIA AGE

**Shauna Frisbie.** New York: W.W. Norton & Company, 2020, 283 p.

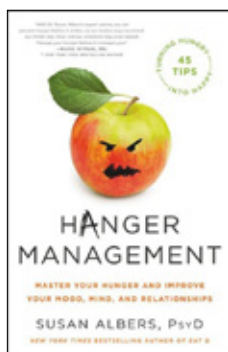
This will be the first professional book to discuss eating disorders in relation to arguably one of the most pervasive, destructive, and enabling contemporary cultural factors: visual social media.



## THE BINGE EATING PREVENTION WORKBOOK

**Gia Marson, Carolyn Costin and Danielle Keenan-Miller.** Oakland, CA: New Harbinger Publications, Inc., 2020, 256 p.

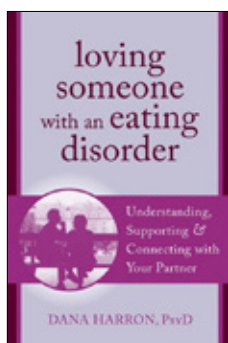
Every person who suffers from binge-eating disorder is unique—and what may help one person overcome compulsive eating may not work for another. That’s why *The Binge Eating Prevention Workbook* offers a wide range of evidence-based tools to help readers of all ages and backgrounds take control of their eating habits. Using the eight-week protocol in this book, readers will learn how to recognize their triggers, cope with difficult emotions, improve relationships, and stay healthy.



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

**Susan Albers.** New York: Little, Brown Spark, 2019, 272 p.

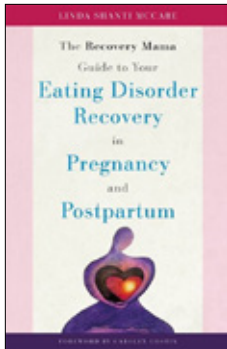
One minute you’re going about your day, and a few seconds later you’re a snappy, illogical version of yourself. It’s hanger – hungry-anger. When we forget to eat – or accidentally overeat – hunger can make us angry, unreasonable, and dull, with big impacts on our emotional and psychological well being. 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

**Dana Harron.** Oakland: New Harbinger Publications, 2019, 176 p.

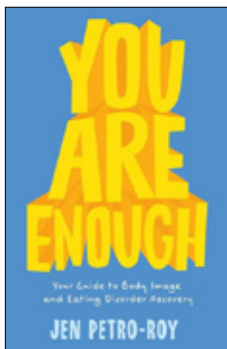
In *Loving Someone With an Eating Disorder*, you’ll find valuable information about eating disorders, diagnostic categories, and common misconceptions. You’ll also learn about the importance of self-care and boundaries for yourself, and find writing and perspective-taking exercises to help you gain a 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

**Linda Shanti McCabe.** London: Jessica Kingsley Publishers, 2019, 208, p.

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.

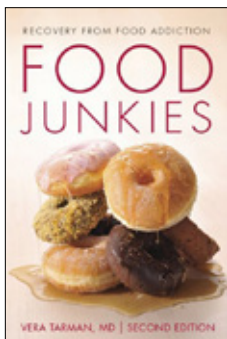


## YOU ARE ENOUGH

**Jen Petro-Roy.** New York: Feiwel and Friends, 2019, 283 p.

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 a easy-to-understand, conversational way.

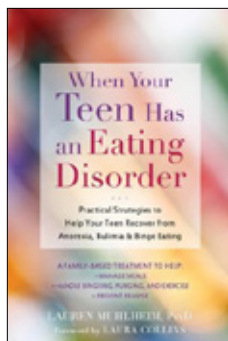
 Also available on [pretnumerique.ca](http://pretnumerique.ca)



## FOOD JUNKIES: RECOVERY FROM FOOD ADDICTION

**Vera Tarman.** Toronto: Dundurn, 2019, 280 p.

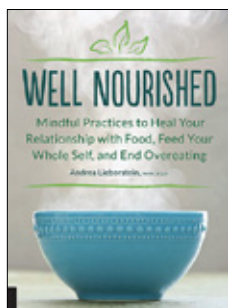
What exactly is food addiction? Is it possible to draw a hard line between indulging cravings for “comfort food” and engaging in substance abuse? For people struggling with food addictions, recognizing their condition remains a frustrating battle. Food Junkies offers practical information grounded in 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

**Lauren Muhlheim.** Oakland: New Harbinger Publications, Inc., 2018, 164 p.

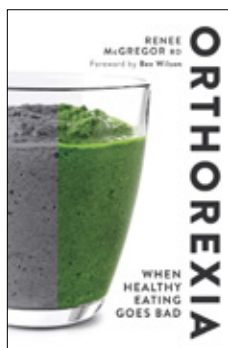
If you have a teen with an eating disorder, such as anorexia, bulimia or binge eating, you may feel powerless, worried or uncertain about how you can best support them on the road to recovery. Grounded in evidence-based strategies, this book will help give you the confidence you need to help your teen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

**Andrea Lieberstein.** Beverly: Fair Winds Press, 2017, 208 p.

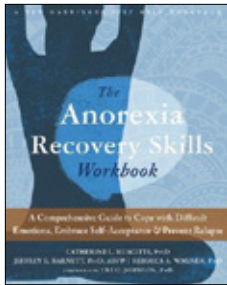
There is much more to nourishing yourself than simply eating food. After a long day of feeling run down and exhausted, what you're really hungering for are other forms of nourishment. *Well Nourished* is here to show you how to live a life where feel nourished emotionally, intellectually, physically,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



## ORTHOREXIA: WHEN HEALTHY EATING GOES BAD

**Renee McGregor.** London: Nourish Books, 2017, 210 p.

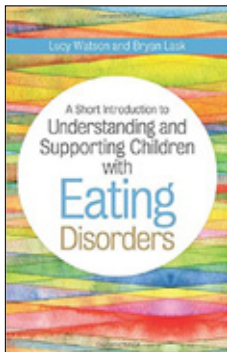
Orthorexia is an unhealthy obsession with eating only healthy food. It is closely related to anorexia, but focused on quality of food rather than quantity. But how do you know if you or a friend or loved one has crossed that line? And how much do you really know about the impact these diets, plans and 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

**Catherine L. Ruscitti, Jeffrey E. Barnett and Rebecca A. Wagner.** Oakland: New Harbinger Publications, Inc., 2017, 258 p.

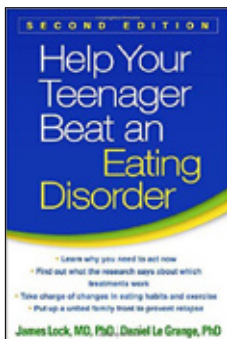
If you have anorexia, it can be difficult to see yourself clearly, even after treatment. That's why it's so important for you to have resources available to prevent relapse. Written by three psychologists and experts in eating disorders, this important guide provides evidence-based skills blending acceptance 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

**Lucy Watson and Bryan Lask.** London: Jessica Kingsley Publishers, 2016, 109 p.

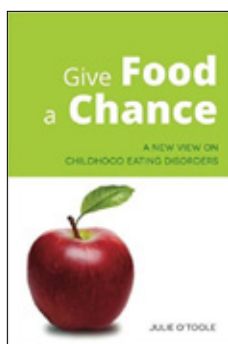
This guide presents all the vital information on a range of eating disorders: anorexia nervosa, bulimia nervosa, selective eating, and avoidant and restrictive intake disorders. Each eating disorder is clearly defined, making it easy to draw distinctions between them. The book covers their origins, characteristics 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.** New York: The Guilford Press, 2015, 300 p.

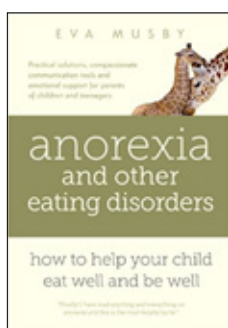
James Lock and Daniel Le Grange present strong evidence that parents – who have often been told to take a back seat in eating disorder treatment – can and must play a key role in recovery. Whether pursuing *family based* treatment or other options, parents learn specific, doable steps for monitoring 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.** London: Jessica Kingsley Publishers, 2015, 320 p.

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.



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

**Eva Musby.** APRICA, 2014, 454.

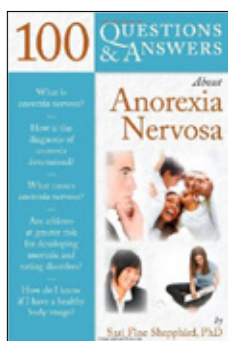
In this book, Eva Musby draws on her family's successful use of evidence-based treatment to empower you to support your child through recovery.



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

**Carrie Arnold.** New York: Routledge, 2012, 204 p.

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.

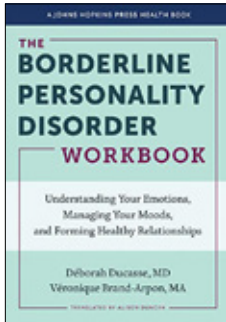


## 100 QUESTIONS & ANSWERS ABOUT ANOREXIA NERVOSA

**Sari Fine Shepphird.** Sudbury: Jones and Bartlett Publishers, 2010, 252 p.

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.

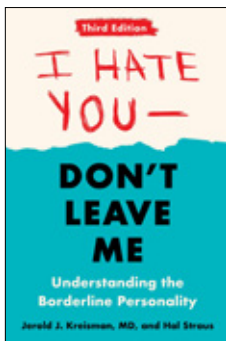
## Borderline personality disorder



### **THE BORDERLINE PERSONALITY DISORDER WORKBOOK: UNDERSTANDING YOUR EMOTIONS, MANAGING YOUR MOODS, AND FORMING HEALTHY RELATIONSHIPS**

**Déborah Ducasse and Véronique Brand-Arpon.** Baltimore: Johns Hopkins University Press, 2021, 250 p.

Translated from the French, this psychology self-help book is meant for individuals with borderline personality disorder who are undergoing therapy. The book provides guidance and exercises that let readers evaluate their emotional state, develop strategies for managing their mood and increasing their tolerance to stress, and learning techniques that will enable them to form and maintain healthy relationships.



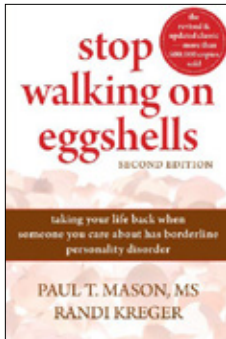
### **I HATE YOU—DON'T LEAVE ME: UNDERSTANDING THE BORDERLINE PERSONALITY (3RD EDITION)**

**Jerold J. Kreisman and Hal Straus.** New York: Penguin Random House, 2021, 336 p.

After more than three decades as the essential guide to borderline personality disorder (BPD), the third edition of *I Hate You—Don't Leave Me* now reflects the most up-to-date research that has opened doors to the neurobiological, genetic, and developmental roots of the disorder, as well as connections between BPD and substance abuse, sexual abuse, post-traumatic stress syndrome, ADHD, and eating disorders. This expanded and revised edition is an invaluable resource for those diagnosed with BPD and their family, friends, and colleagues, as well as professionals and students in the field, and the practical tools and advice are easy to understand and use in your day-to-day interactions with the borderline individuals in your life.



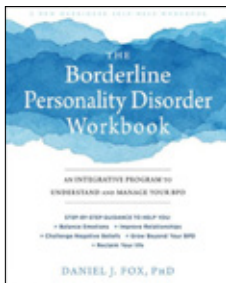
Also available on [prenumerique.ca](https://prenumerique.ca)



## **STOP WALKING ON EGGSHELLS: TAKING YOUR LIFE BACK WHEN SOMEONE YOU CARE ABOUT HAS BORDERLINE PERSONALITY DISORDER**

**Paul T. Mason and Randi Kreger.** Oakland, CA: New Harbinger Publications, Inc., 2020, 265 p.

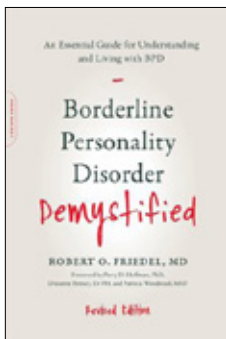
This fully revised and updated third edition includes the very latest BPD research, extensive new information on narcissistic personality disorder (NPD), comorbidity and the effectiveness of schema therapy, and includes coping and communication skills readers can use to stabilize their relationship with the BPD or NPD sufferer in their life.



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

**Daniel J. Fox.** Oakland: New Harbinger Publications, Inc., 2019, 256 p.

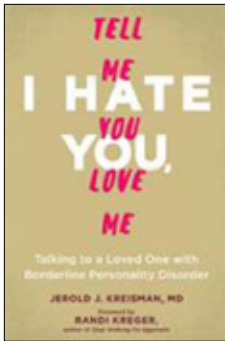
With this compassionate workbook, you'll gain a greater understanding of your BPD, uncover your own emotional triggers, and discover your own personal motivators for positive change. Your BPD has determined how you see and live your life, but it doesn't have to define you forever. With this workbook 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**

**Robert O. Friedel.** New York: Da Capo, 2018, 296 p.

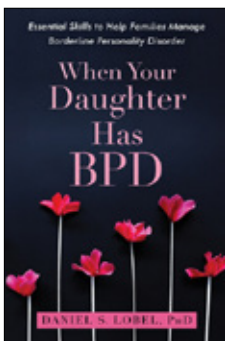
For those who have been diagnosed and those who think they may have the illness, and for the family and friends who love and support them, this book illuminates new information and points the way to an ever more hopeful future.



## TALKING TO A LOVED ONE WITH BORDERLINE PERSONALITY DISORDER

**Jerold J. Kreisman.** Oakland: New Harbinger Publications, Inc., 2018, 180 p.

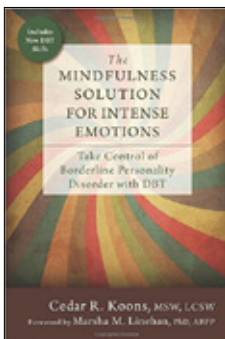
People with BPD often feel anger, pain, and hurt from a history of invalidation and disappointment, and their difficulty in regulating emotions can lead to moments of lashing out that can confuse and upset those around them. If you have a loved one with BPD, you need real, proven-effective strategies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

**Daniel S. Lobel.** Oakland: New Harbinger Publications, Inc., 2017, 200 p.

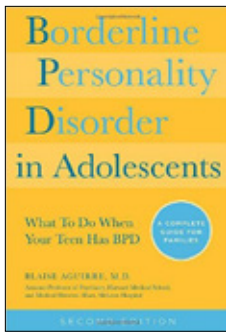
For parents with a child suffering from borderline personality disorder (BPD), behavior and relational challenges can be heartbreaking. In this groundbreaking book for parents of adult daughters with BPD, psychologist Daniel Lobel offers essential skills based in proven-effective dialectical behavior 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

**Cedar R. Koons.** Oakland: New Harbinger Publications, Inc., 2016, 277 p.

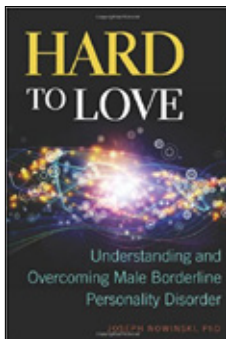
In this book, you'll learn seven skills that highlight the unique connection between mindfulness and emotion regulation. Each skill is designed to help you find focus in the present moment, reduce impulsive behavior, and increase a sense of connection to your true self, even during times of extreme stress or difficulty.



## **BORDERLINE PERSONALITY DISORDER IN ADOLESCENTS: WHAT TO DO WHEN YOUR TEEN HAS BPD: A COMPLETE GUIDE FOR FAMILIES**

**Blaise A. Aguirre.** Beverly: Fair Winds, 2014, 288 p.

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.

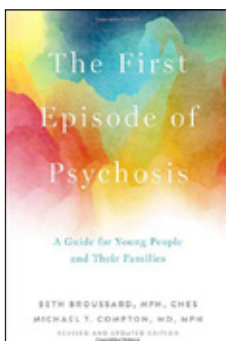


## **HARD TO LOVE: UNDERSTANDING AND OVERCOMING MALE BORDERLINE PERSONALITY DISORDER**

**Joseph Nowinski.** Las Vegas: Central Recovery Press, 2014, 172 p.

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.

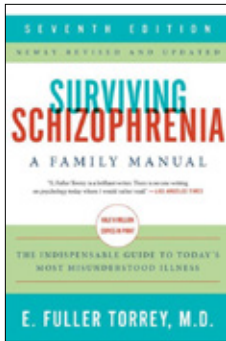
## Schizophrenia



## **THE FIRST EPISODE OF PSYCHOSIS: A GUIDE FOR YOUNG PEOPLE AND THEIR FAMILIES**

**Beth Broussard and Michael T. Compton.** New York: Oxford University Press, 2021, 221 p.

*The First Episode of Psychosis* is the ideal book for young people and their families experiencing the frightening and confusing initial episode of psychosis, which often occurs during late adolescence or early adulthood. Includes information on specialized early intervention services, going back to school and work, and the latest treatments and medicines. Topics covered include early warning signs, symptoms, types of primary psychotic disorders such as schizophrenia and schizophreniform disorder, evaluation, treatment, and healthy lifestyle choices. Worksheets help readers to track and better understand their own experiences, and to openly communicate with care providers.



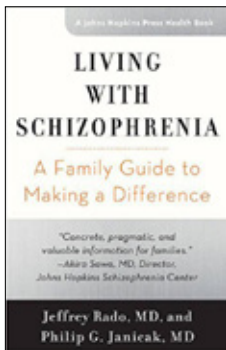
## **SURVIVING SCHIZOPHRENIA: A FAMILY MANUAL**

**E. Fuller Torrey.** New York: Harper Perennial, 2019, 528 p.

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](http://pretnumerique.ca)



## **LIVING WITH SCHIZOPHRENIA: A FAMILY GUIDE TO MAKING A DIFFERENCE**

**Jeffrey Rado and Philip G. Janicak.** Baltimore: Johns Hopkins University Press, 2016, 128 p.

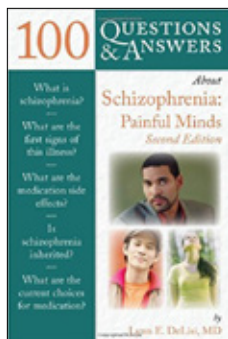
In this book, Drs. Jeffrey Rado and Philip G. Janicak, specialists in treating people who have schizophrenia, offer an easy-to-read primer for people with the disorder, along with their families and other caregivers.



## **UNDERSTANDING SCHIZOPHRENIA: A PRACTICAL GUIDE FOR PATIENTS, FAMILIES, AND HEALTH CARE PROFESSIONALS**

**Ravinder Reddy and Matcheri S. Keshavan.** Santa Barbara: Praeger, 2015, 212 p.

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

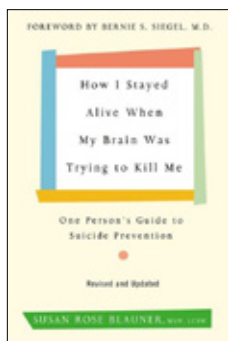


## 100 QUESTIONS & ANSWERS ABOUT SCHIZOPHRENIA: PAINFUL MINDS

Lynn E. DeLisi. Sudbury: Jones and Bartlett Publishers, 2011, 180 p.

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

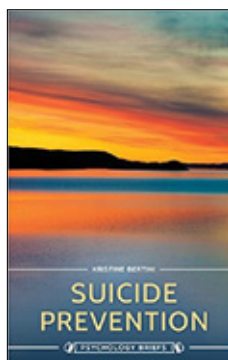


## HOW I STAYED ALIVE WHEN MY BRAIN WAS TRYING TO KILL ME: ONE PERSON'S GUIDE TO SUICIDE PREVENTION

Susan Rose Blauner. New York: HarperCollins, 2019, 368 p.

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.

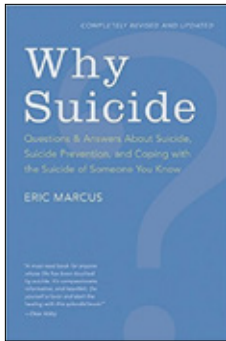
 Also available on [pretnumerique.ca](http://pretnumerique.ca)



## SUICIDE PREVENTION

Kristine Bertini. Santa Barbara: ABC-CLIO, 2016, 107 p.

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.

