

AUGUST 2023

MENTAL HEALTH: A BIBLIOGRAPHY OF RESOURCES

EMMA STEWART RESOURCES CENTRE





HOURS OF OPERATION

Regular Hours

(mid-August to June 30)

8:30 a.m. – 5:00 p.m.

Monday to Friday

Summer Hours

(July 1 to mid-August)

8:30 a.m. – 4:00 p.m.

Monday to Friday

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Mental Health: A Bibliography of Resources
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Please note: Annotations have been excerpted and/or adapted from descriptions provided by the publishers.

027.663 T136

Takahashi, Deborah K.

Serving teens with mental illness in the library : a practical guide

Santa Barbara, CA : Libraries Unlimited, 2019.

Subjects: Libraries and teenagers. Libraries and the mentally ill.

Summary: This book provides readers with practical guidelines for building collections, programs, and services that support teens experiencing mental health challenges and explains how to create a supportive, welcoming environment in the library. In addition, it shows how to forge partnerships with other community agencies in this endeavor, how to advocate for mentally ill teens, and how to teach them to advocate for themselves. Lastly, it discusses how to evaluate these programs and services, and how to take care of your own needs while serving others.

155.4189042 H192

Halloran, Janine

Coping skills for kids workbook : over 75 coping strategies to help kids deal with stress, anxiety and anger

Eau Claire, WI : PESI Publishing & Media, 2018.

Subjects: Adjustment (Psychology) in children. Stress in children—Prevention. Stress management for children.

Summary: Dealing with stress, anxiety and anger are important skills to develop, but not all kids learn those strategies naturally. This workbook can help teach children to calm down, balance their energy and emotions, and process challenging feelings. The author shares over 75 innovative, fun and engaging activities developed from her experience in schools, outpatient mental health clinics, and as a mother.

155.424 H236

Leschied, Alan W. (Ed.)

Handbook of school-based mental health promotion : an evidence-informed framework for implementation

Cham, Switzerland : Springer, 2018.

Subjects: Clinical psychology—Handbooks, manuals, etc. School children—Mental health services—Handbooks, manuals, etc. School psychology—Handbooks, manuals, etc.

Summary: This handbook provides a comprehensive overview for implementing effective evidence-based mental health promotion in schools. It addresses issues surrounding the increasing demands on school psychologists and educational and mental health professionals to support and provide improved student well-being, learning, and academic outcomes. The volume explores factors outside the traditional framework of learning that are important in maximizing educational outcomes as well as how students learn to cope with emotional challenges that confront them both during their school years and across the lifespan.

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155.5 B789

Boyd-Franklin, Nancy

Adolescents at risk: home-based family therapy and school-based intervention

New York, NY: Guilford Press, 2019.

Subjects: Adolescent psychology. Adolescent psychopathology. Behavior disorders in adolescence.

Summary: Full of illustrative case material, this book guides mental health professionals to break the cycle of at-risk behavior by engaging adolescents and their families in home, school, and community contexts. The authors explore the multigenerational patterns that shape the lives of poor and ethnic minority adolescents and present innovative strategies for intervening beyond the walls of the agency or clinic. Grounded in research, the book shows how to implement both home-based family therapy and school-based achievement mentoring to provide a comprehensive web of support. Building on the earlier Reaching Out in Family Therapy, this book reflects the ongoing development of the authors' multisystems approach and many other important changes in the field; the majority of the content is completely new. It is an indispensable resource for beginning and experienced professionals or text for courses on adolescent intervention or adolescent mental health.

155.518 L652

Lutenberg, Ester A.; Liptak, John J.

Teen stress workbook : activities to help you deal with anxiety and worry

Duluth, MN: Whole Person Associates, 2011.

Subjects: Stress in youth. Stress management—Handbooks, manuals, etc.

155.9042 T925

Tummers, Nanette

Teaching stress management

Champaign, IL: Human Kinetics, 2011.

Subjects: Students—Mental health. Stress management—Study and teaching.

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

158 S653

Smith, Julie Ann

Why has nobody told me this before?

New York, NY: HarperOne, 2022.

Subjects: Adjustment (Psychology). Life skills. Mental health. Resilience (Personality trait).

Summary: Filled with secrets from a therapist's toolkit, Why Has Nobody Told Me This Before 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,

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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.

158.12 A469

Altman, Donald

The mindfulness toolbox : 50 practical mindfulness tips, tools, and handouts for anxiety, depression, stress, and pain

Eau Claire, WI: PESI Publishing & Media, 2014.

Subjects: Mindfulness-based cognitive therapy. Meditation—Therapeutic use.

Summary: Filled with secrets from a therapist's toolkit, 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. This book 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.

158.12 S745

Spencer, Natalie F.

Mindful practices for helping troubled teens. Grades 6-12

Chapin, SC : YouthLight Inc., 2018.

Subjects: Anger. Anxiety. Grief in adolescence. Mental health—Teenagers. Mindfulness (Psychology). Self-mutilation.

Summary: This book provides 20 activity-based lessons that combine mindfulness and cognitive behavioral approaches. These can be used flexibly in small groups or with individual student.

158.13 S553

Sherman, Hannah

Mindfulness workbook for kids : 60+ activities to focus, stay calm, and make good choices

Emeryville, CA : Rockridge Press, 2020.

Subjects: Attention—Juvenile literature. Emotions in children—Juvenile literature. Mindfulness (Psychology)—Juvenile literature.