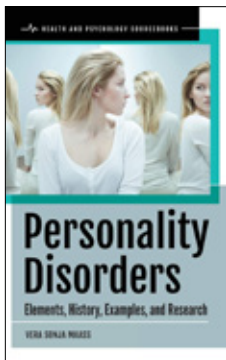


## **WHY SUICIDE?: QUESTIONS AND ANSWERS ABOUT SUICIDE, SUICIDE PREVENTION, AND COPING WITH THE SUICIDE OF SOMEONE YOU KNOW**

**Eric Marcus.** New York: HarperOne, 2010, 226 p.

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**



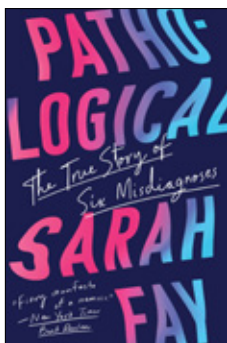
## **PERSONALITY DISORDERS: ELEMENTS, HISTORY, EXAMPLES, AND RESEARCH**

**Vera Sonja Maass.** Santa Barbara: Praeger, 2019, 236 p.

*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.

# LIFE STORIES, BIOGRAPHIES AND TESTIMONIALS

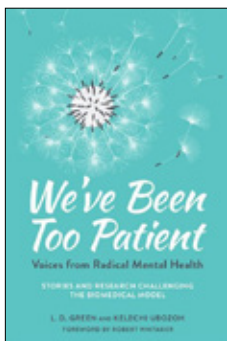
## General works



### **PATHOLOGICAL: THE TRUE STORY OF SIX MISDIAGNOSES**

**Sarah Fay.** New York: HarperOne, 2022, 320 p.

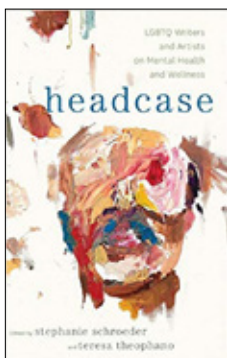
Over thirty years, doctors diagnosed Sarah Fay with six different mental illnesses – anorexia, major depressive disorder (MDD), anxiety disorder, attention deficit hyperactivity disorder (ADHD), obsessive-compulsive disorder (OCD), and bipolar disorder. *Pathological* is the gripping story of what it was like to live with those diagnoses, and the crippling impact each had on her life.



### **WE'VE BEEN TOO PATIENT: VOICES FROM RADICAL MENTAL HEALTH**

**L. D. Green and Kelechi Ubozoh.** Berkeley: North Atlantic Books, 2019, 264 p.

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.

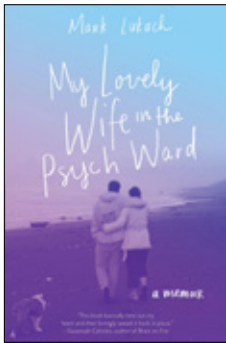


### **HEADCASE: LGBTQ WRITERS & ARTISTS ON MENTAL HEALTH AND WELLNESS**

Edited by **Stephanie Schroeder and Teresa Theophano.** New York: Oxford University Press, 2019, 328 p.

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.

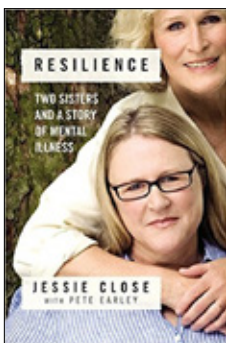




## MY LOVELY WIFE IN THE PSYCH WARD: A MEMOIR

**Mark Lukach.** London: Pan Macmillan, 2017, 320 p.

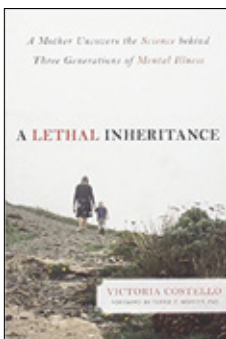
Mark and Giulia's life together began as a storybook romance. They fell in love at eighteen, married at twenty-four, and were living their dream life in San Francisco. When Giulia was twenty-seven, she suffered a terrifying and unexpected psychotic break that landed her in the psych ward for nearly a 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

**Jessie Close and Pete Earley.** New York: Grand Central Publishing, 2016, 320 p.

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

**Victoria Costello.** Amherst: Prometheus Books, 2012, 267 p.

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

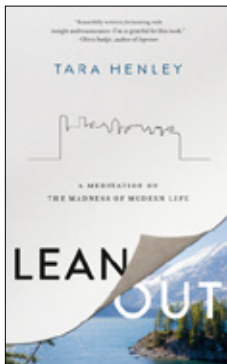


## **RUNNING IS A KIND OF DREAMING**

**J.M. Thompson.** New York: HarperOne, 2021, 320 p.

In January 2005, following years of depression, ineffective medication, and therapy that went nowhere, J.M. Thompson decided that death was his only exit route from the torture of his mind. After a suicide attempt, he spent weeks confined to a psych ward. One afternoon during an exercise break he experienced a sudden urge: to run. Through motion and immersion in the beauty of nature, Thompson finds a way out of the hell of depression and drug addiction. In this lyrical, vulnerable, and breathtaking memoir, J. M. Thompson retraces the path that led him from despair to wellness, detailing the childhood trauma that caused his depression, and the unorthodox treatment that saved him.

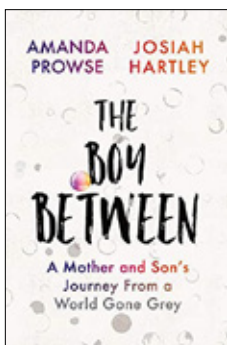
 Also available on [pretnumerique.ca](https://pretnumerique.ca)



## **LEAN OUT: A MEDITATION ON THE MADNESS OF MODERN LIFE**

**Tara Henley.** New York: Appetite by Random House, 2020, 336 p.

A deeply personal and informed reflection on the modern world – and why so many feel disillusioned by it. In 2016, journalist Tara Henley was at the top of her game working in Canadian media. She had traveled the world, from Soweto to Bangkok and Borneo to Brooklyn, interviewing authors and community leaders, politicians and Hollywood celebrities. But when she started getting chest pains at her desk in the newsroom, none of that seemed to matter. The health crisis – not cardiac, it turned out, but anxiety – forced her to step off the media treadmill and examine her life and the stressful twenty-first century world around her.



## **THE BOY BETWEEN: A MOTHER AND SON'S JOURNEY FROM A WORLD GONE GREY**

**Amanda Prowse and Josiah Hartley.** Seattle: Little A, 2020, 266 p.

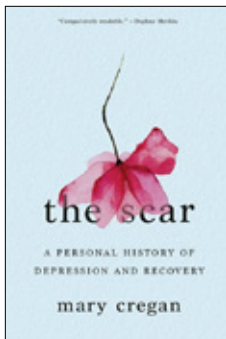
A bestselling author and her son, who presents an honest account of what it is like to live with depression, give a voice to those suffering from mental illness and show them that help can be found – and that they are not alone.



## ALL THAT GLITTERS: A CLIMBER'S JOURNEY THROUGH ADDICTION AND DEPRESSION

**Margo Talbot.** Victoria, British Columbia: RMB Rocky Mountain Books, 2020, 288 p.

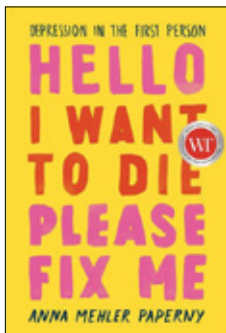
World-renowned ice climber Margo Talbot's account of a childhood characterized by abuse and neglect, her descent into depression, addiction, and criminal activity, and how she ultimately found redemption and healing through her passion for ice climbing.



## THE SCAR: A PERSONAL HISTORY OF DEPRESSION AND RECOVERY

**Mary Cregan.** New York: W.W. Norton & Company, 2019, 274 p.

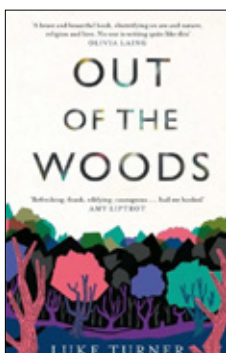
A graceful and penetrating memoir interweaving the author's descent into depression with a medical and cultural history of this illness.



## HELLO! I WANT TO DIE, PLEASE FIX ME: DEPRESSION IN THE FIRST PERSON

**Anna Mehler Paperny.** Toronto: Random House Canada, 2019, 352 p.

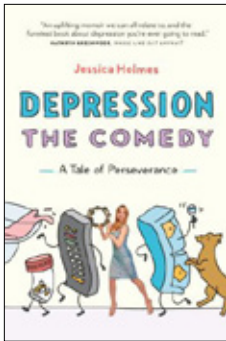
Award-winning journalist Anna Mehler Paperny's stunning memoir chronicles with courageous honesty and uncommon eloquence her experience of depression and her quest to explore what we know and don't know about this disease that afflicts almost a fifth of the population – providing an invaluable guide 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

**Luke Turner.** London: Weidenfeld & Nicolson, 2019, 271 p.

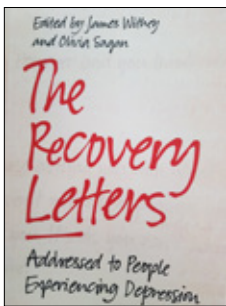
After the disintegration of the most significant relationship of his life, the demons Luke Turner has been battling since childhood are quick to return – depression and guilt surrounding his identity as a bisexual man, experiences of sexual abuse, and the religious upbringing that was the cause of so 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

**Jessica Holmes.** Vancouver: Page Two Books, 2018, 200 p.

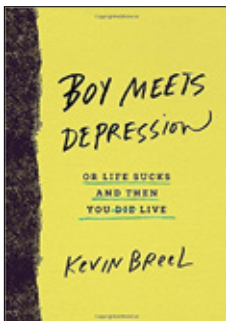
Comedians live by the mantra tragedy + time = comedy – hence Jessica Holmes’s new memoir about depression, “the cold sore of the mind.” She takes us on her journey – sometimes laugh-out-loud, sometimes cringe-worthy – from successful performer to someone who was basically living the life of a house cat.



## THE RECOVERY LETTERS: ADDRESSED TO PEOPLE EXPERIENCING DEPRESSION

**James Withey and Olivia Sagan.** London; Philadelphia: Jessica Kingsley Publishers, 2017, 231 p.

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.** New York: Harmony Books, 2015, 224 p.

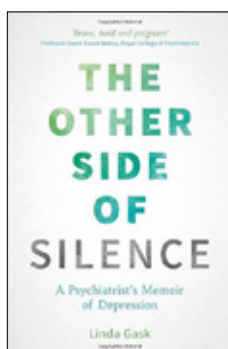
Kevin Breel burst into the public’s awareness when at 19 his TED talk became a worldwide phenomenon. Star athlete, ace student, and life of the party: in short, he was every parent’s dream. From the outside his life looked perfect. On the inside, though, the pain and shame of depression were killing 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

**Amy Schor Ferris.** Berkeley: Seal Press, 2015, 247 p.

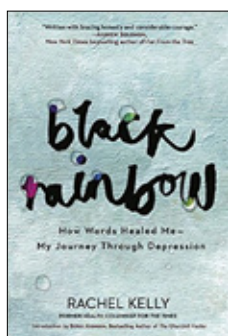
The silent epidemic of depression affects millions of people and takes dozens of lives everyday, while our culture grapples with a stigma against open discussion of mental health issues. Editor Amy Ferris has collected these stories to illuminate the truth behind that stigma and offer compassion, solidarity, 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

**Linda Gask.** Chichester: Summersdale, 2015, 272 p.

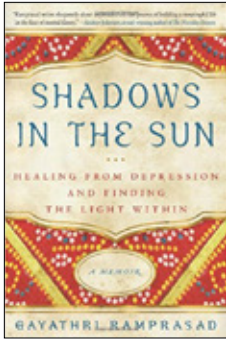
Having spent her life trying to patch up the souls of others, psychiatrist Linda Gask came to realize that being an expert in depression didn't confer any immunity from it – she had to learn take care of herself, too. Artfully crafted and told with warmth and honesty, this is the story of Linda's journey, 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

**Rachel Kelly.** London: Hodder & Stoughton, 2015, 304 p.

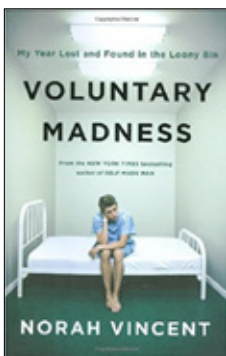
In 1997, Oxford graduate, working mother and *Times* journalist Rachel Kelly went from feeling mildly anxious to being completely unable to function within the space of just three days. Prescribed antidepressants by her doctor, and supported by her husband and her family, Rachel slowly began to get better, 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

**Gayathri Ramprasad.** Center City: Hazeldon, 2014, 269 p.

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.

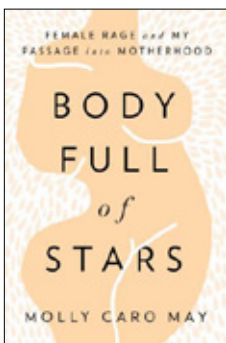


## VOLUNTARY MADNESS: MY YEAR LOST AND FOUND IN THE LOONY BIN

**Norah Vincent.** New York: Viking, 2008, 287 p.

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

## Postnatal depression



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

**Molly Caro May.** Berkeley: Counterpoint, 2018, 260 p.

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

**Jessica Friedmann.** New York: Farrar, Straus and Giroux, 2018, 272 p.

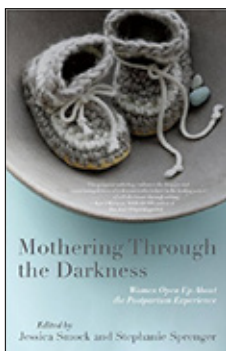
This book is a memoir in essays, detailing the Australian writer Jessica Friedmann's recovery from postpartum depression. In each essay she focuses on a separate totemic object – from pho red lips to the musician Anohni – to tell a story that is both deeply personal and culturally resonant.



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

**Bridget Hargreave.** London: Free Association Books, 2015, 244 p.

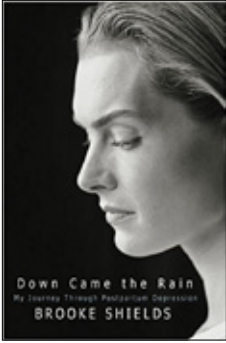
A combination of memoir, case studies, and a diverse range of perspectives from medical professionals, this book presents a comprehensive study of the realities of post-natal depression.



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

**Jessica Smock and Stephanie Sprenger.** Berkeley: She Writes Press, 2015, 295 p.

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

**Brooke Shields.** New York: Hachette Books, 2005, 226 p.

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.

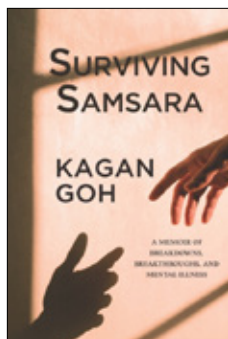
## Bipolar disorder (manic depression)



## OCTOBER CHILD

**Linda Boström Knausgård.** New York: World Editions, 2021, 234 p.

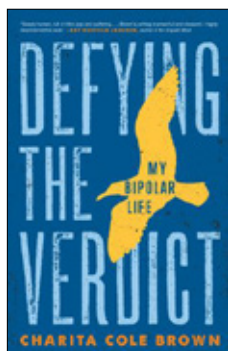
From 2013 to 2017, Linda Boström Knausgård was periodically interned in a psychiatric ward where she was subjected to electroconvulsive therapy. As the treatments progressed, the writer's memories began to disappear. This book, based on the author's experiences, is an eloquent and profound attempt to hold on to the past, to create a story, to make sense, and to keep alive ties to family, friends, and even oneself. Moments from childhood, youth, marriage, parenting, and divorce flicker across the pages of *October Child*. This is the story of one woman's struggle against mental illness and isolation. It is a raw testimony of how writing can preserve and heal.



## **SURVIVING SAMSARA: A MEMOIR OF BREAKDOWNS, BREAKTHROUGHS, AND MENTAL ILLNESS**

**Kagan Goh.** Halfmoon Bay, BC: Caitlin Press, 2021, 256 p.

In Kagan Goh's debut memoir, he recounts his struggles with manic depression, breaking the silence around mental illness. From an honest and personal perspective, *Surviving Samsara* traces Goh's experiences as he wanders through the highs of mania, the terrors of psychosis, and the lows of depression. From the welfare office to the hospital ward and many places in between, Goh struggles to discern the difference between mental health breakdowns and spiritual breakthroughs. He explores his diagnosis of bipolar disorder not only as a medical condition but as a spiritual emergence—a vehicle for personal growth, healing and transcendence.



## **DEFYING THE VERDICT: MY BIPOLAR LIFE**

**Charita Cole Brown.** Chicago: Curbside Splendor Publishing, Inc., 2017, 197 p.

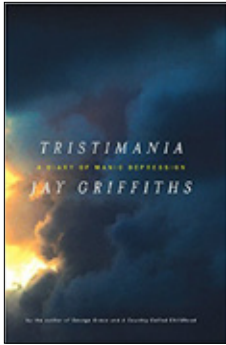
During her final semester of college, Charita Brown suffered a psychotic episode frighteningly reminiscent of her grandmother's own breakdown and subsequent hospitalization. Afterward, she was diagnosed with an extreme form of bipolar disorder. Vowing to remain honest, Charita details her struggle after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



## **GORILLA AND THE BIRD: A MEMOIR OF MADNESS AND A MOTHER'S LOVE**

**Zack McDermott.** Little, Brown Book Group, 2017, 278 p.

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

**Jay Griffiths.** Berkeley: Counterpoint, 2016, 219 p.

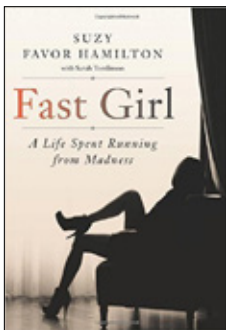
The author describes her extreme, year-long bout of manic depression that led to psychotic hallucinations, left her vulnerable to a sexual assault, and set her adrift in a fog of medications and doctor's visits.



## HE WANTED THE MOON: THE MADNESS AND MEDICAL GENIUS OF DR. PERRY BAIRD, AND HIS DAUGHTER'S QUEST TO KNOW HIM

**Mimi Baird and Eve Claxton.** New York: Crown Publishers, 2015, 250 p.

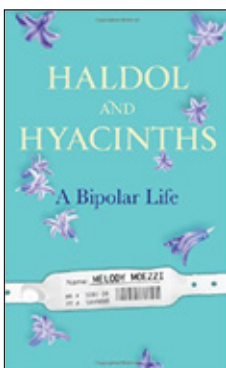
The author pieces together the story of her absent father's life, beginning with his advancements in isolating the biochemical root of manic depression, just as he began to suffer from it himself, leading to years of institutionalization and confinement.



## FAST GIRL: A LIFE SPENT RUNNING FROM MADNESS

**Suzy Favor Hamilton.** New York: Dey Street Books, 2015, 294 p.

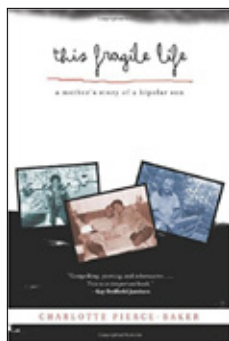
During the 1990s, three-time Olympian Suzy Favor Hamilton was the darling of American track and field. An outstanding runner, a major sports apparel spokesperson, and a happily married wife, she was the model for an active, healthy, and wholesome life. But her perfect facade masked a dark truth: manic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



## HALDOL AND HYACINTHS: A BIPOLAR LIFE

**Melody Moezzi.** New York: Avery, 2013, 288 p.

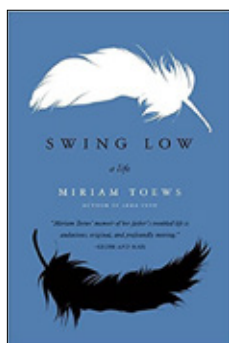
A manic-depressive Iranian-American Muslim woman chronicles her experiences with both clinical and cultural bipolarity.



## **THIS FRAGILE LIFE: A MOTHER'S STORY OF A BIPOLAR SON**

**Charlotte Pierce-Baker.** Chicago: Chicago Review Press, 2012, 256 p.

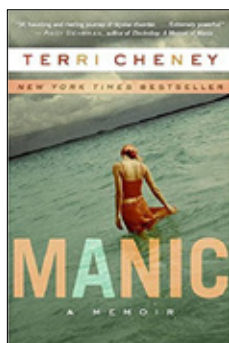
This moving story of an African American family facing the challenge of bipolar disorder provides insight into mental disorders as well as family dynamics. Pierce-Baker traces the evolution of her son's illness and, in looking back, realizes she mistook warning signs for typical child and teen behavior. 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**

**Miriam Toews.** New York: Harper Perennial, 2011, 228p.

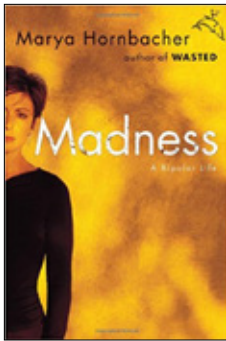
One morning, Mel Toews put on his coat and hat, walked out of town, and took his own life. A loving husband and father, a faithful member of the Mennonite Church, and an immensely popular schoolteacher, Mel was a pillar of his close-knit community. Yet after a lifetime of struggling with bipolar disorder, 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**

**Terri Cheney.** New York: William Morrow, 2008, 245 p.

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

**Marya Hornbacher.** Boston: Houghton Mifflin, 2008, 299 p.

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)



## BEAUTIFUL THINGS: A MEMOIR

**Hunter Biden.** New York: Gallery Books, 2021, 272 p.

When he was two years old, Hunter Biden was badly injured in a car accident that killed his mother and baby sister. In 2015, he suffered the devastating loss of his beloved big brother, Beau, who died of brain cancer at the age of forty-six. These hardships were compounded by the collapse of his marriage and a years-long battle with drug and alcohol addiction. In *Beautiful Things*, Hunter recounts his descent into substance abuse and his tortuous path to sobriety. The story ends with where Hunter is today—a sober married man with a new baby, finally able to appreciate the beautiful things in life.

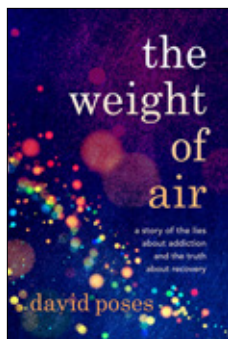
 Also available on [prenumerique.ca](https://prenumerique.ca)



## COMING CLEAN: A TRUE STORY OF LOVE, ADDICTION AND RECOVERY

**Liz Fraser.** London: Bloomsbury, 2021, 320 p.

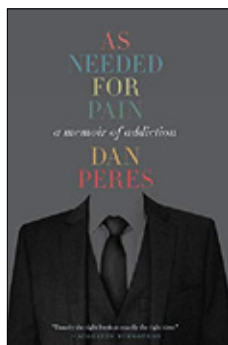
In the summer of 2019, Liz Fraser watched her husband fall into a catastrophic vortex of depression, alcoholism and self-destruction, which, unbeknownst to her, had been slowly bubbling and building for years. She was suddenly left alone with their baby, in a foreign country, renovating a house, and paying all the family bills along with his enormous drink-related costs. It was a long and lonely time before she met others who live, or have lived, with alcoholism or other substance abuse, whether a spouse, a partner, a child or friend, and found enormous relief in talking about it with people who could understand. In *Coming Clean*, Liz tells her story—of life with an alcoholic at his darkest moments, and the uncertain journey through recovery as her husband nears six months of sobriety.



## THE WEIGHT OF AIR: A STORY OF THE LIES ABOUT ADDICTION AND TRUTH ABOUT RECOVERY

**David Poses.** Boulder, CO: Sandra Jonas Publishing, 2021, 249 p.

*The Weight of Air* chronicles David Poses' struggle to overcome the depression that led him to opioids as a teenager. By nineteen, he'd been through medical detox, inpatient rehab, twelve-step programs, and a halfway house, unable to reconcile his experience with conventional wisdom. He saw his addiction as secondary, as a symptom of depression, but the experts insisted that addiction was the primary problem. Over the next thirteen years, he went from one relapse to the next, drowning in guilt, shame, and secrets--until he finally found the treatment that saved his life. With grit and brutal honesty, David shines a bright light on the flaws in our traditional addiction and recovery models, exposing the opioid crisis for what it really is: a convergence of two deadly epidemics.



## AS NEEDED FOR PAIN: A MEMOIR OF ADDICTION

**Daniel Peres.** New York: Harper, an imprint of HarperCollinsPublishers, 2020, 236 p.

In the vein of Mary Karr's *Lit*, Augusten Burroughs' *Dry* and Sarah Hepola's *Blackout*, *As Needed for Pain* is a raw and riveting – and often wryly funny – addiction memoir from one of New York media's most accomplished editors which explores his never-before-told story of opioid addiction and the drastic impact it had on his life and career.



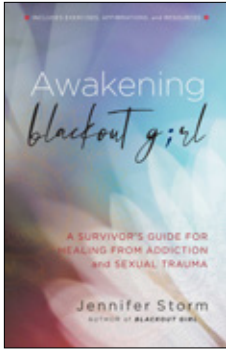
Also available on [prenumerique.ca](https://prenumerique.ca)



## GOOD MORNING, DESTROYER OF MEN'S SOULS: A MEMOIR OF WOMEN, ADDICTION, AND LOVE

**Nina Renata Aron.** New York: Crown, 2020, 291 p.

Writing in prose at once unflinching and acrobatic, Aron delivers a piercing memoir of romance and addiction, drawing on intimate anecdotes as well as academic research to crack open the long-feminized and overlooked phenomenon of codependency.



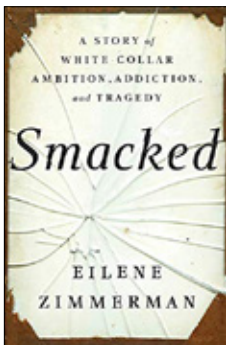
## **AWAKENING BLACKOUT GIRL: A SURVIVOR'S GUIDE FOR HEALING FROM ADDICTION AND SEXUAL TRAUMA**

**Jennifer Storm.** Center City: Hazelden Publishing, 2020, 208 p.

In *Awakening Blackout Girl*, Jennifer provides the road map she used to wake herself up from the drug-fueled numbness that was killing her and to achieve a fulfilling life of recovery and advocacy. In this guide, Jennifer covers subjects ranging from shame and self-harm to sex and relationships while providing exercises, tools, and wisdom to help survivors heal. Her message is this: Neither your pain, nor your offender, nor anyone else who doubts your strength gets to finish your story. You have the power to write your ending.



Also available on [prenumerique.ca](https://prenumerique.ca)



## **SMACKED: A STORY OF WHITE-COLLAR AMBITION, ADDICTION, AND TRAGEDY**

**Eilene Zimmerman.** New York: Random House, 2020, 246 p.

Eilene Zimmerman's ex-husband, Peter, had it all: He was a partner at a prestigious law firm, lived in a \$2 million house by the beach, and had two great kids. Maintaining a friendly relationship, Eilene and Peter talked and saw each other frequently. But a few years after their divorce she started noticing erratic behavior: absenteeism, weight loss, constant exhaustion and sickness. Peter explained it away as stress from the pressures of his job, but Eilene couldn't shake the feeling that something else was wrong. Months later, when she finds him dead, she goes on a journey to investigate how a man she thought she knew had become a drug addict.



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

**Paula Becker.** Iowa City: University of Iowa Press, 2019, 218 p.

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 and Cyd Zeigler.** New York: Edge of Sports, 2019, 231 p.

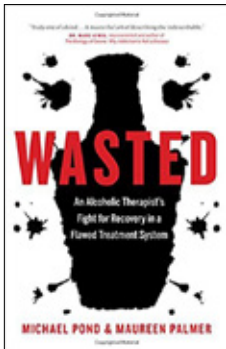
Ryan O'Callaghan's plan was always to play football and then, when his career was over, kill himself. Growing up in a politically conservative corner of California, the not-so-subtle messages he heard as a young man from his family and from TV and film routinely equated being gay with disease and death. 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.** New York: Atria Paperback, 2017, 169 p.

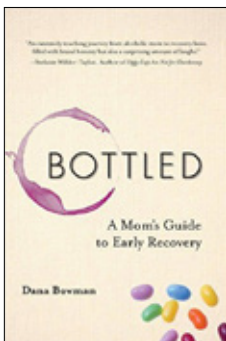
Mackenzie Phillips grew up in a dysfunctional environment and subsequently battled a near-fatal drug addiction. Now, delivered with warmth and candor, she presents the wisdom she gained from her own personal journey through addictions and her understanding of practical treatment from her work as a rehabilitation 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

**Michael Pond.** Vancouver: Greystone Books, 2016, 320 p.

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

**Dana Bowman.** Las Vegas: Central Recovery Press, 2015, 264 p.

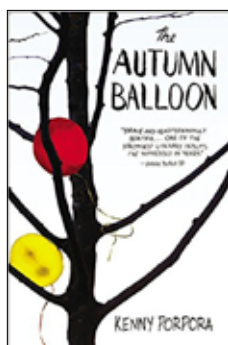
A memoir about recovery as a mother of young kids, *Bottled* explains the perils moms face with drinking and chronicles the author's path to recovery, from hitting bottom to the months of early sobriety – a blur of pain and chaos – to her now (in)frequent moments of peace.



## DANGEROUS WHEN WET

**Jamie Brickhouse.** New York: St. Martin's Press, 2015, 271 p.

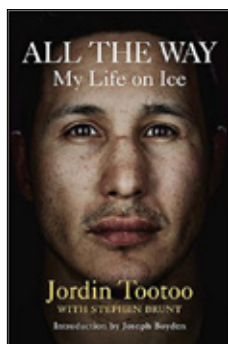
Brickhouse's journey takes him from Texas to a high-profile career in book publishing amid New York's glamorous drinking life to his near-fatal descent into alcoholism. After Mama Jean ushers him into rehab and he ultimately begins to dig out of the hole he'd find himself in, he almost misses his chance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



## THE AUTUMN BALLOON: A MEMOIR

**Kenny Porpora.** New York: Grand Central Publishing, 2015, 295 p.

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

**Jordin Tootoo.** Toronto: Viking Canada, 2014, 240 p.

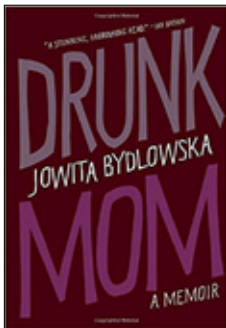
In 2010, NHL hockey player Tootoo checked himself into rehab for alcohol addiction. *All the Way* tells the story of someone who has travelled far from home to realize a dream, someone who has known glory and cheering crowds, but also the demons of despair.



## ALL BETS ARE OFF: LOSERS, LIARS, AND RECOVERY FROM GAMBLING ADDICTION

**Arnie Wexler.** Las Vegas: Central Recovery Press, 2014, 167 p.

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

**Jowita Bydlowska.** Toronto: Doubleday, 2013, 304 p.

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

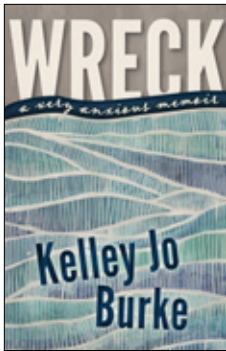
## Anxiety disorders



## WHAT MY BONES KNOW: A MEMOIR OF HEALING FROM COMPLEX TRAUMA

**Stephanie Foo.** New York: Ballantine Group, 2022, 352 p.

In this deeply personal and thoroughly researched account, Foo interviews scientists and psychologists and tries a variety of innovative therapies. She returns to her hometown of San Jose, California, to investigate the effects of immigrant trauma on the community, and she uncovers family secrets in the country of her birth, Malaysia, to learn how trauma can be inherited through generations. Ultimately, she discovers that you don’t move on from trauma – but you can learn to move with it.



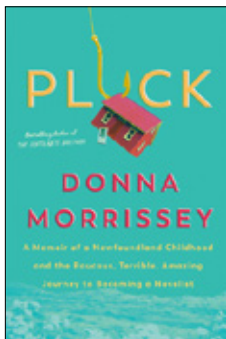
## **WRECK: A VERY ANXIOUS MEMOIR**

**Kelley Jo Burke.** Regina, SK: Radiant Press, 2021, 168 p.

In this rollicking memoir, Kelley Jo Burke embarks on a wild journey to understand many things, including the part where her grandfather sort of murdered her grandmother. Returning to a house filled with her first memories as a child, she begins to explore the complex origins of her own anxiety. Along the way, she reflects on alienation and immigration, mental health and generational trauma, and the nature of memory itself. A memoir filled with raw honesty, comedy, tragedy and grace.



Also available on [prenumerique.ca](https://prenumerique.ca)



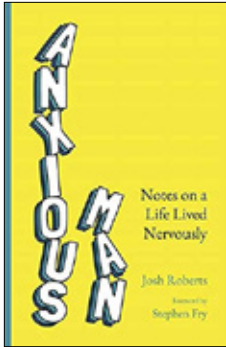
## **PLUCK: A MEMOIR OF A NEWFOUNDLAND CHILDHOOD AND THE RAUCOUS, TERRIBLE, AMAZING JOURNEY TO BECOMING A NOVELIST**

**Donna Morrissey.** Toronto: Viking Canada, 2021, 320 p.

When Donna Morrissey left the only home she had ever known, an isolated Newfoundland settlement, at age 16, she was ready for adventure. The death of her infant brother marked the family, and years later, Morrissey suffers devastating guilt about the accidental death of her teenage brother. Her misery was compounded by her own misdiagnosis of a terminal illness, all of which contributed to crippling anxiety and a diagnosis of PTSD. Morrissey layers her account of her life with stories of those who came before her. It centers around iron-willed women: mothers and daughters, wives, sisters, teachers and mentors who find support outside the bounds given to them by nature. An inspiring and insightful memoir, *Pluck* illustrates that even when you find yourself unraveling, you can find a way to spin the yarns that will save you.



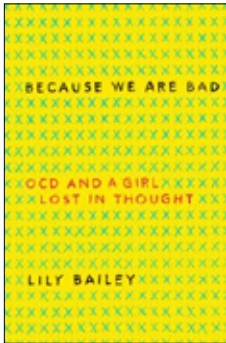
Also available on [prenumerique.ca](https://prenumerique.ca)



## ANXIOUS MAN: NOTES ON A LIFE LIVED NERVOUSLY

**Josh Roberts.** London: Yellow Kite, 2021, 196 p.

One night three years ago Josh Roberts went to a party. The next morning he awoke to discover his mind had collapsed. In a matter of days he went from being a fun loving, seemingly successful twenty-something to a hot mess of tears and nerves. Eventually he was diagnosed with Generalized Anxiety Disorder (GAD). Since then, he's been mending his mind, rediscovering happiness and learning to live his nervous life. *Anxious Man* is the story of all this. Told with originality, wit and great humour, it's an essential guide for mental health and a thought-provoking exploration of the millennial condition.

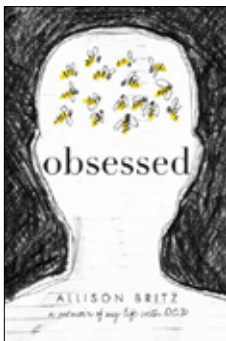


## BECAUSE WE ARE BAD: OCD AND A GIRL LOST IN THOUGHT

**Lily Bailey.** New York: HarperCollins Publishers, 2018, 257 p.

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.

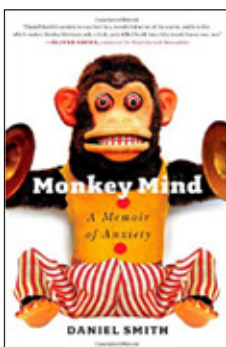
 Also available on [prenumerique.ca](https://prenumerique.ca)



## OBSESSED: A MEMOIR OF MY LIFE WITH OCD

**Allison Britz.** New York: Simon Pulse, 2017, 368 p.

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

**Daniel B. Smith.** New York: Simon & Schuster, 2012, 212 p.

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



### THE OPPOSITE OF BUTTERFLY HUNTING

**Evanna Lynch.** London: Headline, 2021, 320 p.

Evanna Lynch has long been viewed as a role model for people recovering from anorexia and the story of her casting as Luna Lovegood in the Harry Potter films has reached almost mythic proportions. Here, in her fascinating new memoir, Evanna confronts all the complexities and contradictions within herself and reveals how she overcame a life-threatening eating disorder, began to conquer her self-hate and confronted her fear of leaving the neatness and safety of girlhood for the unpredictable journey of being a woman, all in the glare of the spotlight of international fame.



### EMPTY: A MEMOIR

**Susan Burton.** New York: Random House, 2020, 279 p.

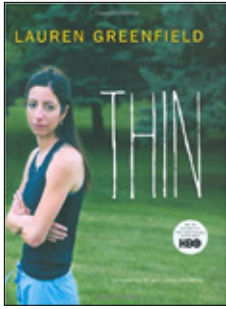
Susan Burton is ready to come clean. Happily married with two children, working at her dream job, she has lived a secret life of compulsive eating and starving for twenty-five years. This is a relentlessly honest, fiercely intelligent narrative of living with binge-eating disorder.



### BRAVE GIRL EATING: A FAMILY'S STRUGGLE WITH ANOREXIA

**Harriet Brown.** New York: William Morrow, 2010, 268 p.

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

**Lauren Greenfield.** San Francisco: Chronicle Books, 2006, 191 p.

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.

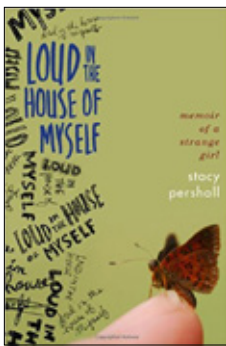
## Borderline personality disorder



## BORDERLINE SHINE: A MEMOIR

**Connie Greshner.** Toronto: Dundurn, 2020, 243 p.

The true story of complex trauma that began with a mother's murder, and the painful and joyous journey to recovery. When Connie Greshner was eight years old, her father walked into a bar in Ponoka, Alberta, and shot her mother. So begins a young life defined by trauma. From Catholic boarding school in Kansas, to the streets of the lower East Side in Vancouver, Connie travelled in pursuit of acceptance and belonging. Grief, confusion and shame manifested into depression, addiction and promiscuity, and Connie became as borderline as her father. Her forays into the mental health system were unhelpful, but, after several suicide attempts, unlikely heroes supported her determination to overcome.



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

**Stacy Pershall.** New York: W. W. Norton, 2011, 232 p.

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

**Susanna Kaysen.** New York: Vintage Books, 1993, 168 p.

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

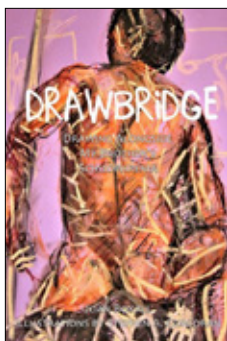


## STILL CRYING FOR HELP: THE FAILURE OF OUR MENTAL HEALTHCARE SERVICES

**Sadia Messaïli.** Montreal: Baraka Books, 2020, 223 p.

For Sadia Messaïli, the suicide of her son, who immigrated to Canada with his family at the age of 12, is the starting point in this moving and challenging quest for truth about our failing mental-health system, justice, and above all better ways to rekindle hope for people suffering mental illness and for their families. Ferid's death was not the end, says Sadia Messaïli. He has fought through me, and the fight is not over!

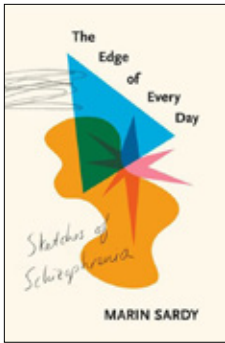
 Also available on [pretnumerique.ca](https://pretnumerique.ca)



## DRAWBRIDGE: DRAWING ALONGSIDE MY BROTHER'S SCHIZOPHRENIA

**Joan Boxall and Stephen A. Corcoran (ill.).** Halfmoon Bay: Harbour Publishing, 2019, 192 p.

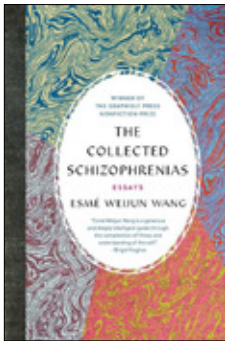
How do you establish trust and meaningful connection with a sibling who suffers from schizophrenia? In a desperate attempt to rekindle her relationship with her estranged brother Steve, Joan takes him to art therapy classes at the Art Studios, part of the Vancouver Recovery Through Art program. This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



## THE EDGE OF EVERY DAY: SKETCHES OF SCHIZOPHRENIA

**Marin Sardy.** New York: Pantheon Books, 2019, 304 p.

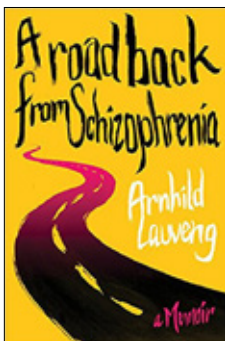
Against the starkly beautiful backdrop of Anchorage, Alaska, where the author grew up, Marin Sardy weaves a fearless account of the shapeless thief – the schizophrenia – that kept her mother immersed in a world of private delusion and later manifested in her brother, ultimately claiming his life.