Summary: Mindfulness is a simple way to be present and become aware of what's happening inside and outside your body. This workbook can help young people aged 8-12 to develop the coping skills to handle tough situations and manage big emotions, while finding focus and concentration.

248.4 C998

Czegledi, Magda

A new perspective on mental wellness

Place of publication: Publisher not identified, 2022.

Subjects: Christian life. Mental health--Religious aspects--Christianity. Spiritual life.

Summary: Despite an emphasis on more screening, more diagnosis and more treatment, rates of mental illness continue to escalate. What if shifting to a whole-health perspective and addressing spiritual, physical, social and psychological factors could provide healing to many?

299.7 H392

Hawk, Jamie Terra

Teaching the way of the medicine wheel: creator's way to recovery or man's way to relapse

Place of publication: Publisher not identified, 2018.

Subjects: Indian astrology. Indigenous Peoples--Religion. Medicine wheels. Self-realization--Religious aspects. Shamanism--North America. Spiritual life.

Summary: The Native American Medicine Wheel is a philosophy that addresses the four elements of the human condition and helps the individual create and find balance that ensures healthy recovery from the physical, mental, emotional and spiritual struggles we encounter in an oftentimes confusing and hostile world. The book has numerous spiritual quotes in the Seneca tribal language of the Haudenosaunee (Iroquois) people. The full color photos of the animals that depict the cardinal directions, the moons, and the various insightful gifts one receives from following this spiritual, logical, and philosophical path, are vibrant and alive. The love of her traditions and dedication of the author is evident on every page and in every word.

303.37208997 R825

Ross, Rupert

Indigenous healing : exploring traditional paths

Toronto, ON: Penguin, 2014.

Subjects: Ethnophilosophy--Canada. Indigenous Peoples in Canada. Indigenous Peoples--Canada--Social conditions. Indigenous Peoples--Legal status, laws, etc.--Canada. Indigenous philosophy--Canada. Social justice--Canada.

Summary: Imagine a world in which people see themselves as embedded in the natural order, with ethical responsibilities not only toward each other, but also toward rocks, trees, water and all nature. Imagine seeing yourself not as a master of Creation, but as the most humble, dependent and vulnerable part. Rupert Ross explores this indigenous world view and the determination of indigenous thinkers to restore it to full prominence today. He comes to understand that an appreciation of this perspective is vital to understanding the destructive forces of colonization. With help from many indigenous authors, he explores their emerging conviction that healing is now better described as "decolonization therapy." And the key to healing, they assert, is a return to the traditional indigenous world view.

305.3 B471

Bennett, Andrea

Like a boy but not a boy: navigating life, mental health, and parenthood outside the gender binary

Vancouver, BC: Arsenal Pulp Press, 2020.

Subjects: Gender identity. Gender nonconformity. Gender-nonconforming people--Mental health. Gender-nonconforming people. Parenthood. Sexual minority parents.

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Summary: In these essays, the author explores the topic of gender nonconformity and relays their experiences as a non-binary parent.

306.461 M425

Maté, Gabor; Maté, Daniel

The myth of normal: trauma, illness and healing in a toxic culture

Toronto, ON: Alfred A. Knopf Canada, 2022.

Subjects: Civilization, Modern--21st century--Health aspects. Disease--Social aspects. Health--Social aspects. Social medicine.

Summary: An investigation into the causes of illness, a bracing critique of how our society breeds disease, and a pathway to health and healing. In the richest, most technically advanced, most health-obsessed society ever, all is not well. Even before the COVID-19 pandemic, chronic illnesses were on the rise. Nearly 70 percent of Americans are on at least one prescription drug; more than half take two. In Canada, every fifth person has high blood pressure. In Europe, over 30 percent of the population suffers from hypertension. And everywhere, adolescent mental illness is on the increase. So what is really 'normal' when it comes to health? Over four decades of clinical experience, Gabor Maté has come to recognize this version of 'normal' as misleading, neglecting the roles that trauma and stress, and the pressures of life in the modern world, exert on our bodies and our minds at the expense of good health. For all its expertise and technological sophistication, Western medicine often fails to treat the whole person, which in turn stresses the body, burdens the immune system and undermines emotional balance. Now, Maté brings his perspective to the great untangling of commonly held myths about what makes us sick, and connects the dots between personal suffering and the pressures of modern-day living.

306.76 Q8

Quist, Jeremy

Body and mind: LGBTQ health issues

Broomall, PA: Mason Crest, 2020.

Subjects: Gay community. Lesbian community. Sexual minorities--Health and hygiene. Sexual minorities--Mental health.

Summary: Feeling good inside and out should be everyone's goal. But lesbian, gay, bisexual, transgender, and questioning (LGBTQ) people often have a tough time as they grapple with issues such as shame, rejection, and low self-esteem. This book discusses the unique pressures that lead too many LGBTQ youth to alcohol, drug, and tobacco abuse, as well as to eating disorders, unsafe sex, and unwanted pregnancy. Learn how to cope with feelings of alienation and depression, confusion about gender identity and sexual orientation and how to integrate your sexual and gender identity with your larger self. Liking yourself for who you are is the key to getting and staying mentally and physically healthy. And having the support of family, friends, or trusted mentors can make all the difference for LGBTQ young people who are learning to respect themselves and each other and to lead healthy, happy, and productive lives.

331.594 C746

Condra, Mike; Zisman Gary, Meryl

Mental health disabilities at work : a practical guide for employees, employers and unions

Toronto, ON : Lancaster House, 2019.