## THE COLLECTED SCHIZOPHRENIAS: ESSAYS

**Esmé Weijun Wang.** Minneapolis: Graywolf Press, 2019, 202 p.

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.

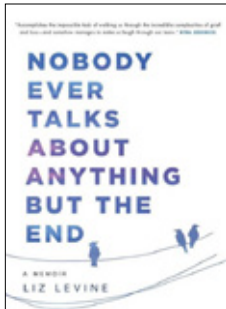


## A ROAD BACK FROM SCHIZOPHRENIA: A MEMOIR

**Arnhild Lauveng.** New York: Skyhorse Pub., 2012, 170 p.

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**

**Liz Levine.** New York: Simon & Schuster, 2019, 289 p.

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.

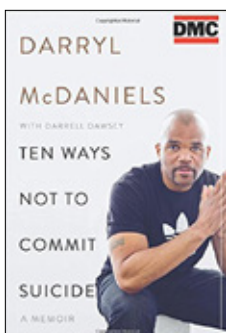
 Also available on [prenumerique.ca](https://prenumerique.ca)



### **THE ART OF MISDIAGNOSIS: SURVIVING MY MOTHER'S SUICIDE**

**Gayle Brandeis.** Boston: Beacon Press, 2017, 264 p.

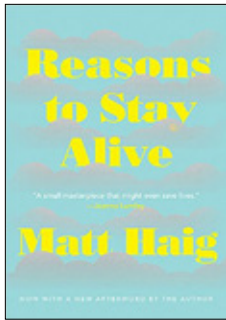
Gayle Brandeis's mother disappeared just after Gayle gave birth to her youngest child. Several days later, her body was found: she had hanged herself in the utility closet of a Pasadena parking garage. In this searing, formally inventive memoir, Gayle describes the dissonance between being a new mother, 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**

**Darrell Dawsey.** New York: Amistad, 2016, 240 p.

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

**Matt Haig.** Toronto: HarperCollins, 2016, 266 p.

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.

# NOVELS

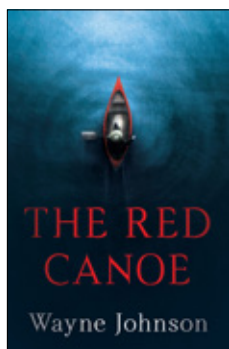
## Depression



### **THE MUSIC GAME**

**Stéfanie Clermont.** Windsor, Ontario: Biblioasis, 2022, 287 p.

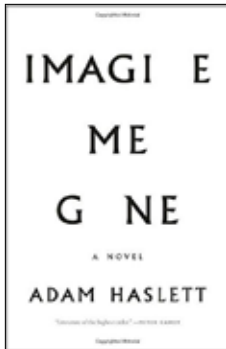
Friends since grade school, Céline, Julie, and Sabrina come of age at the start of a new millennium, supporting each other and drifting apart as their lives pull them in different directions. But when their friend dies by suicide in the abandoned city lot where they once gathered, they must carry on in the world that left him behind – one they once dreamed they would change for the better. From the grind of Montreal service jobs, to isolated French Ontario countryside childhoods, to the tenuous cooperation of Bay Area punk squats, the three young women navigate everyday losses and fears against the backdrop of a tumultuous twenty-first century.



### **THE RED CANOE**

**Wayne Johnson.** Aberdeen, NJ: Agora Books, an imprint of Polis Books, LLC, 2022, 336 p.

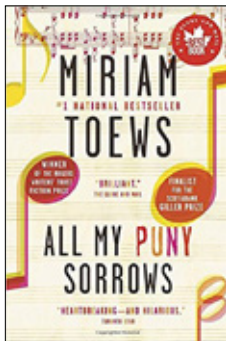
Buck, government name Michael Fineday, Ojibwe name Miskwa' doden (Red Deer) is on the brink of suicide. He has just been served divorce papers by his wife Naomi, who is fed up with his savior complex and the danger it often attracts to their door. Lucy, Ojibwe name Gage' bineh, (Everlasting Bird), lives in a trailer alone with her father, a local policeman struggling with PTSD which is compounded by the loss of Lucy's mother. Just barely fifteen she has lived with a lifetime of abuse, while knowing that if she ever spoke out, her father would bear the consequences. Buck senses Lucy is in trouble and doesn't hesitate to come to her defense. On the foundation of their shared Ojibwe heritage, they trace Lucy's abuse to a ring that extends farther than either of them ever imagined, while building a bond even sturdier than Buck's canoe.



## IMAGINE ME GONE

**Adam Haslett.** New York: Little, Brown and Company, 2016, 356 p.

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

**Miriam Toews.** San Francisco: McSweeney's, 2015, 321 p.

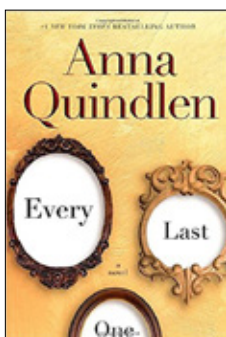
Yolanda is conflicted. Her sister Elf has battled depression for her whole adult life, and is in a psychiatric ward under permanent observation after attempting suicide – again. Yolanda has always looked up to Elf as her talented and beautiful older sister. She loves her with a fierce passion and wants 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.** New York: HarperCollins, 2011, 216 p.

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

**Anna Quindlen.** New York: Random House, 2010, 299 p.

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

## Postnatal depression



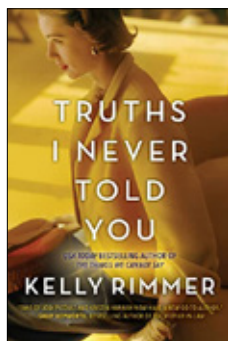
### **I LOVE YOU BUT I'VE CHOSEN DARKNESS**

**Claire Vaye Watkins.** New York: Riverhead Books, 2021, 290 p.

Leaving behind her husband and their baby daughter, a writer gets on a flight for a speaking engagement in Reno, not carrying much besides a breast pump and a spiraling case of postpartum depression. Her temporary escape from domestic duties and an opportunity to reconnect with old friends mutates into an extended romp away from the confines of marriage and motherhood, and a seemingly bottomless descent into the past. Deep in the Mojave Desert where she grew up, she meets her ghosts at every turn: the first love whose self-destruction still haunts her; her father, a member of the most famous cult in American history; her mother, whose native spark gutters with every passing year. She can't go back in time to make any of it right, but what exactly is her way forward? Alone in the wilderness, at last she begins to make herself at home in the world.



Also available on [prenumerique.ca](https://prenumerique.ca)



### **TRUTHS I NEVER TOLD YOU**

**Kelly Rimmer.** Toronto, ON: Graydon House, 2020, 352 p.

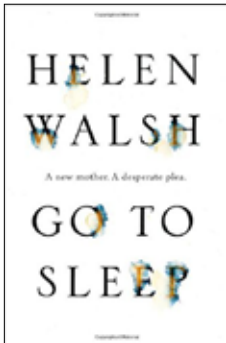
With her father recently moved to a care facility, Beth Walsh volunteers to clear out the family home and is surprised to discover the door to her childhood playroom padlocked. She's even more shocked at what's behind it – a hoarder's mess of her father's paintings, mounds of discarded papers and miscellaneous junk in the otherwise fastidiously tidy house. As she picks through the clutter, she finds a loose journal entry in what appears to be her late mother's handwriting. Beth and her siblings grew up believing their mother died in a car accident when they were little more than toddlers, but this note suggests something much darker. Beth soon pieces together a disturbing portrait of a woman suffering from postpartum depression and a husband who bears little resemblance to the loving father Beth and her siblings know.



## THE MEMORY CHILD

**Steena Holmes.** Seattle: Lake Union Publishing, 2014,

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

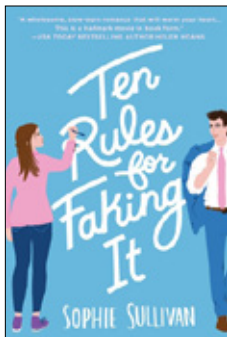


## GO TO SLEEP

**Helen Walsh.** Edinburgh, UK: Canongate books, 2011, 309 p.

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?

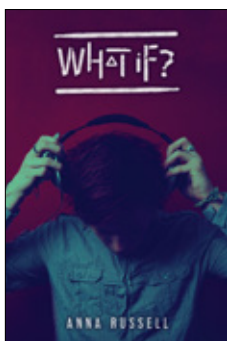
## Anxiety disorders



### TEN RULES FOR FAKING IT

**Sophie Sullivan.** New York: St. Martin's Griffin, 2021, 372 p.

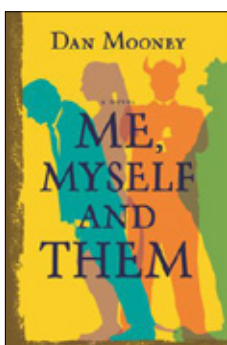
As birthdays go, this year's hit rock-bottom for radio producer Everly Dean. Catching your boyfriend cheating on you with his assistant? Even clichés sting. But this is Everly's year! She won't let her anxiety hold her back. She'll pitch her podcast idea to her boss. There's just one problem. Her boss, Chris, is very cute. Also, he's extremely distant (which means he hates her, right? Or is that the anxiety talking)? And, Stacey the DJ didn't mute the mic during Everly's rant about Simon the Snake (her cheating ex). That's three problems. Suddenly, people are lining up to date her, and her interest in Chris might be a two-way street. It's a lot for a woman who could win a gold medal in people-avoidance. She's going to have to fake it 'till she makes it to get through all of this. Because sometimes making the rules can find you happiness when you least expect it.



### WHAT IF?

**Anna Russell.** New York: West 44 Books, 2019, 191 p.

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?

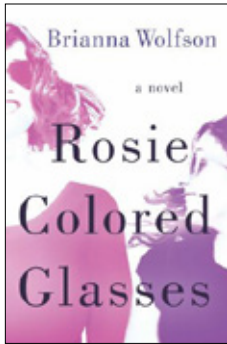


### ME, MYSELF AND THEM

**Dan Mooney.** Toronto: Park Row Books, 2018, 326 p.

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.

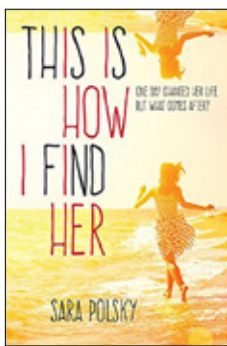
## Bipolar disorder (manic depression)



### ROSIE COLORED GLASSES

**Brianna Wolfson.** Don Mills: MIRA, 2018, 329 p.

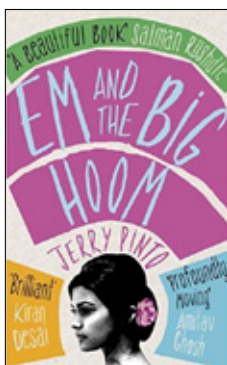
Rex is serious and unsentimental and tapes checklists of chores on Willow's bedroom door. Rosie is sparkling and enchanting and meets Willow in their treehouse in the middle of the night to feast on candy. After Rex and Rosie's divorce, Willow finds herself navigating their two different worlds. She 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

**Sarah Polsky.** Chicago: Albert Whitman & Company, 2015, 260 p.

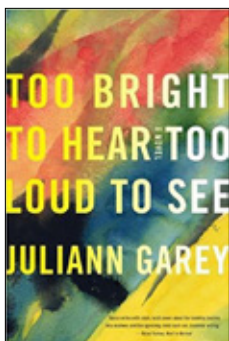
Sophie has always lived in the shadow of her mother's mental illness. She checks her mom's meds and makes sure the rent is paid. She rushes home after school and makes dinner every night. She keeps it all a secret. Then one day everything changes. After a desperate intervention, Sophie finds herself 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

**Jerry Pinto.** New York: Penguin Books, 2014, 212 p.

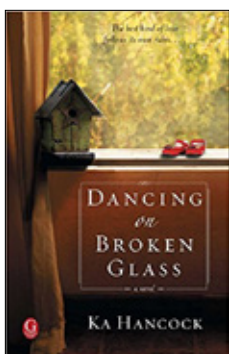
Meet Imelda and Augustine, or as our young narrator calls his unusual parents—Em and the Big Hoom. Most of the time, Em smokes endless beedis and sings her way through life. She is the sun around which everyone else orbits. But as enchanting and high-spirited as she can be, when Em's bipolar disorder 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

**Juliann Garey.** New York: Soho, 2012, 289 p.

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

**Han Hancock.** New York: Gallery Books, 2012, 394 p.

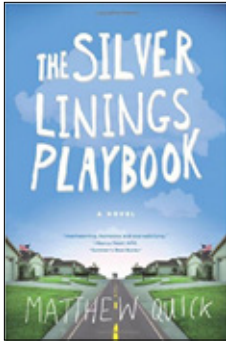
Lucy Houston and Mickey Chandler probably shouldn't have fallen in love, let alone gotten married. They're both plagued with faulty genes – he has bipolar disorder; she, a ravaging family history of breast cancer. But when their paths cross on the night of Lucy's twenty-first birthday, sparks fly, and 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

**Jenna Blum.** New York: Plume, 2010, 373 p.

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

**Matthew Quick.** New York: Sarah Crichton Books/Farrar, Straus and Giroux, 2008, 289 p.

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, new technologies)



## TANTE EVA

**Paula Bomer.** New York: Soho Press, Inc., 2021, 264 p.

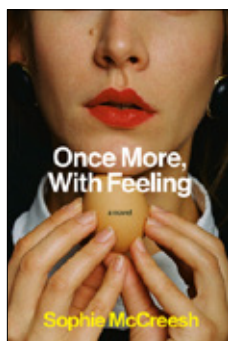
East Berlin, a few years after the fall of the Berlin Wall. Eva, a retired nurse living in poverty in a slum-like apartment block, makes it through her day on a combination of stimulants and sleeping pills, wine and brandy. She waits for visits from her married lover and makes occasional attempts at contact with her distant daughter. Her friendly teenage neighbor is her closest companion. Then her American niece, Maggie, arrives in Berlin. Eva is thrilled. But happiness begins to slide from Eva's grasp as Maggie's own fierce drug addiction reveals itself. *Tante Eva* is a story that deftly takes in decades of family history and German history, estrangement, joys, and disappointments. It is a portrait of East Berlin in the years after the wall came down, and a story of a family torn apart by personalities, histories, and addictions.



## BRIGHT BURNING THINGS

**Lisa Harding.** New York: HarperVia, an imprint of HarperCollins Publishers, 2021, 321 p.

Sonya used to perform on stage. She used to attend glamorous parties, date handsome men, ride in fast cars. But somewhere along the way, the stage lights dimmed for good. And then, in their absence, came darkness--blackouts, empty cupboards, hazy nights she can't remember. Haunted by her failed career and unresolved childhood trauma, Sonya has fallen deep into an alcoholic abyss. What keeps Sonya from losing herself completely is Tommy, her son. But her love for Tommy is in fierce conflict with her love of the bottle. Addiction preys on her fear of losing Tommy, as every maternal misstep compels her to drink. But soon, Sonya will be forced to make a choice. Give up drinking or lose Tommy--forever. *Bright Burning Things* is an emotional tour-de-force, offering a devastating and nuanced look at an addict's journey towards rehabilitation and redemption.

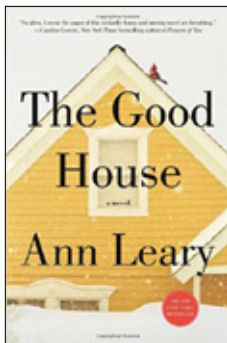


## ONCE MORE, WITH FEELING

**Sophie McCreesh.** Toronto: Doubleday Canada, 2021, 232 p.

*Once More, With Feeling* follows Jane, an artist navigating her closest relationships while fixating on her own perceived failures and self-imposed isolation. When Jane receives a student grant to attend a workshop in London, England, she sees the opportunity to leave her tedious life behind and start anew, bringing along her new friend Kitty, who Jane will not admit she has little in common with other than a shared appreciation for boxed wine and various other drugs. In London, Jane struggles to improve both her craft and her mindset while Kitty thrives, and a once exciting trip abroad transforms the already uneven dynamic of their friendship, leaving Jane feeling more withdrawn than ever. As her increasingly destructive behaviour gets in the way of her artistic ambitions, her most important relationships--those with Kitty, her absent lover Richard and a discredited therapist named Anna -- begin to deteriorate as Jane starts to examine her growing dependence on substances.

 Also available on [prenumerique.ca](https://prenumerique.ca)

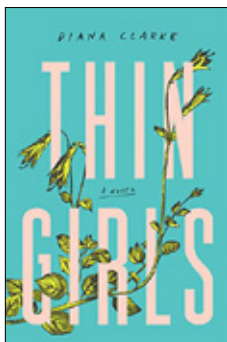


## THE GOOD HOUSE

**Ann Leary.** New York: St. Martin's Press, 2013, 292 p.

*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



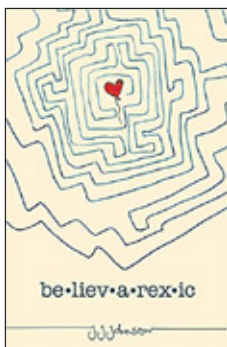
## THIN GIRLS

**Diana Clarke.** New York, NY: Harper, an imprint of HarperCollinsPublishers, 2020, 352 p.

A dark, edgy, voice-driven literary debut novel about twin sisters that explores body image and queerness as well as toxic diet culture and the power of sisterhood, love, and lifelong friendships.



Also available on [prenumerique.ca](https://prenumerique.ca)

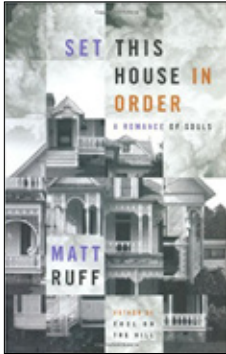


## BELIEVAREXIC

**J.J. Johnson.** Atlanta, GA: Peachtree, 2015, 459 p.

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.

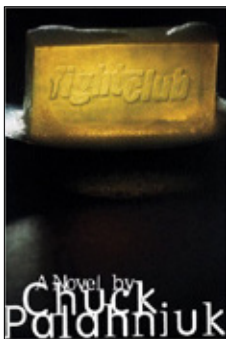
## Borderline personality disorder



### SET THIS HOUSE IN ORDER

**Matt Ruff.** New York: HarperCollins Publishers, 2003, 479 p.

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.

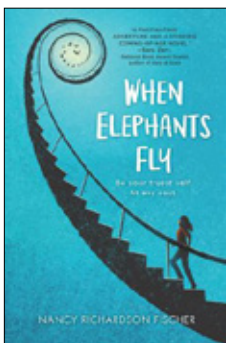


### FIGHT CLUB

**Chuck Palahniuk.** New York: W.W. Norton & Co., 1996, 208 p.

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.

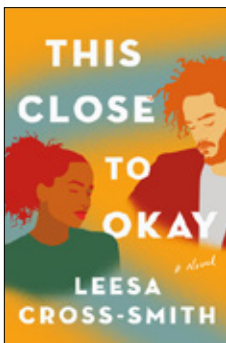


## LEAVE OF ABSENCE

**Tanya J. Peterson.** Portland OR: Inkwater Press, 2013, 327 p.

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



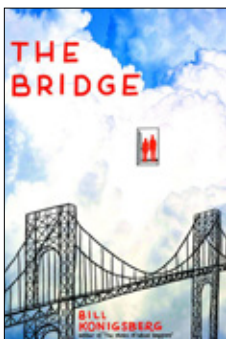
## THIS CLOSE TO OKAY

**Leesa Cross-Smith.** New York: Grand Central Publishing, 2021, 311 p.

On a rainy October night in Kentucky, recently divorced therapist Tallie Clark is on her way home when she spots a man precariously standing on the edge of a bridge. Without a second thought, Tallie pulls over and jumps out of the car into the pouring rain. She convinces the man to join her for a cup of coffee, and he eventually agrees to come back to her house, where he finally, reluctantly, shares his first name: Emmett. Over the course of the emotionally-charged weekend that follows, Tallie makes it her mission to provide a safe and comfortable space for Emmett, although she doesn't confess that she works as a therapist. However, Emmett is not the only one who needs help—and he has secrets of his own. Alternating between Tallie and Emmett's perspectives as they inch closer to the truth of what brought Emmett to the bridge, *This Close to Okay* is an uplifting, powerful story of two strangers brought together by wild chance at the moment they need it the most.