Subjects: Mentally ill—Civil rights. Mentally ill—Employment—Canada. Mentally ill—Employment—Law and legislation—Canada. People with mental disabilities—Civil rights. People with mental disabilities—Employment—Canada. People with mental disabilities—Employment—Law and legislation—Canada.

Summary: Authored by a clinical psychologist and a labour lawyer, this book answers all your questions, in practical and non-technical language, about mental health and mental illness in the workplace. Also covered are disability discrimination and the duty to accommodate, and privacy rights and medical information relating to employees with mental health concerns.

361.3208997 B315

Baskin, Cyndy

Strong helpers' teachings : the value of Indigenous knowledges in the helping professions. Second edition

Toronto, ON : Canadian Scholars' Press Inc., 2016.

Subjects: Counseling. Indigenous Peoples in Canada. Native Peoples—Canada—Social life and customs. Social service. Social values.

Summary: Making space for the voices of many Indigenous and non-Indigenous scholars, practitioners, and service users, the author's text models possible pathways towards relationship building and allyship. Placing Indigenous concerns and perspectives at the centre of social work disciplines, and using examples and case studies, the author covers topics such as spirituality, research, justice, and healing. This thoroughly updated edition includes new chapters on self-care for helpers, holistic approaches to mental health, and two-spirit experiences and is a valuable resource for those interested in sharing, listening, and teaching Indigenous worldviews and helping practices.

362.2 B565

Betton, Victoria; Woollard, James

Teen mental health in an online world : supporting young people around their use of social media, apps, gaming, texting and the rest

London, England : Jessica Kingsley Publishers, 2019.

Subjects: Internet and teenagers—Psychological aspects. Mentally ill teenagers—Services for. Social work with teenagers. Teenagers—Mental health.

Summary: For most young people there is no longer a barrier between their 'real' and 'online' lives. This book reviews the latest research about this topic to investigate how those working with teenagers can use their insights into digital technologies to promote wellbeing in young people. It draws extensively on interviews with young people aged 12-16 throughout, who share their views about social media and reveal their online habits. Chapters delve into how teens harness online spaces such as YouTube, Instagram and gaming platforms for creative expression and participation in public life to improve their mental health and wellbeing. It also provides a framework for practitioners to start conversations with teens to help them develop resilience in respect of their

internet use. The book also explores key risks such as bullying and online hate, social currency and the quest for 'likes', sexting, and online addiction.

362.2 G618

Goldbloom, David

We can do better: urgent innovations to improve mental health access and care

New York, NY: Simon & Schuster, 2021.

Subjects: Mental health services--Technological innovations. Mental health services.

Summary: A leading psychiatrist and mental health expert reveals important issues in mental health care today and introduces innovations to revolutionize and improve mental health for everyone. Mental health care systems are failing to deliver proven treatments in a timely manner, and the consequences, for individuals and societies, are dire. In this urgent book, world renowned psychiatrist and mental health care expert Dr. David Goldbloom outlines proven innovations in medicine and health care delivery that we could benefit from today—if we only had the will to share, use, and fund these brilliant tools. Using fictional—but all too real—examples of people suffering from various mental illnesses, from depression to opioid addiction, and drawn from his real-life experiences in this field, Goldbloom reveals the barriers to care and other faults in mental health care systems. He then shows the simple, yet startlingly effective innovations we never knew existed that can help people now. Smart, candid, and persuasive, *What Will It Take?* Is a timely call for improving mental health care with innovations for better access to and quality of help—a roadmap to better well-being for everyone.

362.2083 B239

Barbre, Jean; Anderson, Ingrid

Supporting children's mental health and wellbeing : a strength-based approach for early childhood educators

St. Paul, MN : Redleaf Press, 2022.

Subjects: Children--Family relationships. Mentally ill children--Care. Well-being.

Summary: The emotional lives of young children are growing increasingly more complex. This book incorporates strength-based child care strategies to foster positive reciprocal relationships between caregiver and young children and strengthen children's resiliency and wellbeing.

362.208997071 G394

Get over it: a path to healing [DVD]

Vancouver Island, BC : InFilm Productions, 2018.

Subjects: Indigenous Peoples in Canada. Indigenous Peoples—Canada—Social conditions. Mental healing. Off-reservation boarding schools—Canada—History.

Summary: This film exposes the health crisis facing the Indigenous community in Canada through the stories of three Indigenous women. These women who survived the residential school system in Canada take viewers through an emotional journey of abuse and trauma and exposes viewers to the negative effects of these experiences on their health. The women's stories, intertwined with community leaders' and medical experts' accounts, sheds light on possible methods that will bring healing to a suffering community.

362.2208997 I39

Stewart, Suzanne L.

Indigenous cultures and mental health counselling : four directions for integration with counselling psychology

New York, NY: Routledge, 2017.

Subjects: Community mental health services—North America. Ethnopsychology—North America. Indians of North America—Counseling of. Indians of North America—Mental health services. Indians of North America—Mental health. Indigenous Peoples in Canada.

Summary: This volume examines how Indigenous healing practices can complement Western psychological services to meet the needs of Indigenous Peoples through traditional cultural concepts. Bringing together leading experts in the fields of Aboriginal mental health and psychology, it provides data and models of Indigenous cultural practices in psychology that are successful with Indigenous Peoples. It considers Indigenous epistemologies in applied psychology and research methodology, and informs government policy on mental health service for these populations.

362.28 S542

Shhh—listen!! We have something to say! Youth voices from the North : a special report on the youth suicide crisis in Northern Saskatchewan

Saskatoon, SK: Advocate for Children and Youth, 2017.

Subjects: Crisis intervention (Mental health services). Mental health. Youth—Suicidal behavior—Saskatchewan—Prevention. Youth—Suicidal behavior—Saskatchewan.

Summary: Printed from the internet.

362.280835 C327

Cartlidge, Cherese

Teens and suicide

San Diego, CA: ReferencePoint Press, 2017.

Subjects: Depression in adolescence—Juvenile literature. Suicide—Juvenile literature. Teenagers—Suicidal behavior—Juvenile literature.

Summary: Grades 9 to 12.

362.2808350971 T137

Talaga, Tanya

All our relations : finding the path forward

Toronto, ON: House of Anansi Press, 2018.

Subjects: Indigenous Peoples in Canada. Native Peoples—Mental health services—Canada. Native Peoples—Mental health—Canada. Native Peoples—Suicidal behavior—Canada—Prevention. Native Peoples—Suicidal behavior—Canada. Native youth—Mental health services—Canada. Native youth—Mental health—Canada. Native youth—Suicidal behavior—Canada—Prevention. Native youth—Suicidal behavior—Canada.

Summary: This book explores the alarming rise of youth suicide in Indigenous communities in Canada and beyond. From Northern Ontario to Nunavut, Norway, Brazil, Australia, and the United States, the Indigenous

experience in colonized nations is startlingly similar and deeply disturbing. It is an experience marked by the violent separation of Peoples from the land, the separation of families, and the separation of individuals from traditional ways of life, culminating in a spiritual separation that has impacted generations of Indigenous children. As a result of this colonial legacy, too many communities today lack access to the basic determinants of health: income, employment, education, a safe environment, and health services, leading to a mental health and youth suicide crisis on a global scale.

370.11 S399

Schwartz, Joanna

Teacher toolbox for a calm and connected classroom: teacher-friendly mental health strategies to help you and your students thrive

London, UK : Jessica Kingsley Publishers, 2021.

Subjects: Classroom environment. Holistic education. Students--Mental health.

Summary: This title is a whole-child, whole-hearted approach to teaching, wellness, and student--teacher relationships. Chock-full of practical advice and brain-based tools from an experienced teacher and counselor, this book solves the question of how psychology and education can enrich and empower both teachers and students' wellness. Peppered with relatable anecdotes from the authors' experiences, the book deals with how to help unpack the "invisible backpack" that both teachers and students bring into the classroom. Chapters are broken down to show how to practically address common issues such as challenging behavior, social-emotional learning, trauma-informed education, attachment theory, mindfulness, mental health and much more. Each chapter outlines these common challenges but also provides an abundance of practical tools that can be used to help.

370.114 M398

Mason, Christine; Asby, Dana

Compassionate school practices : fostering children's mental health and well-being

Thousand Oaks, CA: Corwin, 2021.

Subjects: Compassion in children. Compassion—Study and teaching. Moral education.

Summary: Is your school prepared to care for all the students, staff, and families in your community? Sadly, your school might be the only point of care for many students. Be already ready—establish a compassionate cultural foundation for strong relationships and holistic skills to weather stress, trauma, and promote well-being for your entire school population by leaning into this approach to leadership and social emotional learning.

370.15 J65

Johns, Beverley H.; Heise, Donalyn

Working with students who have anxiety : creative connections and practical strategies

New York, NY: Routledge, 2020.

Subjects: Anxiety in adolescence. Anxiety in children. Students—Mental health. Students—Psychology.

Summary: As the number of students with anxiety increases in schools and classrooms, this book serves as the go-to guide for teachers and educators who strive to provide a welcoming environment conducive to student learning. This book provides an accessible understanding of anxiety in its various forms, how anxiety impacts

academic and social skills, and what teachers can do to create a positive climate. An exciting new resource for teachers, special educators, art specialists, and school counselors, this book covers the causes, signs, and symptoms of anxiety; includes academic, behavioral, and art-based interventions; and explores ethical and legal issues relating to students with anxiety. Filled with real-life examples, practical teaching tips, and creative advice for building connections with students, this book not only provides readers with the latest information about anxiety, but also focuses on strategies to give educators the real tools they need to reduce the negative impact of anxiety in academic settings.

370.15 M549

Mental health stigma. Grades 5 to 12 : challenging it together! : a discussion booklet for the classroom

Ottawa, ON : Canadian Teachers' Federation, 2016.

Subjects: Mental health—Social aspects. Stigma (Social psychology).

Summary: The Canadian Teachers' Federation has developed this resource booklet to support teachers to raise awareness and reduce stigma around mental illness, and, in turn, decrease the barriers that can prevent youth and family members from seeking help.

370.1534 A191

Adair, Bill

The emotionally connected classroom : wellness and the learning experience

Thousand Oaks, CA : Corwin, 2019.

Subjects: Affective education. Classroom environment. Learning, Psychology of. Teacher-student relationships.

Summary: Suicide rates, ADHD diagnoses, gaming addiction, and adolescent depression are increasing exponentially. It's difficult to ignore the number of children burdened by stress, anxiety, and unhealthy beliefs. However, the brain remains malleable and new experiences can rewrite the story. This book will help educators create environments that promote healthy attachments and repair dysregulations that impair learning capacity.

371.1 B174

Balch, Tonya C.; Oliver, Brandie M.