Also available on [prenumerique.ca](https://prenumerique.ca)



## THE BRIDGE

**Bill Konigsberg.** New York: Scholastic Press, 2020, 388 p.

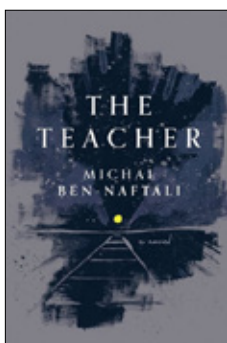
Aaron is a gay misfit struggling with depression and loneliness. Tillie isn't sure what her problem is, only that she will never be good enough. They arrive at the George Washington Bridge at the same time. There are four things that could happen: Aaron jumps and Tillie doesn't. Tillie jumps and Aaron doesn't. They both jump. Neither of them jumps. Or maybe all four things happen. . .



## THAT NIGHT

**Cyn Balog.** Naperville: Sourcebooks Fire, 2019, 310 p.

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 led 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

**Michal Ben-Naftali.** Rochester: Open Letter, 2019, 184 p.

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

**Seanan McGuire.** New York: Tom Doherty, 2017, 183 p.

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.

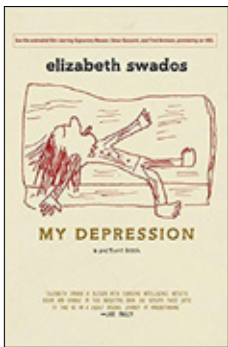
## COMICS

## Depression

**EVERYTHING IS OK**

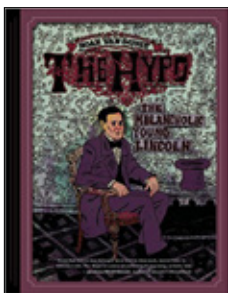
**Debbie Tung.** Kansas City, MO: Andrews McMeel, 2022, 208 p.

This book is the story of Debbie Tung's struggle with anxiety and her experience with depression. She shares what it's like navigating life, overthinking every possible worst-case scenario, and constantly feeling like all hope is lost. The book explores her journey to understanding the importance of mental health in her day-to-day life and how she learns to embrace the highs and lows when things feel out of control. Debbie opens up about deeply personal issues and the winding road to recovery, discovers the value of self-love, and rebuilds a more mindful relationship with her mental health.

**MY DEPRESSION**

**Elizabeth Swados.** New York: Seven Stories Press, 2014, 176 p.

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**

**Noah Van Sciver.** Seattle: Fantagraphics Books, 2012, 192 p.

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.

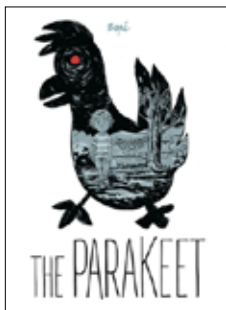


## KINDS OF BLUE: AN ANTHOLOGY OF COMICS ABOUT DEPRESSION

**Karen Beilharz.** Dulwich Hill: Karen Beilharz, 2011, 88 p.

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)



### THE PARAKEET

**Espé.** University Park, PA: The Pennsylvania State University Press, 2021, 147 p.

An account in graphic novel format, based on the author's own experiences, of a boy coping with his mother's suffering from bipolar disorder and schizophrenia, showing how mental illness can both tear families apart and reaffirm the bonds of love.

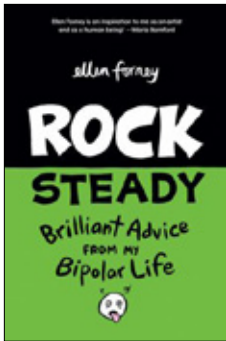


### AND NOW I SPILL THE FAMILY SECRETS: AN ILLUSTRATED MEMOIR

**Margaret Kimball.** New York: HarperOne, an imprint of HarperCollins Publishers, 2021, 275 p.

A beautifully illustrated memoir and empathetic investigation into a family's history with bipolar disorder and schizophrenia, and one woman's quest to find healing among what remains.

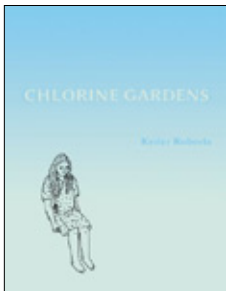
 Also available on [prenumerique.ca](https://prenumerique.ca)



## ROCK STEADY: BRILLIANT ADVICE FROM MY BIPOLAR LIFE

**Ellen Forney.** Seattle: Fantagraphics Books Inc., 2018, 179 p.

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

**Keiler Roberts.** Toronto: Koyama Press, 2018, 128 p.

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

**Keiler Roberts.** Toronto: Koyama Press, 2017.

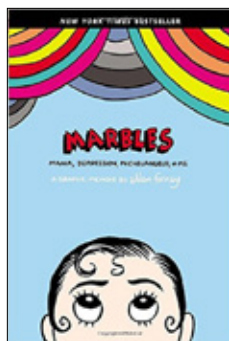
In an era where personal lives are meticulously curated and presented, Keiler Roberts' unflinching and intimate comics reveal real life to be as absurd as it is profound. In a sequence of vignettes, Roberts delineates the complicated life of a mother and artist that can be comical, melancholic and delightful.



## POLARITY

**Max Bemis.** Los Angeles: Boom!, 2013, 112 p.

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.

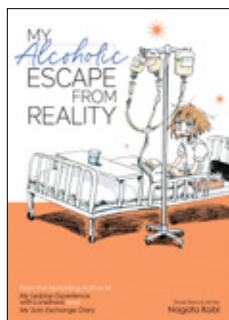


## **MARBLES: MANIA, DEPRESSION, MICHELANGELO, AND ME**

**Ellen Forney.** New York: Gotham, 2012, 256 p.

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.

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

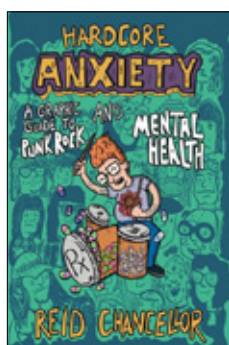


## **MY ALCOHOLIC ESCAPE FROM REALITY**

**Nagata Kabi.** Los Angeles: Seven Seas Entertainment, 2021, 133 p.

Nagata Kabi’s downward spiral is getting out of control, and she can’t stop drinking to soothe the ache of reality. After suffering from unbearable stomach pains, she goes to a clinic, where she is diagnosed with pancreatitis – and is immediately hospitalized. A new chapter unfolds in Nagata Kabi’s life as she struggles to find her way back to reality and manga creation in the wake of her breakdown.

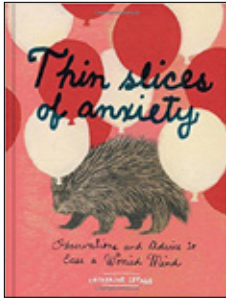
## Anxiety disorders



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

**Reid Chancellor.** Portland: Microcosm Publishing, 2019, 192 p.

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.”

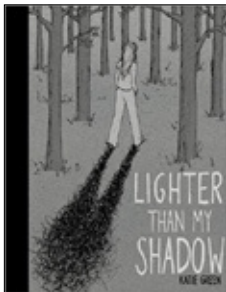


## THIN SLICES OF ANXIETY: OBSERVATIONS AND ADVICE TO EASE A WORRIED MIND

**Catherine Lepage.** San Francisco: Chronicle Books, 2016, 104 p.

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

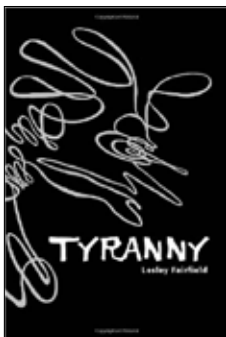
## Eating disorders



## LIGHTER THAN MY SHADOW

**Katie Green.** London: Jonathan Cape, 2013, 508 p.

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

**Lesley Fairfield.** Toronto: Tundra Books, 2009, 113 p.

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.

# YOUTH LITERATURE

## General Works



AGES 9 TO 13

### **A MIND LIKE MINE: 21 FAMOUS PEOPLE AND THEIR MENTAL HEALTH**

**Rachael Davis and Islenia Mil** (ill.). Beverly, MA: Quarto Publishing, 2022, 63 p.

Did you know Charles Darwin experienced anxiety and Florence Nightingale lived with PTSD? From Michelangelo to Deepika Padukone, Ada Lovelace to Freddie Flintoff, a great many successful people with brilliant minds and talents have lived or are living with mental health disorders. The biographies in this book show that you can't always tell what a person is going through, and that mental health conditions can and do impact people from all walks of life. The aim of this book is to help remove some of the stigma around mental health, discuss different mental health conditions, what they mean and how they are treated; and ultimately to show that mental health disorders do not have to hold anyone back from achieving their dreams.



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



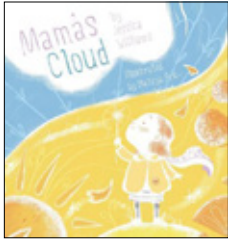
AGES 14 TO 18

### **THE GREATEST THING**

**Sarah Winifred Searle**. New York: First Second, 2022, 342 p.

It's the first day of sophomore year, and now that Winifred's two best (and only) friends have transferred to a private school, she must navigate high school on her own. But she isn't alone for long. In art class, she meets two offbeat students, Oscar and April. The three bond through clandestine sleepovers, thrift store shopping, and zine publishing. Winifred is finally breaking out of her shell, but there's one secret she can't bear to admit to April and Oscar, or even to herself – and this lie is threatening to destroy her newfound friendships.

# Depression

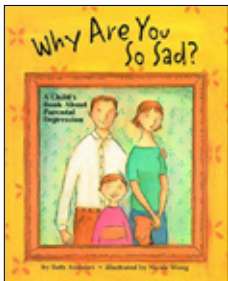


AGES 3 TO 7

## 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 8

## WHY ARE YOU SO SAD? A CHILD'S BOOK ABOUT PARENTAL DEPRESSION

**Beth Andrews.** Washington: Magination Press, 2002, 32 p.

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.

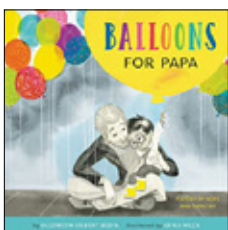


AGES 4 TO 8

## A BLUE KIND OF DAY

**Rachel Tomlinson and Tori-Jay Mordey** (ill.). New York: Kokila, 2022, 32 p.

Coen is having a sniffing, sighing, sobbing kind of day. His family thinks they know how to cheer him up. His dad wants to go outside and play, Mom tells her funniest joke, and his little sister shares her favorite teddy. Nothing helps. But one by one, they get quiet and begin to listen. After some time, space, and reassurance, Coen is able to show *them* what he needs.

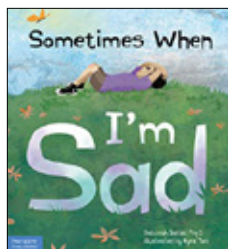


AGES 4 TO 8

## BALLOONS FOR PAPA

**Elizabeth Gilbert Bedia.** New York: Harper, an imprint of HarperCollins Publishers, 2021, 32 p.

A perfect book to help discuss mental health, depression, empathy, loss, and hope with young children. Arthur's gloomy father rushes him through the park every morning, through gray and rainy weather. Arthur just wants a bright balloon from the park's vendor, but Papa always says no. One morning, the balloons magically appear at their doorstep, and Arthur figures out the perfect way to bring the sunshine out – and Papa's smile back – even if only for a few moments.



**AGES 4 TO 8**

## **SOMETIMES WHEN I'M SAD**

**Deborah Serani.** Minneapolis, MN: Free Spirit Publishing Inc., 2020, 40 p.

This sensitive and supportive story helps children recognize and cope with sadness. Using gentle and straightforward language, this simple story offers an entrance point for adults and children to identify and address childhood depression symptoms and helps banish the stigma around mental illness. Includes a section with tips for adults.

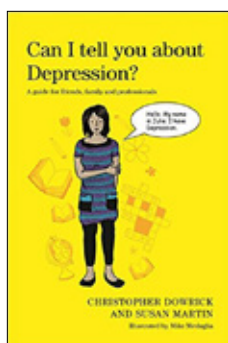


**AGES 5 TO 7**

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

**Lloyd Jones.** Philadelphia: Jessica Kingsley Publishers, 2015, 48 p.

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



**AGES 7+**

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

**Christopher Dowrick.** London: Jessica Kingsley Publishers, 2015, 46 p.

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

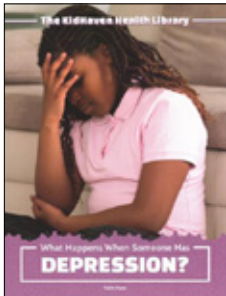


**AGES 8 TO 10**

## WHAT IS DEPRESSION?

**Rachael Morlock.** New York: PowerKids Press, 2021, 24 p.

Everyone experiences sadness at some point in their life—but not everyone experiences depression. Depression is extreme sadness and feeling discouragement, despair, or hopelessness from weeks to years at a time. People who experience depression often don't take enjoyment from life and don't have much energy, motivation, or concentration. In this volume, readers will learn what causes depression, steps to a diagnosis, and different types of treatments. They'll also learn that it's OK not to be OK, but that it's important to talk about how they're feeling with people who are available to help.

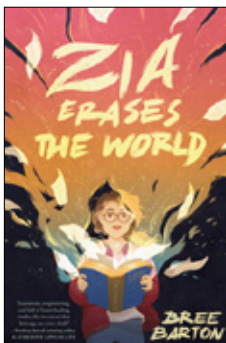


**AGES 8 TO 11**

## WHAT HAPPENS WHEN SOMEONE HAS DEPRESSION?

**Katie Kawa.** New York: KidHaven Publishing, 2020, 32 p.

Depression affects many people, and it can be confusing and sometimes scary for a young person to see a family member or friend suffering from it – or to find themselves struggling with symptoms of depression. However, knowing the facts about this mental illness can empower them to provide support for others and to take charge of their own health.

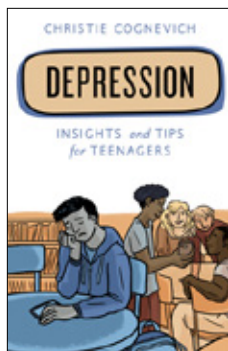


**AGES 8 TO 12**

## ZIA ERASES THE WORLD

**Bree Barton.** New York: Viking, 2022, 236 p.

Zia remembers the exact night the Shadoom arrived. One moment she was laughing with her best friends, and the next a dark room of shadows had crept into her chest. Zia has always loved words, but she can't find a real one for the fear growing inside her. How can you defeat something if you don't know its name?



**AGES 8 TO 12**

## DEPRESSION: INSIGHTS AND TIPS FOR TEENAGERS

**Christie Cognevich.** Lanham: Rowman & Littlefield, 2020, 176 p.

This book offers relatable situations and strategies to guide teens struggling with mental health—including identifying signs of struggle, recognizing stress factors, and offering strategies to escape harmful mental habits which can leave individuals feeling vulnerable, helpless, or in despair.

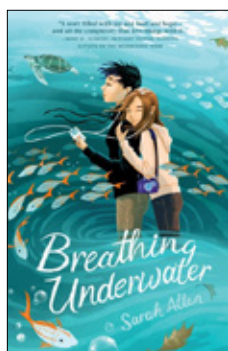


**AGES 8 TO 12**

## SMALL THINGS

**Mel Tregunning.** Toronto: Pajama Press, 2018, 37 p.

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.



**AGES 9 TO 12**

## BREATHING UNDERWATER

**Sarah Allen.** New York: Farrar, Straus and Giroux Books for Young Readers, 2021, 216 p.

Olivia is on the road trip of her dreams, with her trusty camera and her big sister Ruth by her side. Three years ago, before their family moved from California to Tennessee, Olivia and Ruth buried a time capsule on their favorite beach. Now, they're taking an RV back across the country to uncover the memories they left behind. But Ruth's depression has been getting worse, so Olivia has created a plan to help her remember how life used to be: a makeshift scavenger hunt across the country, taking pictures and making memories along the way. All she wants is to take the picture that makes her sister smile. But what if things can never go back to how they used to be? What if they never find the treasure they're seeking? Through all the questions, loving her sister, not changing her, is all Olivia can do – and maybe it's enough.

 Also available on [prenumerique.ca](https://prenumerique.ca)



**AGES 9 TO 12**

## HOW TO BECOME A PLANET

**Nicole Melleby.** Chapel Hill, NC: Algonquin Young Readers, 2021, 278 p.

This summer, when Pluto's turning thirteen, is different. Pluto has just been diagnosed with depression, and she feels like a black hole is sitting on her chest, making it hard to do anything. When Pluto's dad threatens to make her move to the city – where he believes his money could help her get better – Pluto comes up with a plan to do whatever it takes to be her old self again. If she does everything that old, “normal” Pluto would do, she can stay with her mom. But it takes a new therapist, new tutor, and new (cute) friend with a plan of her own for Pluto to see that there is no old or new her. There's just Pluto, discovering more about herself every day.

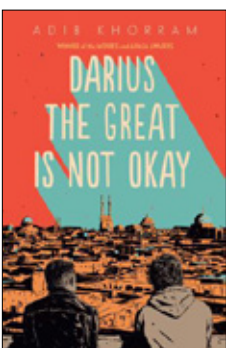


**AGES 9 TO 13**

## WHAT TO DO WHEN YOU'RE CRANKY & BLUE: A GUIDE FOR KIDS

**James J. Crist.** Minneapolis: Free Spirit Publishing, 2014, 123 p.

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

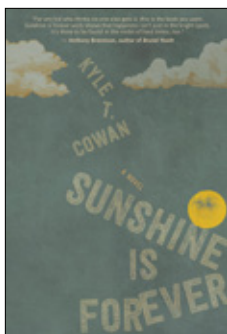


**AGES 12 TO 17**

## DARIUS THE GREAT IS NOT OKAY

**Adib Khorram.** New York: Dial Books, 2018, 314 p.

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 13+**

## SUNSHINE IS FOREVER

**Kyle T. Cowan.** San Francisco: Inkshares, Inc., 2017, 262 p.

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 14 TO 17**

## JUST BREATHE

**Cammie McGovern.** New York: Harperteen, 2020, 338 p.

David Scheinman is the popular president of his senior class, battling cystic fibrosis. Jamie Turner is a quiet sophomore, struggling with depression. The pair soon realizes that they're able to be more themselves with each other than they can be with anyone else, and their unlikely friendship starts to turn into something so much more. But neither Jamie nor David can bring themselves to reveal the secrets that weigh most heavily on their hearts – and their time for honesty may be running out.

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

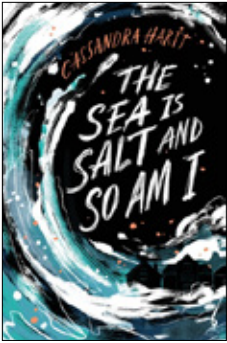


**AGES 14 TO 18**

## ICEBREAKER

**A.L. Graziadei.** New York: Henry Holt and Company, 2022, 314 p.

Seventeen-year-old Mickey James III is a college freshman, a brother to five sisters, and a hockey legacy. With a father and a grandfather who have gone down in NHL history, Mickey is almost guaranteed the league's top draft spot. The only person standing in his way is Jaysen Caulfield, a contender for the #1 spot and Mickey's infuriating (and infuriatingly attractive) teammate. When rivalry turns to something more, Mickey will have to decide what he really wants, and what he's willing to risk for it. This is a story about falling in love, finding your team (on and off the ice), and choosing your own path.



AGES 14+

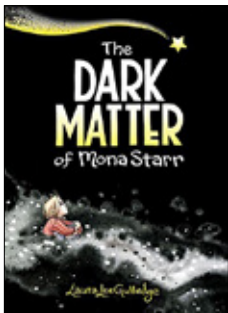
## THE SEA IS SALT AND SO AM I

**Cassandra Hartt.** New York: Roaring Brook Press, 2021, 374 p.

West Finch is one hurricane away from falling into the sea. Yet sixteen-year-old Harlow Prout is determined to save her small Maine hometown. If only she could stop getting in her own way and find someone, anyone, willing to help. But her best friend Ellis MacQueen “fixes” problems by running away from them – including his broken relationship with his twin brother, Tommy. And Tommy’s depression has hit a new low, so he’s not up for fixing anything. In the wake of the town’s latest devastating storm, Tommy goes out for a swim that he doesn’t intend to survive. It’s his unexpected return that sets into motion a sea change between these three teens. One that tests old loyalties, sparks new romance, and uncovers painful secrets. And nothing stays secret in West Finch for long.



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



AGES 14+

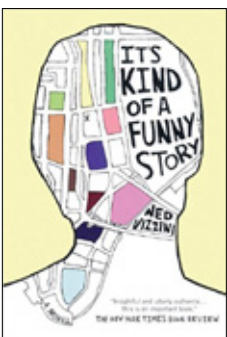
## THE DARK MATTER OF MONA STARR

**Laura Lee Gulledge.** New York: Amulet Books, an imprint of Abrams, 2020, 180 p.

Mona calls it her Matter. The Matter gets everywhere, telling Mona she’s not good enough, and that everyone around her wishes she would go away. But through therapy, art, writing, and the persistence of a few good friends, Mona starts to understand her Matter, and how she-and readers-can turn their fears into strengths.