Building great mental health professional-teacher teams: a systematic approach to social-emotional learning for students and educators

Bloomington, IN : Solution Tree Press, 2021.

Subjects: Affective education. School improvement programs. Students--Mental health services. Teaching teams. Teachers--Professional relationships.

Summary: Teaching is no longer only about academics--it has become about educating the whole child. Practical and research-based, this resource empowers teachers, school counselors, psychologists, and social workers to harness their collective power to support learners in their social-emotional lives. Discover how to form teams, navigate group challenges, and collectively pave the pathway to meaningful, purposeful, and sustainable student success.

371.10019 C736

Compassion fatigue, emotional labour and educator burnout : research study : phase one report : academic literature review and survey one data analysis

Edmonton, AB : Alberta Teachers' Association, 2020.

Subjects: Action research. Burn out (Psychology). Secondary traumatic stress. Teachers—Job stress. Teachers—Mental health. Teaching—Psychological aspects.

Summary: The purpose of this study is to investigate the lived experience of educational workers regarding three phenomena that are inextricably tied to working with people: emotional labour, compassion fatigue and burnout.

371.10019 H495

Hendershott, Dardi; Hendershott, Jen

Supporting the wounded educator : a trauma-sensitive approach to self-care

New York, NY: Routledge, 2020.

Subjects: Stress management. Teachers—Health and hygiene. Teachers—Job stress. Teachers—Mental health. Teaching—Psychological aspects. Well-being.

Summary: Educators today are facing challenges and demands like never before. The tensions between an educator's calling and the reality of the profession can create a growing sense of compassion fatigue, burnout, and job dissatisfaction. In this context, this book features firsthand knowledge alongside research to encourage, equip, and empower educators to find relief and hope. Taking a trauma-sensitive approach, this important resource will help you navigate the pressures of being an educator, whether you entered your profession carrying wounds with you, have felt wounded from your work environment, or you are simply someone trying to support others. Packed with doable strategies and suggestions for personal and professional self-care, this book will help you discover a personal journey towards holistic health and job satisfaction.

371.10019 J27

James, Anthony.

Managing stress in secondary schools : a while-school approach for staff and students. Second edition

Abingdon, Oxon, UK : Routledge, 2021.

Subjects: Education, Secondary. High school students--Mental health. High school teachers--Job stress. Stress management.

Summary: This second edition introduces a practical stress management programme for use in schools and colleges. Drawing from the latest theory and evidence-based practice on anxiety, stress and mental health, it offers session plans and concrete activities to develop crucial stress management skills in both staff and students. The programme provides direct training in stress reduction skills, supported by online resources, and designed to fit into timetabled PSHE lessons. Key features of this book include: Simple and flexible lesson plans, that can be performed either at the start of timetabled PSHE lessons, or as full stress management sessions on their own, A staff self-training session plan that serves both as preparation for leading sessions with students and to facilitate the development of stress-management skills amongst staff, Downloadable audio relaxation recordings and handouts to encourage relaxation practice at home With sessions covering the causes and effects, as well as tips on preventing and managing stress, this is an invaluable resource for teachers and other

school staff involved in the PSHE curriculum. It would be of particular interest to those supporting students preparing for exams.

371.10019 R426

Repta, Wade

The well teacher : everything teachers need to know to be well and stay well in the classroom

Burnaby, BC: humanworks press inc., 2018.

Subjects: Stress management. Teachers—Job stress. Teachers—Mental health. Teaching—Psychological aspects.

Summary: This book empowers teachers to make themselves a priority, to take greater control of their own wellness, and ultimately, to thrive in the classroom.

371.10019 S274

Sayer, Amy

Supporting staff mental health in your school

London, UK : Jessica Kingsley Publishers, 2021.

Subjects: Burn out (Psychology)--Prevention. Teachers--Job stress. Teachers--Mental health.

Summary: Recent years have seen a mental health crisis take hold within school environments. Teaching staff facing demanding workloads, limited resources and constant budget cuts are increasingly stretched beyond their contracted hours, and mental wellbeing and self-care slip through the cracks as a result. The need for cultural shift has become yet more apparent in recent years, in which the number of teachers relying on counselling services has surged and over half have reported considering leaving the profession. Drawing on case studies from years of experience working within schools and supporting staff mental health, Amy Sayer introduces the main issues affecting teaching staff and the strategies that can be implemented to change the conversation and ensure that mental wellbeing is placed at the forefront. This is an accessible, easy-to-read guide to setting up a culture in which staff may talk openly about the issues affecting them, prioritise self-care and re-discover their love of teaching.

371.10019 T253

Teacher, take care: a guide to well-being and workplace wellness for educators

Winnipeg, MB : Portage & Main Press, 2022.

Subjects: Job stress. Stress management. Teachers--Health and hygiene. Teachers--Mental health. Well-being. Work-life balance.

Summary: Teaching can be a highly satisfying profession, but it can also be overwhelming. Stress management. Self-care. Mental well-being. Mindfulness. These words have become all too familiar, but what do they actually mean for you? And how can they help without adding to your to-do list? All teachers have different experiences and different needs. Through stories by diverse educators, this professional resource invites you to try different wellness strategies, explore varying perspectives, and consider new ideas of what it means to “be well.” Grounded in servant leadership and a holistic model, each chapter connects to Indigenous perspectives of wellness through remarks from Elder Stanley Kipling and Knowledge Keeper Richelle North Star Scott.