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



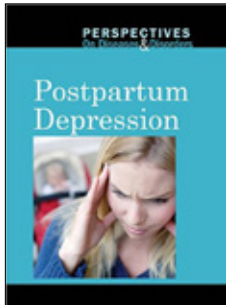
AGES 14+

## IT'S KIND OF A FUNNY STORY

**Ned Vizzini.** New York: Miramax Books/Hyperion Books For Children, 2006, 444 p.

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

## Postnatal depression



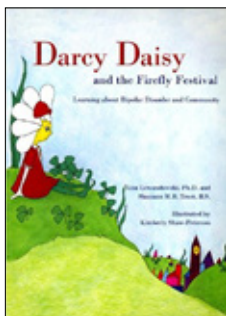
**AGES 14 TO 18**

### **POSTPARTUM DEPRESSION**

**Jacqueline Langwith.** Detroit: Gale, Cengage Learning, 2012, 141 p.

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)



**AGES 4+**

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

**Lisa M. Lewandowski.** Livonia: First Page Publications, 2005, 31 p.

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.

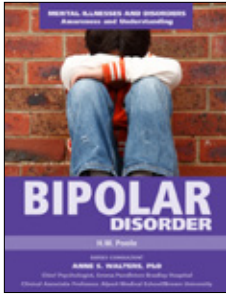


**AGES 8 TO 12**

### **CHASING THE MILKY WAY**

**Erin E. Moulton.** New York: Philomel Books, 2004, 283 p.

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.

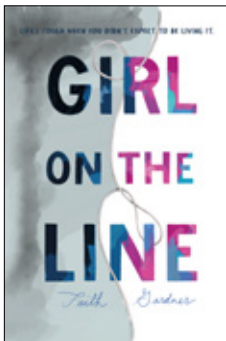


**AGES 12 TO 18**

## BIPOLAR DISORDER

**Hilary W. Poole.** Broomall: Mason Crest, 2016, 48 p.

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.



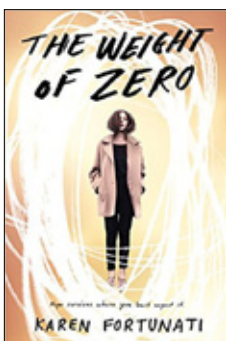
**AGES 13 TO 17**

## GIRL ON THE LINE

**Faith Gardner.** New York: HarperTeen, an imprint of HarperCollins Publishers, 2021, 344 p.

Journey hadn’t planned for a future, but when her suicide attempt fails she finds the life she never meant to live challenging in more ways than before: her parents don’t trust her, her friends have moved on for their own good, her bipolar disorder is overwhelming. At odds with herself and lacking concrete goals, she begins volunteering at a local helpline, where she finds a community as strong yet broken as she is.

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



**AGES 14 TO 18**

## THE WEIGHT OF ZERO

**Karen Fortunati.** New York: Delacorte Press, 2016, 400 p.

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.

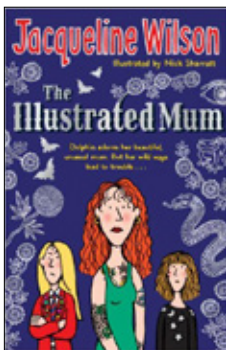


**AGES 14 TO 18**

## COULD MY PARENT BE BIPOLAR?

**Stanley Kutcher.** Createspace, 2015, 38 p.

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



**AGES 14 TO 18**

## THE ILLUSTRATED MUM

**Jacqueline Wilson.** London: Corgi Yearling, 2000, 222p.

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)

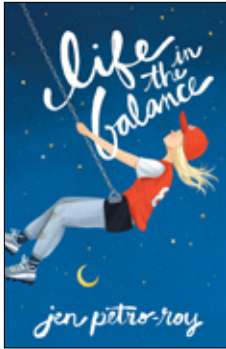


**AGES 5 TO 8**

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

**Gretchen Kelbaugh.** Toronto: Tundra Books, 2011, 32 p.

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!



**AGES 9 TO 12**

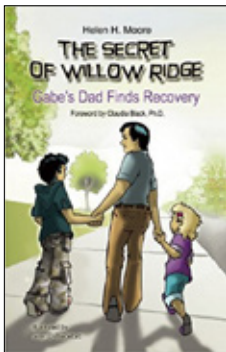
## LIFE IN THE BALANCE

**Jen Petro-Roy.** New York: Feiwel and Friends, 2021, 272 p.

Veronica Conway has been looking forward to trying out for the All-Star softball team for years. She's practically been playing the game since she was a baby. She should have this tryout on lock. Except right before tryouts, Veronica's mom announces that she's entering rehab for alcoholism, and her dad tells her that they may not be able to afford the fees needed to be on the team. Veronica decides to enter the town talent show in an effort to make her own money, but along the way discovers a new hobby that leads her to doubt her feelings for the game she thought she loved so much. Is her mom the only one learning balance, or can Veronica find a way to discover what she really wants to do with her life?



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



**AGES 9 TO 12**

## THE SECRET OF WILLOW RIDGE: GABE'S DAD FINDS RECOVERY

**Helen H. Moore.** Las Vegas: Central Recovery Press, 2010, 120 p.

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.



**AGES 10 TO 13**

## WHAT ABOUT WILL

**Ellen Hopkins.** New York: G.P. Putnam's Sons, 2021, 361 p.

Twelve-year-old Trace Reynolds has always looked up to his brother, mostly because Will, who's five years older, has never looked down on him. But when Will was knocked out cold during a football game, resulting in a brain injury, everything changed. Now, seventeen months later, their family is still living under the weight of "the incident," that left Will with a facial tic, depression, and an anger he cannot always control, culminating in their parents' divorce. Afraid of further fracturing his family, Trace begins to cover for Will who, struggling with addiction to pain medication, becomes someone Trace doesn't recognize. But when the brother he loves so much becomes more and more withdrawn, and escalates to stealing money and ditching school, Trace realizes some secrets cannot be kept if we ever hope to heal.

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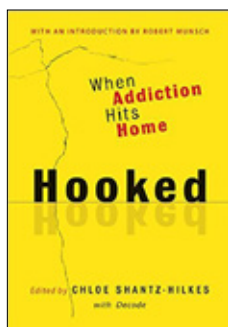


**AGES 11+**

## THE GAMING OVERLOAD WORKBOOK: A TEEN'S GUIDE TO BALANCING SCREEN TIME, VIDEO GAMES, AND REAL LIFE

**Randy Kulman.** Oakland, CA: New Harbinger Publications, Inc., 2020, 160 p.

*The Gaming Overload Workbook* will help you explore your use of video games in a thoughtful, nonjudgmental way. This isn't a workbook for giving up on gaming. This is a guide to help you set your own limits on screen time, and apply your interest and enthusiasm for gaming to a wider variety of activities, like connecting with friends and family, excelling in school or sports, and just spending more time outdoors.

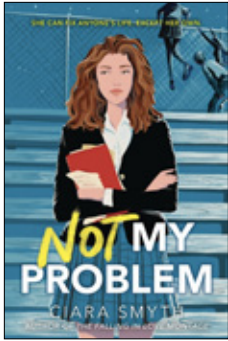


**AGES 12 TO 14**

## HOOKED: WHEN ADDICTION HITS HOME

**Chloe Shantz-Hilkes.** Toronto: Annick Press, 2013, 120 p.

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.



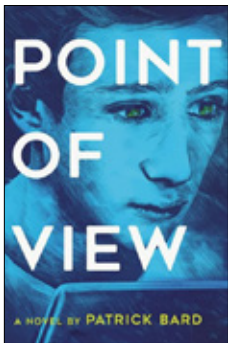
AGES 13 TO 17

## NOT MY PROBLEM

**Ciara Smyth.** New York: HarperTeen, an imprint of HarperCollins Publishers, 2021, 361 p.

A teen girl, Aideen, makes a journey from self-protectively tough to ready and willing to face her main problem: her single mother's alcoholism.

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

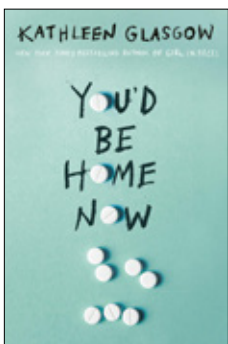


AGES 14 TO 17

## POINT OF VIEW

**Patrick Bard.** New York: Delacorte Press, 2019, 183 p.

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.



AGES 14+

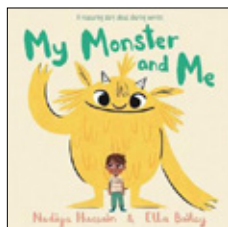
## YOU'D BE HOME NOW

**Kathleen Glasgow.** New York: Delacorte Press, 2021, 387 p.

After a fatal car accident that reveals Emory's brother Joey's opioid addiction, Emory struggles to help him on his road to recovery and make herself heard in a town that insists on not listening.

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

## Anxiety disorders



AGES 3 TO 5

### MY MONSTER AND ME

**Nadiya Hussain and Ella Bailey** (ill.). New York: Viking, 2021, 32 p.

A touching story about a little boy whose worry monster follows him everywhere he goes. It's there when he gets dressed, when he wants to play with his toys, and even when his friends come over to visit. How can he escape his worries? Having struggled with anxiety for as long as she can remember, Nadiya Hussain has written this heartfelt story to ensure that no child suffers in silence—no matter what shape their worry monster may take.

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

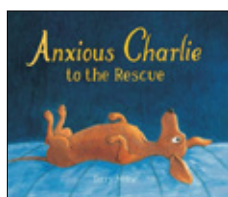


AGES 3+

### WHAT IF, PIG?

**Linzie Hunter**. New York: Harper, an imprint of HarperCollins Publishers, 2021, 40 p.

Pig is so incredibly kind and fabulously fun, but he also has a big secret—he's a tremendous worrier! When Pig gets the brilliant idea to throw a party for Mouse and their friends, he can't help but think of everything that could possibly go wrong. After all, what if a lion eats all the invitations? What if nobody comes? or worse, what if everyone comes and has an awful time?

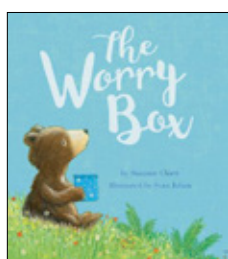


AGES 4 TO 6

### ANXIOUS CHARLIE TO THE RESCUE

**Terry Milne**. Massachusetts: Candlewick Press, 2019, 32 p.

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.

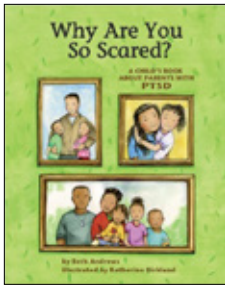


AGES 4 TO 8

### THE WORRY BOX

**Suzanne Chiew and Sean Julian** (ill.). Wilton: Tiger Tales, 2018, 32 p.

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?

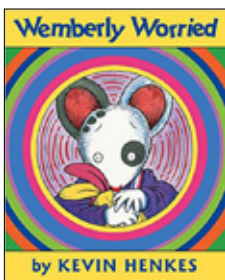


AGES 4 TO 8

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

**Beth Andrews.** Washington: Magination Press, 2012, 32 p.

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.

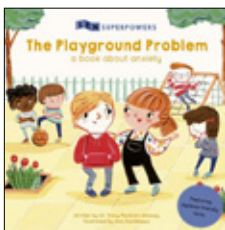


AGES 4 TO 8

## WEMBERLY WORRIED

**Kevin Henkes.** New York: Greenwillow Books, 2000, 32 p.

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.

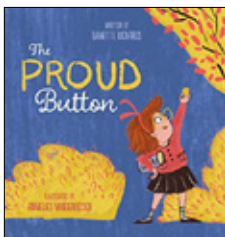


AGES 5 TO 7

## THE PLAYGROUND PROBLEM: A BOOK ABOUT ANXIETY

**Tracy Packiam Alloway and Ana Sanfelippo (ill.).** Mission Viejo: QED Publishing, 2019, 24 p.

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.

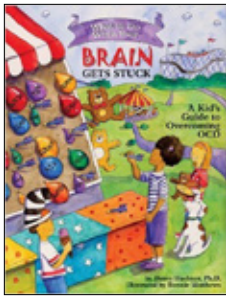


AGES 5+

## THE PROUD BUTTON

**Danette Richards and Annelies Vandenbosch (ill.).** New York: Clavis, 2021, 32 p.

Isabelle is a shy little girl who loves to play. While everyone plays or works together, Isabelle always stands aside. When she gets a new button from her aunt, she considers it a treasure. Her special button reminds her to be proud and courageous. With the help of her new button, Isabelle begins to see that making friends isn't as scary as it seems.



**AGES 6 TO 12**

## WHAT TO DO WHEN YOUR BRAIN GETS STUCK: A KID'S GUIDE TO OVERCOMING OCD

**Dawn Huebner.** Washington: Magination Press, 2007, 96 p.

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.

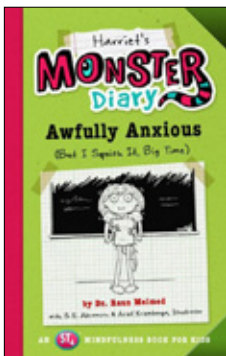


**AGES 6 TO 12**

## WHAT TO DO WHEN YOU WORRY TOO MUCH: A KID'S GUIDE TO OVERCOMING ANXIETY

**Dawn Huebner.** Washington: Magination Press, 2005, 80 p.

*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.



**AGES 7 TO 11**

## HARRIET'S MONSTER DIARY: AWFULLY ANXIOUS (BUT I SQUISH IT, BIG TIME)

**Raun Melmed, S. E. Abramson and Arief Kriembonga (ill.).** Sanger: Familius LLC, 2019, 133 p.

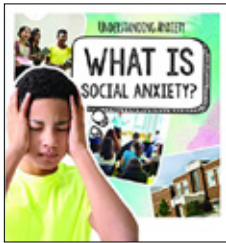
Meet Harriet, a lovable monster who is just sick at the thought of giving a report in front of her class! Her heart pounds, her chest gets tight, and her stomach twists in painful knots. She can't even bear to get started on it! What is she going to do?

**AGES 8 TO 10**

## WHAT IS ANXIETY?

**Caitie McAneney.** New York: PowerKids Press, 2021, 24 p.

Many students deal with feelings of overwhelming anxiety, both in and out of school. With anxiety disorders diagnosed in children more than ever before, it's essential to give young people an understanding of what anxiety is and how it can be treated. This book gives readers the tools they need to recognize anxiety and understand how it works, both in themselves and in others. Through accessible text and images, readers will gain a deep knowledge of the concept of anxiety and mental health, a valuable addition to any social and emotional learning curriculum as well as everyday life.

**AGES 8 TO 10**

## WHAT IS SOCIAL ANXIETY?

**Rachael Morlock.** New York: PowerKids Press, 2021, 24 p.

A lot of people casually claim they have social anxiety. But what does that mean? Social anxiety is more than just being quiet or shy. It's a form of anxiety brought on by situations in which a person interacts with other people. People with social anxiety are so fearful of being judged by their peers that they may be unable to make friends or do the things they want to do. In this volume, readers learn some of the triggers of social anxiety and how they can seek help for this common condition.

**AGES 8 TO 10**

## WHAT ARE PHOBIAS?

**Therese M. Shea.** New York: PowerKids Press, 2021, 24 p.

"Phobia" is a word that's thrown around a lot in everyday conversation, but it's often used incorrectly. A phobia is a strong, irrational fear of an object or a situation, one that often causes great anxiety. This sensitive and informative volume is a useful guide for readers who may be grappling with a phobia or who know someone who is. In the carefully researched explanations, they'll learn what may cause phobias, how they're diagnosed and treated, and the many people who can offer help and hope to those with phobias.



**AGES 8 TO 11**

## WHAT HAPPENS WHEN SOMEONE HAS ANXIETY?

**Katie Kawa.** New York: KidHaven Publishing, 2020, 32 p.

Anxiety disorders are a serious mental health concern for millions of people, including children. Readers who know a friend or family member who struggles with anxiety or who deal with anxiety in their own life can find suggestions for support and helpful facts in this age-appropriate overview of anxiety disorders.

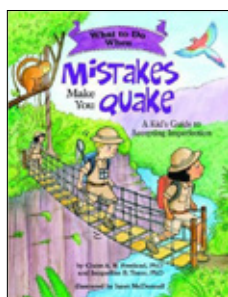


**AGES 8 TO 11**

## UNDERSTANDING ANXIETY

**Holly Duhig.** New York: PowerKids Press, 2019, 32 p.

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.



**AGES 8 TO 11**

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

**Claire A. B. Freeland, Jacqueline B. Toner, and Janet McDonnell (ill.).**

Washington: Magination Press, 2016, 96 p.

*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.

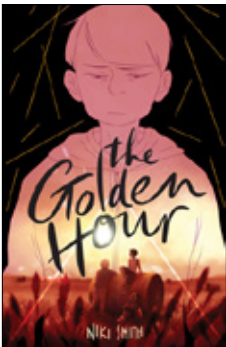


AGES 8 TO 12

## JUST ROLL WITH IT

**Lee Durfey-Lavoie and Veronica Agarwal** (ill.). New York: RH Graphics, 2021, 318 p.

As long as Maggie rolls the right number, nothing can go wrong ... right? Maggie just wants to get through her first year of middle school. But between finding the best after-school clubs, trying to make friends, and avoiding the rumored monster on school grounds, she's having a tough time ... so she might need a little help from her twenty-sided dice. But what happens if Maggie rolls the wrong number? A touching middle-grade graphic novel that explores the complexity of anxiety, OCD, and learning to trust yourself and the world around you.

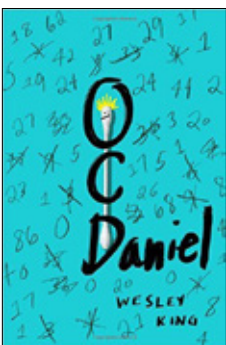


AGES 8 TO 12

## THE GOLDEN HOUR

**Niki Smith.** New York: Little, Brown and Company, 2021, 237 p.

After witnessing a violent attack at school, Manuel struggles with anxiety but taking photos with his cell phone camera helps him find anchors when he dissociates, and an unexpected friendship opens up new possibilities.

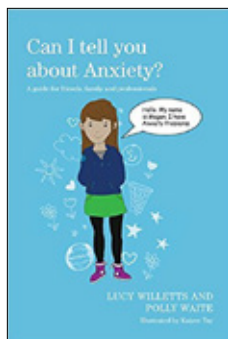


AGES 8 TO 12

## OCDANIEL

**Wesley King.** New York: Simon & Schuster Books for Young Readers, 2016, 292 p.

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.

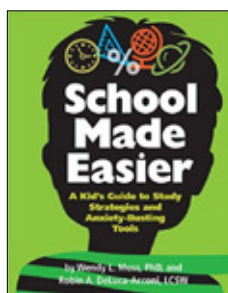


AGES 8 TO 12

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

**Lucy Willetts, Polly Waite and Kaiyee Tay** (ill.). London: Jessica Kingsley, 2014, 51 p.

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.

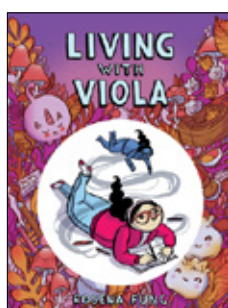


AGES 8 TO 12

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

**Wendy L. Moss and Robin DeLuca-Acconi.** Washington: Magination Press, 2013, 128 p.

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.



AGES 9 TO 13

## LIVING WITH VIOLA

**Rosena Fung.** Toronto: Annick Press, 2021, 272 p.

Livy is already having trouble fitting in as the new girl at school – and then there's Viola. Viola is Livy's anxiety brought to life, a shadowy twin that only Livy can see or hear. Livy tries to push back against Viola's relentless judgement, but nothing seems to work until she strikes up new friendships at school. Livy hopes that Viola's days are numbered. But when tensions arise both at home and at school, Viola rears her head stronger than ever. Only when Livy learns how to ask for help and face her anxiety does she finally figure out living with Viola.