371.10019 T823

Tricarico, Dan

Sanctuaries : self-care secrets for stressed-out teachers

San Diego, CA : Dave Burgess Consulting, Inc., 2018.

Subjects: Burn out (Psychology)—Prevention. Stress management. Teachers—Job satisfaction. Teachers—Job stress. Teachers—Mental health.

Summary: Living in a constant state of "crazy-busy" doesn't help anyone, least of all you. To be at your best for others, you must first be your own best self, which requires slowing down and becoming aware of—and tending to—your own needs. The simple, practical, and actionable steps the author shares in this guide will empower you to create a sanctuary plan that allows you to experience more peace and less stress—starting today.

371.102 A436

Allies, Suzanne

Supporting teacher wellbeing : a practical guide for primary teachers and school leaders

Abingdon, Oxon, UK : Routledge, 2021.

Subjects: Burn out (Psychology)—Prevention. Teachers—Job stress. Teachers—Mental health. Teaching—Psychological aspects.

Summary: This proactive guide will empower school staff, dealing with a serious topic in a humorous and lighthearted way. It will enlighten and equip them with essential knowledge about wellbeing and remind them never to neglect their own health. Structured as an easy-to-read guide, the chapters offer hands-on tips on how and why to support teacher wellbeing and advice on how to manage the increasing demands of planning, assessment and marking. What's more, it emphasises the importance of sustaining a work-life balance, using mindfulness to relax and gain perspective, healthy eating, incorporating exercise into your schedule and maintaining a sense of calm in the classroom. This book includes personal stories of early-career teachers, experienced teachers, senior leaders and trainee teachers; examines stress, burnout, work-life balance, anxiety and controlling the mind; highlights how to increase self-esteem, confidence and eradicate perfectionism at work; and suggests practical strategies related to workload reduction, peer support and a variety of self-care techniques.

371.102 E98

Eyre, Chris

The elephant in the staffroom : how to reduce stress and improve teacher wellbeing

Abingdon, Oxon, England: Routledge, 2017.

Subjects: Effective teaching. Teachers—Job satisfaction. Teachers—Mental health.

Summary: This book is the survival guide that every busy teacher needs for practical advice on teacher wellbeing. Written in an informal, conversational style, the book is divided into 40 bite-size chunks, covering a range of essential topics from understanding and avoiding burnout, to successful working patterns, and even surviving the school holidays.

371.1023 B365

Beach, Hannah.; Strijack, Tamara Neufeld

Reclaiming our students : why children are more anxious, aggressive, and shut down that ever--and what we can do about it

Vancouver, BC: Page Two Books, 2020.

Subjects: Behavior disorders in children. Problem children--Education. School children--Mental health. Teacher-student relationships.

Summary: Faced with this epidemic of emotional health crises and behavioral problems, teachers are asking themselves what went wrong. Why have we lost our students? More importantly: How can we get them back? Hannah Beach, a celebrated educator and specialist in the field of emotional health, and Tamara Neufeld Strijack, clinical counselor and academic dean of the acclaimed Neufeld Institute, provide a thoughtful guide to restoring the student-teacher relationship and creating the conditions for change. Reclaiming Our Students empowers teachers with relationship-based strategies to restore their leadership role and build emotional safety in the classroom.

371.713 B592

Evans, Kimberley (Ed.)

The big book of whole school wellbeing.

Thousand Oaks, CA : Corwin, 2022.

Subjects: Child mental health. School children--Mental health. School employees--Mental health. Well-being.

Summary: Despite many school leaders and teaching and non-teaching staff working hard to support children's and their own wellbeing, more needs to be done. This book provides you with the necessary tools and strategies to navigate your way through the changing educational landscape and shape the schools of the future. Written by a diverse range of experts in the field, it explores how all school staff can support their own, their colleagues' and their students' wellbeing, how leaders can lead well and be well, and the importance of relationships within the entire school community to promote personal, academic and professional flourishing.

371.713 E65

Erasmus, Clare

The mental health and wellbeing handbook for schools : transforming mental health support on a budget

London, England : Jessica Kingsley Publishers, 2019.

Subjects: School children—Mental health services. School children—Mental health. Students—Mental health services. Students—Mental health.

Summary: This practical handbook details how schools on a shoestring budget can work within school systems to embed mental wellbeing at the heart of a school's philosophy. It includes practical advice for setting up robust mental health support at school and lesson plans for addressing concerns such as stress, self-harm and body image.

371.713 H353

Hass, Michael; Ardell, Amy

Supporting student mental health: essentials for teachers

New York, NY: Routledge, 2022.

Subjects: School children--Mental health. School psychology. Students--Mental health.

Summary: This title is a guide to the basics of identifying and supporting students with mental health challenges. It's no secret that your responsibilities as a teacher go beyond academic achievement. You cover key socioemotional competencies in your classrooms, too. This book is full of accessible and appropriate strategies for responding to students' mental health needs, such as relationship-building, behavioral observation, questioning techniques, community resources, and more. The authors' public health, prevention science, and restorative practice perspectives will leave you ready to run a classroom that meets the needs of the whole child while ensuring your own well-being on the job.

371.713 H915

Hulme, Jenny

The school of wellbeing : 12 extraordinary projects promoting children and young people's mental health and happiness

London, England : Jessica Kingsley Publishers, 2017.

Subjects: School mental health services. Students—Mental health. Well-being.

Summary: This book provides unique insight into 12 projects that are helping to answer questions and support teachers to make mental health and emotional wellbeing a key player in the school day. With a mix of longer-term initiatives and simple strategies that schools can put in place immediately, it explores mentoring and mindfulness, social action and sport, Lego play and poetry, the power of parents and the role of PSHE. It describes how these projects work practically and shares the impact they are having, increasing resilience and raising the aspirations and emotional wellbeing of the whole school community.

371.713 K71

Knightsmith, Pooky

The mentally healthy schools workbook : practical tips, ideas, action plans and worksheets for making meaningful change

London, UK: Jessica Kingsley Publishers, 2020.

Subjects: Students—Mental health. Teachers—Mental health. Well-being.

Summary: This book is the perfect starting point for anyone looking to promote, encourage or evaluate mental health in schools, in line with current government priorities. It covers not only the day-to-day practical steps you can take to meet the mental health needs of learners, but also provides a whole bank of ideas for ensuring you adopt a whole-school approach to positive mental health. The author lays out tried and tested tools you can use to evaluate the overall mental health of a school, showing how to improve and support the mental health of staff, and how to ensure that the voice of every learner is heard and valued, including the most vulnerable – and that everyone involved with the school feels safe, healthy and happy.

371.713 M278

Manilall, Shamala; Armstrong, Christina

FOCUS on self-regulation: regulating the body, mind, and emotions through movement and mindfulness activities for ages three to eight [kit]

Edmonton, AB : Genesis Publications, 2018.

Subjects: Early childhood education. School children—Mental health services. Students—Self-rating of. Well-being.

Summary: This resource is written for anyone involved in supporting the well-being of a child. It is a guide to help develop skills of self-regulation with children.

371.713 M649

Miller, Rex; Latham, Bill

Whole : what teachers need to help students thrive

Hoboken, NJ : Jossey-Bass, 2020.

Subjects: Educational change. School mental health services. Students—Mental health. Teachers—Mental health.

Summary: Packed with real-life examples, new research, and solutions that you can introduce to your own schools, students, and communities, this book shows us how to move schools from the age of stress and insecurity to an age of true educational flourishing.

371.713 R255

Ravesi-Weinstein, Christine

Anxious: how to advocate for students with anxiety, because what if it turns out right?

Highland Heights, OH : Times 10 Publications, 2020.

Subjects: Anxiety in children.

Summary: This book shares stories and strategies to help teachers advocate for anxious students. The author, a teacher and administrator, and someone with anxiety, shows how to: recognize when anxiety causes students to avoid assignments and skip class; build relationships by asking questions first; help students understand the body-mind connection and become self-advocates; and create safe environments with authenticity, vulnerability, and routines.

371.713 R362

Reilly, Nadja

Anxiety and depression in the classroom

New York, NY: W.W. Norton & Company, 2015.

Subjects: Depression in children. Anxiety in children. School children—Mental health services.

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

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371.713 S949

Suldo, Shannon M.

Promoting student happiness : positive psychology interventions in schools

New York, NY: Guilford Press, 2016.

Subjects: Educational psychology. School mental health services. Students—Mental health.

Summary: This book shows how interventions targeting gratitude, kindness, character strengths, optimistic thinking, hope, and healthy relationships can contribute to improved academic and social outcomes in grades 3-12. It provides a 10-session manual for promoting subjective well-being—complete with vivid case examples—that can be implemented with individuals, small groups, or whole classes.

371.713 V614

Viana, Susana Goncalves

Developing children's resilience and mental health : REAL skills for all aged 4-8

Abingdon, Oxon, UK : Routledge, 2019.

Subjects: Counseling in elementary education. Resilience (Personality trait) in children. School children—Mental health services. School children—Mental health.

Summary: With the increased focus on providing for children's mental health, there is ever more demand for resources that will support educational settings to help children develop the skills needed to cope in today's world. This book presents nursery and school staff with a simple, jargon-free guide which offers a creative approach to supporting young children to develop their social and emotional skills throughout the academic year.

371.82694 C912

Goldman, Linda (Ed.)

Creating inclusion and well-being for marginalized students : whole-school approaches to supporting children's grief, loss, and trauma

London, England: Jessica Kingsley Publishers, 2017.

Subjects: Grief in children. Psychic trauma in children. Students with social disabilities—Counseling of. Students—Mental health services. Students—Mental health.

Summary: This book provides an overview of the loss, grief, trauma and shame that marginalized students encounter and the effects on personal learning and success. Covering a range of issues faced by young people, these analyses of case studies suggest ways to change with strategies for effective practice.

371.82694 G878

Gross, Karen

Trauma doesn't stop at the school door : strategies and solutions for educators, PreK-college

New York, NY: Teachers College Press, 2020.

Subjects: Post-traumatic stress disorder in children. Psychic trauma in children. Schools—Sociological aspects. Students with social disabilities—Counseling of. Students—Mental health services. Students—Mental health.

Summary: This book explores how educational institutions have failed to recognize and effectively address the symptoms of trauma in students of all ages. Given the prevalence of traumatic events in our world, the author

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argues that it is time for educational institutions and those who work within them to change their approaches and responses to traumatic symptoms that manifest in students in schools and colleges. These changes can alter how and what we teach, how we train teachers, how we structure our calendars and create our schedules, how we address student behavior and disciplinary issues, and how we design our physical space. Drawing on real life examples and scenarios that will be familiar to educators, this resource provides concrete suggestions to assist institutions in becoming trauma responsive environments, including replicable macro and micro-changes.