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



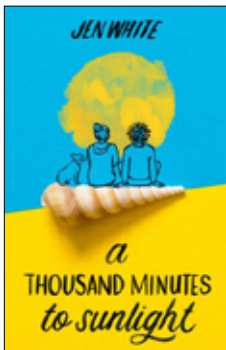
AGES 9 TO 13

## BUSTER

**Caleb Zane Huett.** New York: Scholastic Press, 2021, 320 p.

Buster's in big trouble. He's been dragged to Dog Court for breaking one of the most sacred of all dog rules: Never, ever talk to a human, or let a human know how smart you really are. But he swears he had a good reason! The boy he's been taking care of, Tonio, needed his help in a big way. You see, Tonio is afraid all the time – afraid of saying or doing the wrong thing, afraid of making a fool of himself or (even worse) hurting someone else's feelings. His doctor thinks having a therapy dog will help his anxiety – and Buster wants to help. He really wants to help. Even if it means breaking the rules...

 Also available on [prenumerique.ca](https://prenumerique.ca)



AGES 9 TO 13

## A THOUSAND MINUTES TO SUNLIGHT

**Jen White.** New York: Farrar, Straus and Giroux, 2021, 304 p.

Cora is constantly counting the minutes. It's the only thing that stops her brain from rattling with worry, from convincing her that danger is up ahead. Afraid of the unknown, Cora spends her days with her feet tucked into sand, marveling at La Quinta beach's giant waves and her little sister Sunshine's boundless energy. And then danger really does show up at Cora's doorstep – her absentee uncle, whose sudden presence in the middle of the night makes her parents nervous and secretive. As dawn breaks once more, Cora must piece together her family and herself, one minute at a time.

 Also available on [prenumerique.ca](https://prenumerique.ca)



AGES 9 TO 13

## OUTSMARTING WORRY: AN OLDER KID'S GUIDE TO MANAGING ANXIETY

**Dawn Huebner and Kara McHale** (ill.). London: Jessica Kingsley Publishers, 2018, 110 p.

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.



AGES 13 TO 17

## EXCUSE ME WHILE I UGLY CRY

**Joya Goffney.** New York: HarperTeen, 2021, 352 p.

Quinn keeps lists of everything – from the days she’s ugly cried, to “Things That I Would Never Admit Out Loud” and all the boys she’d like to kiss. Her lists keep her sane. By writing her fears on paper, she never has to face them in real life. That is, until her journal goes missing. . . Then an anonymous account posts one of her lists on Instagram for the whole school to see and blackmails her into facing seven of her greatest fears, or else her entire journal will go public. Quinn doesn’t know who to trust. Desperate, she teams up with Carter Bennett – the last known person to have her journal – in a race against time to track down the blackmailer. Together, they journey through everything Quinn’s been too afraid to face, and along the way, Quinn finds the courage to be honest, to live in the moment, and to fall in love.

 Also available on [prenumerique.ca](https://prenumerique.ca)



AGES 13 TO 17

## LET'S CALL IT A DOOMSDAY

**Katie Henry.** New York: Katherine Tegen Books, 2019, 400 p.

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 [prenumerique.ca](https://prenumerique.ca)



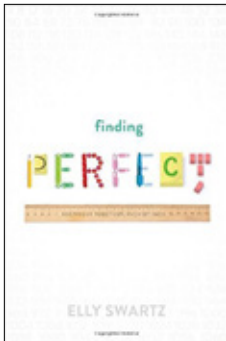
AGES 14 TO 18

## LIST OF TEN

**Halli Gomez.** New York: Sterling Teen, 2021, 353 p.

A suicidal teen fighting the symptoms of Tourette syndrome and obsessive-compulsive disorder creates a bucket list of ten goals to achieve by the tenth anniversary of his diagnosis, before a newcomer with her own troubled history unknowingly offers him more hopeful perspectives.

 Also available on [prenumerique.ca](https://prenumerique.ca)

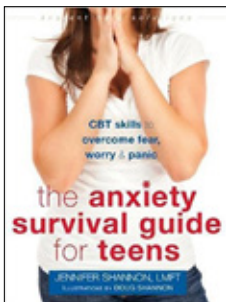


**AGES 14 TO 18**

## FINDING PERFECT

**Elly D. Swartz.** New York: Farrar, Straus Giroux, 2016, 296 p.

With some help from her siblings and friends, Molly is able to face her OCD and be strong enough to get help for it.

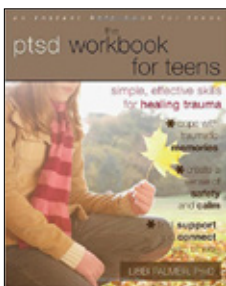


**AGES 14 TO 18**

## THE ANXIETY SURVIVAL GUIDE FOR TEENS: CBT SKILLS TO OVERCOME FEAR, WORRY & PANIC

**Jennifer Shannon and Doug Shannon (ill.).** Oakland: Instant Help Books, 2015, 235 p.

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.

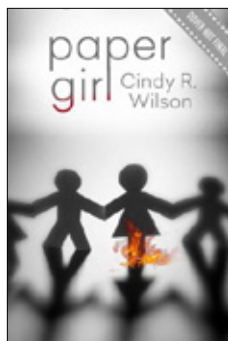


**AGES 14 TO 18**

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

**Libbi Palmer.** Oakland: Instant Help Books, 2012, 146 p.

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.



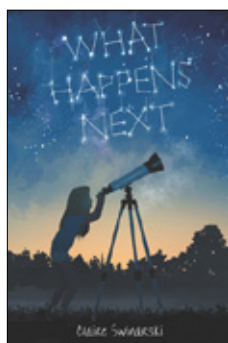
AGES 14+

## PAPER GIRL

**Cindy R. Wilson.** Fort Collins: Entangled Teen, 2018, 400 p.

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.

## Eating disorders



AGES 8 TO 12

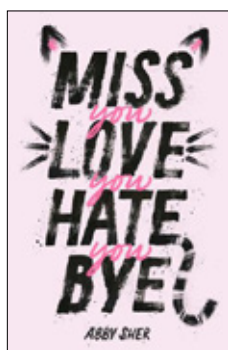
## WHAT HAPPENS NEXT

**Claire Swinarski.** New York, NY: Harper, an imprint of HarperCollinsPublishers, 2020, 249 p.

It's summer in Moose Junction, and twelve-year-old Abby McCourt should be excited about the approaching solar eclipse – especially because she's obsessed with astronomy – but she's not. After the incident at the Memorial Day barbecue, nothing has been the same. Her friends avoid her. Her parents are stressed. And the one person she felt closest to – her older sister Blair – has been sent to a treatment facility to learn how to eat again.



Also available on [prenumerique.ca](https://prenumerique.ca)



AGES 12 TO 18

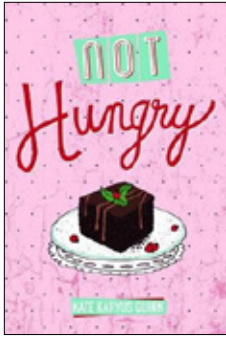
## MISS YOU LOVE YOU HATE YOU BYE

**Abby Sher.** New York: Farrar, Straus and Giroux, 2020, 290 p.

Best friends almost since birth, Zoe and Hank navigate the shifting boundaries of their relationships during high school as one of them struggles with an eating disorder.



Also available on [prenumerique.ca](https://prenumerique.ca)



**AGES 13 TO 17**

## NOT HUNGRY

**Kate Karyus Quinn.** New York: West 44 Books, 2019, 192 p.

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.

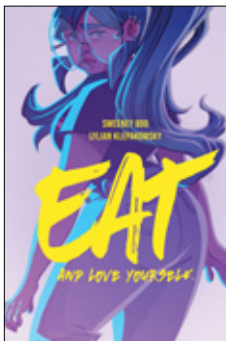


**AGES 13+**

## PERFECT

**Natasha Friend.** Minneapolis: Milkweed Editions, 2004, 172 p.

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.

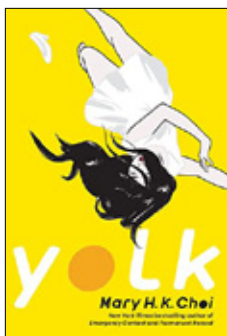


**AGES 14 TO 18**

## EAT, AND LOVE YOURSELF

**Sweeney Boo.** Los Angeles, California: Boom! Box, 2020, 160 p.

Mindy is a young woman living with an eating disorder and trapped in a battle for her own self-worth. When she accidentally discovers something that will give her a chance to revisit her past, she thinks she has a chance to put her life back on track. But will she be able to find a way back to her present and treat herself with love and kindness at any size?



AGES 14+

## YOLK

**Mary H.K. Choi.** New York: Simon & Schuster, 2021, 290 p.

Jayne Baek is barely getting by. She shuffles through fashion school, saddled with a deadbeat boyfriend, clout-chasing friends, and a wretched eating disorder that she's not fully ready to confront. But that's New York City, right? At least she isn't in Texas anymore. On the other hand, her sister June is dazzlingly rich with a high-flying finance job and a massive apartment. Unlike Jayne, June has never struggled a day in her life. Until she's diagnosed with uterine cancer. Suddenly, these estranged sisters who have nothing in common are living together. Because sisterly obligations are kind of important when one of you is dying.

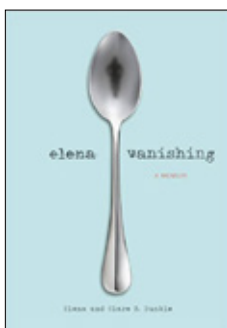


AGES 14+

## THIS IMPOSSIBLE LIGHT

**Lily Myers.** New York: Philomel Books, 2017, 339 p.

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.



AGES 14+

## ELENA VANISHING: A MEMOIR

**Elena Dunkle.** San Francisco: Chronicle Books, 2015, 288 p.

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.



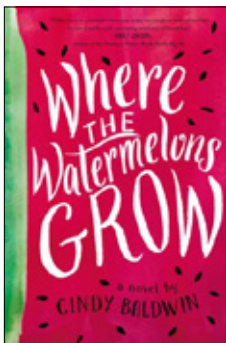
AGES 14+

## JUST LISTEN: A NOVEL

**Sarah Dessen.** New York: Viking Children's Books, 2006, 371 p.

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



AGES 8 TO 12

## WHERE THE WATERMELONS GROW

**Cindy Baldwin.** New York: Harper, an imprint of HarperCollins Publishers, 2018, 245 p.

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](http://prenumerique.ca)



AGES 12 TO 17

## NICK AND JUNE WERE HERE

**Shalanda Stanley.** New York: Alfred A. Knopf, 2019, 298 p.

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.

**AGES 14 TO 17**

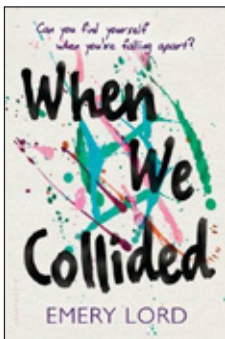
## BETWEEN THE BLISS AND ME

**Lizzy Mason.** New York: Soho Teen, 2021, 336 p.

After deciding to leave home to attend New York University and be near the boy she likes, eighteen-year-old Sydney Holman learns that her long-absent father is schizophrenic and she may be, too.



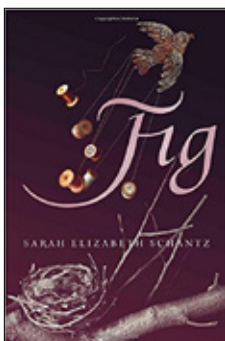
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**AGES 14+**

## WHEN WE COLLIDED

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

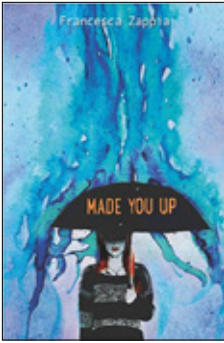
Can seventeen-year-old Jonah save his family restaurant from ruin, his mother from her sadness, and his danger-seeking girlfriend Vivi from herself?

**AGES 14+**

## FIG

**Sarah Elizabeth Schantz.** New York: Margaret K. McElderry Books, 2015, 346 p.

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.



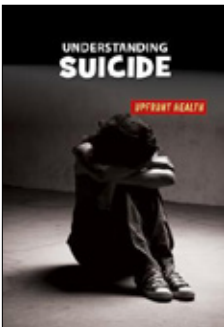
AGES 14+

## MADE YOU UP

**Francesca Zappia.** New York: Greenwillow Books, 2015, 428 p.

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

## Suicide prevention

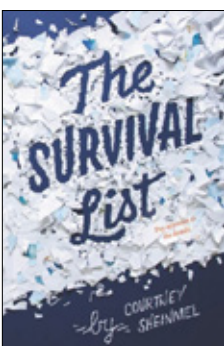


AGES 9 TO 13

## UNDERSTANDING SUICIDE

**Matt Chandler.** Ann Arbor, Michigan: Cherry Lake Publishing, 2020, 32 p.

For young people, leading a healthy lifestyle requires education and empowerment. In *Understanding Suicide*, readers will explore the history and social aspects of suicide, teen suicide, and ways to help themselves and others. Sidebars challenge and expand readers' thinking while relating topics to 21st Century skills and themes – from creativity and innovation to financial literacy.



AGES 13 TO 17

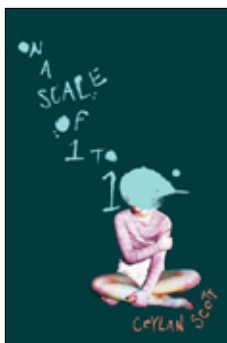
## THE SURVIVAL LIST

**Courtney Sheinmel.** New York: Katherine Tegen Books, 2019, 310 p.

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 [prenumerique.ca](https://prenumerique.ca)



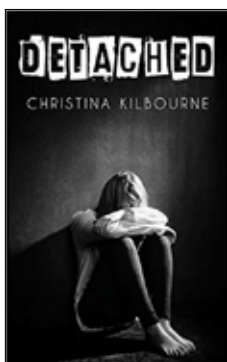
**AGES 14 TO 18**

## ON A SCALE OF 1 TO 10

**Ceylan Scott.** New York: Chicken House, 2019, 281 p.

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](http://pretnumerique.ca)

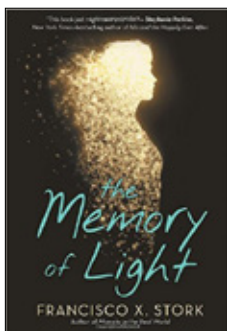


**AGES 14 TO 18**

## DETACHED

**Christina Kilbourne.** Toronto: Dundurn, 2016, 201 p.

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.



**AGES 14 TO 18**

## THE MEMORY OF LIGHT

**Francisco X. Stork.** New York: Arthur A. Levine Books, 2016, 325 p.

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

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

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# FILM, SERIES AND PROGRAM SUGGESTIONS

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## 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.

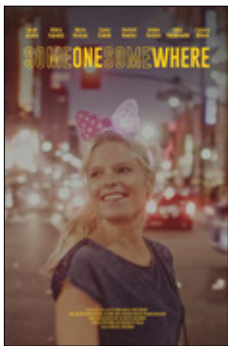
# FICTION



## **DEAR EVAN HANSEN**

**Stephen Chbosky.** 2021, 137 min.

Film adaptation of the Tony and Grammy Award-winning musical by Steven Levenson, Benj Pasek, and Justin Paul about Evan Hansen, a high-school senior with a severe social-anxiety disorder, whose letter to himself that was not meant to be seen by others, lands wrongly into the hands of a classmate who, as a result, commits suicide. This incident sends Evan on a journey of self-discovery and gives him the chance to finally be accepted by his peers and live the life he never dreamed he could have.



## **SOMEONE, SOMEWHERE**

**Cédric Klapisch.** 2019, 110 min.

Rémy, a young Parisian with an unskilled job. Mélanie, 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.



## A STAR IS BORN

**Bradley Cooper.** 2018, 136 min.

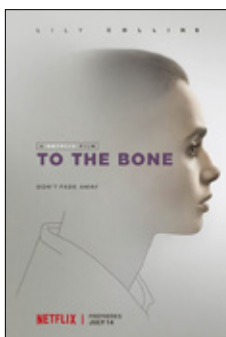
A musician helps a young singer find fame as age and alcoholism send his own career into a downward spiral.



## BEAUTIFUL BOY

**Felix van Groenigen.** 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.



## 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.



## 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.

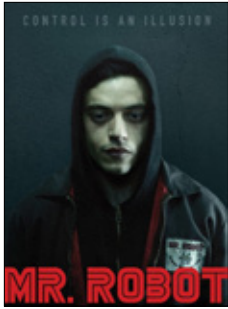


## OUR LOVED ONES

**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.





**13+** VIOLENCE

## 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.



**G** UNSUITABLE FOR YOUNG CHILDREN

## 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.



**G**

## 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.



13+

## 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.



13+

## 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*.



G

## 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.



**G** UNSUITABLE  
FOR YOUNG  
CHILDREN

## 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.



**13+**

## 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.



**G**

## 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...



**G** UNSUITABLE  
FOR YOUNG  
CHILDREN

## 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.



**G**

## 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.

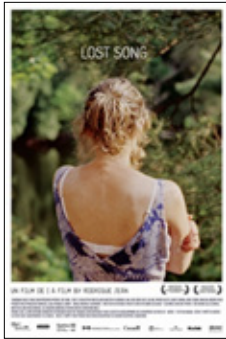


**G**

## 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.



13+

## 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.



16+

SEXUALITY

## BORDERLINE

**Lyne Charlebois.** 2008, 110 min.

Drama (Quebec). Daughter of an institutionalized mother and raised by her grandmother in a down-and-out neighborhood of Montreal, Kiki is left to her own devices. School is her only safe haven. Until the age of 30, life is far from being a fairytale. Sex and alcohol are her only escape from the daily grind. Men too, and she has a collection of them. Until, at 30, Kiki finds the love that's hardest to accept: love of herself.



G

UNSUITABLE  
FOR YOUNG  
CHILDREN

## RACHEL GETTING MARRIED

**Jonathan Demme.** 2008, 114 min.

Drama, family (United States). When Kym returns to the Buchman family home for the wedding of her sister Rachel, she brings a long history of personal crisis and family conflict along with her.



G

## 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.



G

## 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 awakening not only to the pain of life but also to the life-affirming power of love.



G

## THE HOURS

**Stephen Daldry.** 2002, 115 min.

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.



13+

## 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.

# DOCUMENTARIES

## General



### **DECOLONIZING MENTAL HEALTH**

**PBS.** 2022, 29 min.

Documentary (United States). The Decolonizing Mental Health series dismantles the racism that underscores the mental healthcare industry. By focusing its gaze on the transformative work of therapists and individuals of color, it calls for redressal of the ways in which we define psychiatric illness and health.

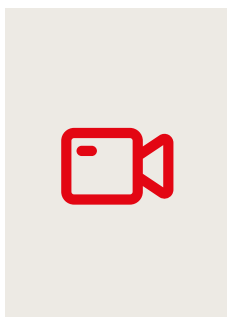


### **DEMI LOVATO: DANCING WITH THE DEVIL**

**Michael D. Ratner.** 2021, 94 mins.

Online: <https://www.youtube.com/playlist?list=PLy4Kg0J0TkearxiMrCsHih5xJzttUe8JC>

In this fearless documentary series, Demi Lovato and their family and friends candidly open up for the first time about the mental health struggles that led to the singer's near-fatal overdose in 2018.



### **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.

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.



### **INVISIBLE – UNCOVERING MENTAL ILLNESS**

**23 ABC News.** 2017, 46 min.

Online: [www.youtube.com/watch?v=Y1IP2xGevE0](http://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.



### **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.

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

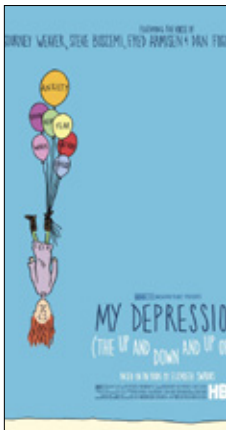


## FINDING NORMAL

**The national, CBC.** 2006, 25 min.

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

## Depression

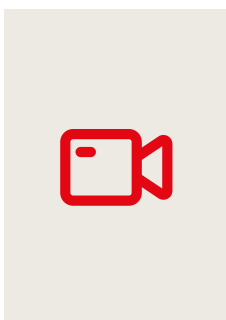


## MY DEPRESSION

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

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

## Postnatal depression



## 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 Shields.** 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.

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

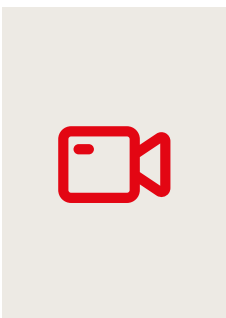


### WASTED

**The nature of things, CBC.** 2016. 44 min.

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.

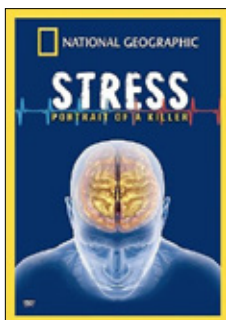
Documentary (United States). Individuals who suffer from anxiety disorders share their experiences. Some deal with excessive worry and fear while others face more extreme manifestations, including compulsive behavior and panic attacks.



## 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/](http://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.

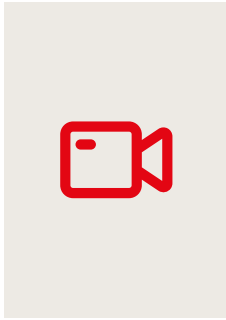


### **GRANT CALDER**

**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.



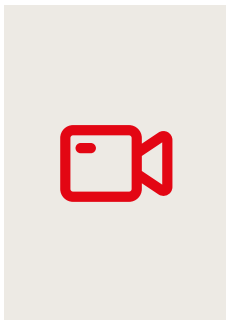
## JESSICA CUDDY

**CBC News, CBC.** 2013, 6 min.

Online: [www.cbc.ca/player/play/2374723602](http://www.cbc.ca/player/play/2374723602)

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

## Schizophrenia

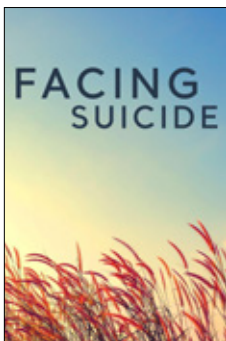


## THE DOWNSIDE OF HIGH

**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



## FACING SUICIDE

**PBS.** 2022, 84 min.

Documentary (United States). Facing Suicide combines the poignant personal stories of people impacted by suicide with profiles of scientists at the forefront of research to reveal new insights into one of America's most pressing mental health crises. Shining a light on this difficult topic can destigmatize suicide while revealing that there is help as well as hope for those at risk and their loved ones.



## **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](http://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](http://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.

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# TAKING PART IN ONE'S HEALTH CARE

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This section can be found in every Biblio-Santé thematic booklet. The resources have been selected with a patient-as-partner approach that aims to help the health system users to actively participate in their health care and to make informed decisions.

## **WHAT DOES PATIENT-AS-PARTNER MEAN?**

A patient-as-partner is a person who progressively becomes able as they receive treatment to make informed and independent health choices. Their experience related knowledge is recognized and their care related competences are developed with help from the team. Respected in all aspects of their humanity, they are a full member of this team when it comes to the care and services offered to them. While fully recognizing the expertise of the team members, the patient-as-partner can direct the team's concern towards their particular needs and long term well being.

Source: Faculté de médecine de l'Université de Montréal

# ORGANIZATIONS AND ASSOCIATIONS

## General

### **CENTRE OF EXCELLENCE FOR PARTNERSHIP WITH PATIENTS AND THE PUBLIC (CEPPP)**

**Phone** 514 890-8000, ext. 15488  
**Website** <https://ceppp.ca/en/>

The CEPPP aims to make collaborating with patients and the public a science, a culture and the new standard to improve the health of all and the (health) experience of each. Its purpose is to integrate the patient into their care team and the citizen into their healthcare system.

### **HEALTHCARE EXCELLENCE CANADA**

**Toll free** 1-866-421-6933  
**Website** <https://www.healthcareexcellence.ca/en/>

Healthcare Excellence Canada is an organization with a relentless focus on improving healthcare, with – and for – everyone in Canada. It brings together the Canadian Patient Safety Institute and Canadian Foundation for Healthcare Improvement. Several of its programs are aimed directly at patients and their families in order to improve their safety and the quality of health services.

## Legal information

### **CHAMBRE DES NOTAIRES DU QUÉBEC**

**Phone** 514 879-1793  
**Toll free** 1 800 263-1793  
**Website** [www.cnq.org/en/home.html](http://www.cnq.org/en/home.html)

The Chambre des notaires offers basic legal information, including information about powers of attorney, mandates in case of incapacity, wills and successions.

## COMMUNITY JUSTICE CENTERS

**Website** [www.justicedeproximite.qc.ca/en/](http://www.justicedeproximite.qc.ca/en/)

The Community Justice Centers provide services in six regions in Quebec. They inform you about your legal rights and obligations. They support you by helping you in the identification of your legal needs and the options available to address them. They also refer you to the legal resources available related to the legal system or the community, so you can choose the service that best suits your needs.

## CONSEIL POUR LA PROTECTION DES MALADES

**Phone** 514 861-5922  
**Toll free** 1 877 276-2433  
**Website** <http://cpm.qc.ca/en/home/>

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.

## CURATEUR PUBLIC DU QUÉBEC

**Phone** 514 873-4074  
**Toll free** 1 844 532-8728  
**Website** [quebec.ca/en/government/departments-and-agencies/curateur-public](http://quebec.ca/en/government/departments-and-agencies/curateur-public)

The Curateur public ensures the protection of incapacitated persons. It educates the public about the protection needs associated with incapacity and supports families and close friends who are representing incapacitated persons, administering the property of an incapacitated person or a minor, or serving as members of a tutorship council. The site provides information about incapacity (protection mandate, tutorship, curatorship, etc.).

## **FÉDÉRATION DES CENTRES D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTES**

**Toll free** 1 877 767-2227  
**Website** <https://fcaap.ca/en/>

Complaint assistance and support centers assist the user in any process to file a complaint with an establishment, a CISSS, a CIUSSS or the Protecteur des usagers. They accompany the user for the duration of the appeal, including when the complaint is referred to the Council of Physicians, Dentists and Pharmacists of an establishment. You can find on the FCAAP website the list of assistance centers as well as information on your rights.

## **JURISTES À DOMICILE**

**Phone** 514 944-9929  
**Website** [www.juristesadomicile.com](http://www.juristesadomicile.com)

Juristes à Domicile guides and supports its members who find themselves in a difficult situation, or who are vulnerable, when it comes to ensuring that their rights are respected. The organization can also facilitate access to low cost legal services, if needed. As the name of the organization suggests, the team's lawyers come to their homes. Website only in French.

## **PROTECTEUR DU CITOYEN**

**Toll free** 1 800 463-5070  
**Website** <https://protecteurducitoyen.qc.ca/en>

The Protecteur du citoyen conducts investigations into complaints or reports involving individuals, groups, organizations or undertakings who claim that they were treated unfairly or improperly by a Quebec Government department or public agency, or by Health and Social Services network authorities. The Quebec Ombudsman is independent of the government, neutral and unbiased. All complaints are treated as confidential. The services are free and easily accessible.

## **REGROUPEMENT PROVINCIAL DES COMITÉS DES USAGERS (RPCU)**

**Phone** 514 436-3744  
**Website** [www.rpcu.qc.ca/en/](http://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.

# INTERNET RESOURCES

## General

### **CANADIAN MEDICAL ASSOCIATION – PATIENT VOICE**

<https://www.cma.ca/patient-voice>

Patient Voice is a group of patients who lend their perspectives and experience to the Canadian Medical Association's (CMA) advocacy work. The 15-member group offers ideas on how to make Canadians healthier and contribute to the medical profession, highlighting issues that matter to the public and giving insight into the best ways for the CMA and physicians to engage with patients. Their web page features information about the group's current members, contact information for obtaining more information or getting involved, as well as a definition of Patient Partnered Care.

### **CHOOSING WISELY CANADA**

<https://choosingwiselycanada.org/>

Choosing Wisely Canada is the national voice for reducing unnecessary tests and treatments in health care. The website provides information related to treatments and medication. It offers recommendations and resources by specialty for health professionals and patients. Patient Pamphlets are also available under the "Patient Resources" tab.

### **COLLÈGE DES MÉDECINS DU QUÉBEC**

<http://www.cmq.org/hub/en/services-au-public.aspx>

The "Services for the public" section of the Collège des médecins du Québec provides information on various aspects of consultations with a doctor (access to a doctor, medical fees, complaints, etc.) and on the role of other health professionals.

### **GOVERNMENT OF CANADA**

#### **How older adults can use social media safely**

<https://www.getcybersafe.gc.ca/en/blogs/how-older-adults-can-use-social-media-safely>

This blog post gives tips on how to navigate social media safely.

## GOVERNEMENT DU QUÉBEC

### Info-Santé 811

<https://www.quebec.ca/en/health/finding-a-resource/info-sante-811/>

Info-Santé 8-1-1 is a free and confidential telephone consultation service. Dialling 8-1-1 promptly puts you in contact with a nurse in case of a non-urgent health issue. The service is available 24 hours a day, 365 days a year. Anyone living in Quebec can call Info-Santé 8-1-1 for themselves or a family member.

### Service Organization

<https://www.quebec.ca/en/health/health-system-and-services/service-organization/>

This web page of the Government of Quebec presents a portrait of the organization of services in Quebec as well as relevant information for each service offered.

## HEALTH BOOKLET

<https://carnetsante.gouv.qc.ca/portail>

The Québec Health Booklet is your one-stop reference to your health information, accessible anywhere. It gives you access to the results of your medical imaging examinations, the history of your pharmacy medications and the results of your samples, including blood and urine tests. It allows you to schedule an appointment for family medicine online.

## HEALTHCARE EXCELLENCE CANADA

### Engaging Patients in Patient Safety – a Canadian Guide

<https://www.patientsafetyinstitute.ca/en/toolsresources/patient-engagement-in-patient-safety-guide/pages/default.aspx>

The Engaging Patients in Patient Safety Canadian guide is presented to you in detail on this web page. You will discover who is this guide for, its purpose and what is included inside. You also have the option to download it.

### Patient, Family and Caregiver Engagement and Partnerships

<https://www.cfhi-fcass.ca/WhatWeDo/PatientEngagement/PatientEngagementResourceHub/Results.aspx>

On this page of the Canadian Foundation for Healthcare Improvement, you will find information about the participation and collaboration of patients in their health care, including the Bridge-to-Home project that allows improve the quality of care, as well as the experience of patients, caregivers and providers during transitions from hospital to home.

## **Shift to Safety**

<https://www.patientsafetyinstitute.ca/en/about/programs/shift-to-safety/pages/public.aspx>

The “Public” section of SHIFT to safety program aims to help you take an active part in the safety of your healthcare. It offers resources on a range of topics for making informed care choices, links to other patients, and tips for working with health care providers based on personal needs.

## **HEALTH CHARITIES COALITION OF CANADA – “HOW TO” HEALTH GUIDE**

[www.healthcharities.ca/resources/how-to-health-guide.aspx](http://www.healthcharities.ca/resources/how-to-health-guide.aspx)

The “How To” Health Guide was developed to assist patients, caregivers, friends and families in managing information about the Canadian health care system, which can often be challenging to navigate. If you, or someone you love and care for, are trying to find health services, support or information for an illness or disease, there are actions you can take to help get the best possible health care. The Guide provides basic information about how to speak to those working within the system on a range of issues. A link to download a copy of the guide is available at the bottom of the page.

## **HEART & STROKE FOUNDATION – BEING A PARTNER IN YOUR HEALTH CARE**

[https://www.heartandstroke.ca/heart-disease/recovery-and-support/talking-to-your-doctor?\\_](https://www.heartandstroke.ca/heart-disease/recovery-and-support/talking-to-your-doctor?_)

This section of the Heart & Stroke foundation website provides an overview of what you need to know to prepare well for a medical appointment.

## **INSTITUTE FOR SAFE MEDICATION PRACTICE CANADA – SAFEMEDICATIONUSE.CA**

<https://safemedicationuse.ca/newsletter/index.html>

ISMP Canada SafeMedicationUse.ca newsletters contain information for consumers to promote the safe use of drugs in all areas of health. One of their objectives is to make recommendations to prevent medication-related accidents.

## **MCGILL UNIVERSITY HEALTH CENTER**

### **Patient Safety and Physical Restraints: What You Need to Know**

[http://www.muhcpatienteducation.ca/DATA/GUIDE/349\\_en~v~patient-safety-and-physical-restraint.pdf](http://www.muhcpatienteducation.ca/DATA/GUIDE/349_en~v~patient-safety-and-physical-restraint.pdf)

This booklet aims to help you understand physical restraints.

## **MERCK MANUAL (CONSUMER VERSION) – MAKING THE MOST OF HEALTH CARE**

<https://www.merckmanuals.com/en-ca/home/fundamentals/making-the-most-of-health-care>

This web page offers you valuable tips for participating actively in your health care, such as when to see your doctor, how to get the most out of a consultation, and investigating a disease.

## **ORDRE DES PHARMACIENS DU QUÉBEC – PROTECTION DU PUBLIC**

<https://www.opq.org/protection-du-public/que-fait-lordre-pour-me-protger/>

The “Protection du public” section of the Ordre des pharmaciens du Québec website allows you to find a pharmacist, obtain advice related to the protection of the public as well as better understand the role of the pharmacist and what pharmaceutical care is. Website only in French.

## **OTTAWA HOSPITAL RESEARCH INSTITUTE – PATIENT DECISION AIDS**

<https://decisionaid.ohri.ca/AZinvent.php>

The A to Z Inventory of Decision Aids is designed to help you find a decision aid to meet your needs.

## **RÉGIE DE L'ASSURANCE MALADIE – CITIZENS**

<https://www.ramq.gouv.qc.ca/en/citizens/health-insurance/Pages/health-insurance.aspx>

The RAMQ website provides you information on health insurance, prescription drug insurance, aid programs and temporary stays outside Quebec. You will find the services available online as well as the forms necessary to benefit from the services offered.

## **SANTÉ ET SERVICES SOCIAUX QUÉBEC**

**Quick Reference: I'm taking care of my Health**

<https://publications.msss.gouv.qc.ca/msss/fichiers/2016/16-909-01A.pdf>

This checklist offers you some tips to help you prepare for meetings with health professionals.

## **SENIORS' GUIDE TO STAYING CYBER SAFE DURING COVID-19**

<https://www.getcybersafe.gc.ca/en/resources/seniors-guide-staying-cyber-safe-during-covid-19>

This guide helps seniors protect their identity by helping them create strong passwords, enable multi-factor authentication, and warn them about phishing attempts.

## HAVE YOU HEARD OF DEPRESCRIBING?

Deprescribing means reducing or stopping medication. Its goal is to maintain or improve quality of life.

## WHY RESORT TO DEPRESCRIBING?

Medication controls symptoms, cures illness and can even extend lifetime. However, it can cause side effects or interactions that can be harmful. The more medication we take, the higher the risks of negative effects. It's also important to know that as we get older, changes in the body make us more sensitive to medications, which increases the risk of suffering from negative side effects.

## HOW DOES IT WORK?

For all these reasons, it's recommended to regularly review your medication with your health care provider. They will be able to determine whether the risk of taking a specific medication is higher than its benefits and if deprescribing is an option. **Deprescribing is a planned process that must always be done with the help of your doctor, nurse or pharmacist.**

Source: Canadian Deprescribing Network

## CANADIAN DEPRESCRIBING NETWORK

[www.deprescribingnetwork.ca](http://www.deprescribingnetwork.ca)

The Canadian Deprescribing Network provide you information about medication safety, deprescribing and safer alternatives to risky medications. Different articles and resources on the subject are proposed on the website of the Network.

## Legal information

### **COMITÉ DES USAGERS DU CENTRE DE SANTÉ ET DE SERVICES SOCIAUX DE LAVAL – THE RIGHTS AND THE RESPONSIBILITIES**

<http://www.cucssslaval.ca/user/the-rights-and-the-responsibilities>

The various rights in terms of health and well-being in Quebec and everyone's responsibilities in this area are grouped together on this web page.

### **ÉDUCALOI**

#### **Caregivers: Practical Legal Tools**

[www.educaloi.qc.ca/en/caregivers-practical-legal-tools](http://www.educaloi.qc.ca/en/caregivers-practical-legal-tools)

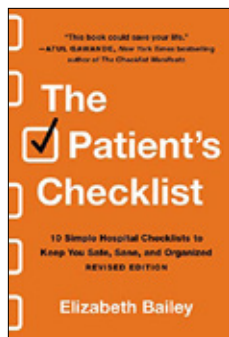
In this web guide, Éducaloi provides clear and useful legal information intended for caregivers.

#### **Health Topics**

[www.educaloi.qc.ca/en/categories/health](http://www.educaloi.qc.ca/en/categories/health)

This section of the Éducaloi website clearly explains the rights and responsibilities of doctors, patients, partners, caregivers, etc., within the Quebec health care system. Topics covered include the public health system, filing a complaint, access to medical records, making medical decisions, incapacity, and loss of autonomy.

# READING SUGGESTIONS



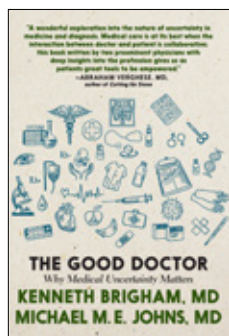
## THE PATIENT'S CHECKLIST: 10 SIMPLE HOSPITAL CHECKLISTS TO KEEP YOU SAFE, SANE, AND ORGANIZED

**Elizabeth Bailey.** New York: Hachette, 2020, 161 p.

Whether you're addressing the rising chaos of a pandemic or preparing for a scheduled surgery, having checklists prepared to guide you through a hospital visit can often mean the difference between comfort and pain, personal and distant care – and even life or death. In today's hospital system, you can face a series of obstacles to satisfactory care, from overworked healthcare providers to understaffed facilities. This series of essential, easy-to-use checklists will help you better manage, monitor, and participate in your own healthcare. These include: Before You Go, What to Bring, Master Medication List, Discharge Plan, and more. It is more important than ever to have a protocol, including a detailed plan for hygiene and communications while hospitalized. You can trust the medical staff, but you also need to trust yourself or a loved one to be your own best advocate.



Also available on [prenumerique.ca](https://prenumerique.ca)



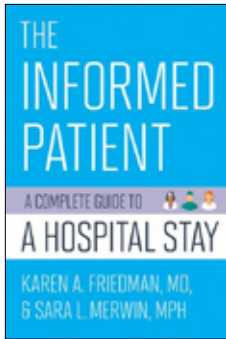
## THE GOOD DOCTOR: WHY MEDICAL UNCERTAINTY MATTERS

**Kenneth Brigham and Michael M.E. Johns.** New York : Seven Stories Press, 2020, 238 p.

What makes a good doctor? It's not what people think. A doctor willing to face their own uncertainty in the face of illness and treatment might just be the best medicine. In *The Good Doctor*, Ken Brigham, MD, and Michael M.E. Johns, MD, argue that we need to change the way we think about health care if we want to be the healthiest we can be. Counterintuitive as it may seem, uncertainty is integral to medicine, and you want a doctor who knows that: someone who sees you as the unique case you are, someone who knows that data isn't everything, someone who is able to change her mind as the information changes.



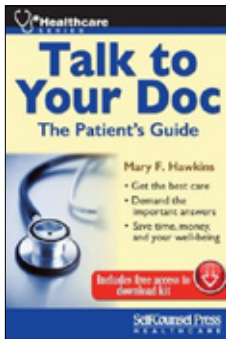
Also available on [prenumerique.ca](https://prenumerique.ca)



## THE INFORMED PATIENT: A COMPLETE GUIDE TO A HOSPITAL STAY

**Karen A. Friedman and Sara L. Merwin.** Ithaca: ILR Press, 2017, 228 p.

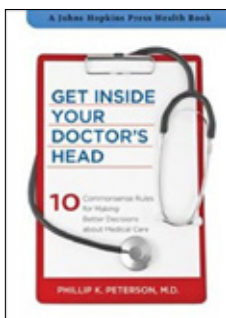
Even the most capable individuals are challenged when confronted with the complexity of the modern hospital experience. *The Informed Patient* is a guide and a workbook, divided into topical, focused sections with step-by-step instructions, insights, and tips to illustrate what patients and their families can expect during a hospital stay. Anyone who will experience a hospital stay – or friends or family who may be in charge of a patient's care – will find all the help and advice they could need in the detailed sections that cover every aspect of what they can expect.



## TALK TO YOUR DOC: THE PATIENT'S GUIDE

**Mary Hawkins.** North Vancouver: Self-Counsel Press, 2015, 163 p.

Doctors are busier than ever and the Internet produces more information than ever for patients. Getting the right treatment can be challenging if you don't have the right approach. Mary Hawkins helps patients advocate for the best care with a guide on how to discuss your condition with your doctor.



## GET INSIDE YOUR DOCTOR'S HEAD: 10 COMMONSENSE RULES FOR MAKING BETTER DECISIONS ABOUT MEDICAL CARE

**Phillip K. Peterson.** Baltimore: The Johns Hopkins University Press, 2013, 130 p.

In simple direct language Dr. Peterson tells readers how to understand their doctors' recommendations and ask intelligent questions about their validity.









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