371.829 A735

Armstrong, Carrie; Armstrong, Kelly

Medicine wheel workbook: finding your healthy balance

Place of publication: Medicine Wheel Education, 2022.

Subjects: Indigenous Peoples in Canada. Indigenous Peoples--Canada--Education. Medicine wheels. Teaching--Aids and devices.

Summary: Many Indigenous cultures on Turtle Island recognize the Medicine Wheel as a sacred symbol. The Medicine Wheel has four equal areas; black, white, red and yellow. These areas represent the four directions, four seasons, four elements, four stages of life and four sacred plants. The Medicine Wheel represents unity and balance between all things, including living a healthy life mentally, spiritually, emotionally, and physically. By understanding the teachings of the Medicine Wheel we can gain a deeper understanding of our holistic health. Through a careful selection of teachings, followed by interactive activities, the Medicine Wheel Workbook: Finding Your Healthy Balance will encourage children to live well and find their healthy balance. This workbook can be used as a teacher resource in your classroom or by parents teaching their children at home. Lessons and activities may be photocopied to use within your classroom or home.

371.9 W567

When something's wrong. Strategies for teachers

Toronto, ON: Healthy Minds Canada, 2013.

Subjects: School children—Mental health—Handbooks, manuals, etc.

371.9046 K19

Katz, Jennifer

Ensouling our schools : a universally designed framework for mental health, well-being, and reconciliation

Winnipeg, MB : Portage & Main Press, 2018.

Subjects: Educational sociology—Canada. Inclusive education—Canada. Teaching—Canada.

Summary: The author weaves together methods of creating schools that engender mental, spiritual, and emotional health while developing intellectual thought and critical analysis. Expert Kevin Lamoureux contributes his wisdom regarding Indigenous approaches to mental and spiritual health that benefit all students and addresses the TRC calls to action. The author provides examples of flourishing learning communities that can serve as models for effective growth and change, and describes the roles of students, families, staff, teachers, and administration.

371.92 C774

Cooley, Myles

A practical guide to mental health and learning disorders for every educator : how to recognize, understand, and help challenged (and challenging) students succeed. Revised and updated edition

Minneapolis, MN: Free Spirit Publishing, 2018.

Subjects: Children with mental disabilities—Education. Inclusive education. Learning disabled children—Education.

Summary: Using clear, jargon-free language, this book helps all educators—whether in inclusive classrooms, general education settings, or other environments—recognize mental health issues and learning disabilities that are often observed in students. Fully revised and updated to correspond to the DSM-5, this edition addresses newly diagnosed disorders, as well as incorporating the latest research and interventions for existing disorders. It also includes current information about educational practices such as creating a culturally responsive classroom and supporting students' social-emotional learning.

371.92 O62

Steele, William (Ed.)

Optimizing learning outcomes : proven brain-centric, trauma-sensitive practices

New York, NY : Routledge, 2017.

Subjects: Cognitive learning. Cognitive neuroscience. Psychic trauma in children—Treatment. School children—Mental health.

Summary: This book provides answers for the most pressing questions that mental health professionals, teachers, and administrators are facing in today's schools. Chapters provide a wide array of evidence-based resources—including links to video segments—that promote understanding, discussion, and successful modeling. Accessible how-to training provides readers with multiple sensory-based practices that improve academic success and promote behavioral regulation. Clinicians and educators will come away from this book with a variety of tools for facilitating brain-based, trauma-sensitive learning for all, realizing improved learning outcomes, improving teacher satisfaction, and reducing disciplinary actions and suspensions.

372.1713 H927

Humphries, Jane; Rains, Kari

A fighting chance : supporting young children experiencing disruptive change

St. Paul, MN: Redleaf Press, 2017.

Subjects: Disasters—Psychological aspects. School children—Mental health services. School psychology.

Summary: Every day, many children must cope with complicated and disruptive situations, and your classroom can become the most stable environment in their young lives. This resource uses case studies to illustrate what disruptive change can look like, and it covers a variety of types of disruptive change, including homelessness, incarceration, multiple parent relationships, and more.

372.37 C182

Cameron, Linda M.; Millar, Linda

Well aware 4 [kit]

Don Mills, ON : Pearson, 2015.

Subjects: Mental health—Study and teaching (Elementary). Reading—Study and teaching.

Summary: *Well Aware* is a series of short books for Grades 4-8 that provides an awareness of mental health issues and fosters discussion on a wide variety of topics related to emotional well-being. The *Well Aware* series is designed to help teachers meet these goals by integrating mental health literacy into their literacy program.

Contents: Books: *Three plays* / Deborah Ellis — *Creepy crawley* / Steve Pitt — *Get real!* / Robert Cutting — *19 things: a book of lists for me* / Alison Acheson — *Teacher's resource 4*.

372.37 C182

Cameron, Linda M.; Millar, Linda

Well aware 5 [kit]

Don Mills, ON : Pearson, 2015.

Subjects: Mental health—Study and teaching (Elementary). Reading—Study and teaching.

Summary: *Well Aware* is a series of short books for Grades 4-8 that provides an awareness of mental health issues and fosters discussion on a wide variety of topics related to emotional well-being. The *Well Aware* series is designed to help teachers meet these goals by integrating mental health literacy into their literacy program.

Contents: Books: *Sink or swim : a readers' theatre play* / Marty Chan -- *Striking a balance : the joys and stresses of sports* / Teddy Katz, Kevin Sylvester -- *Welcome to the circle* / Larry Loyie -- *My best friend...Not!* / Mahtab Narsimhan -- *Teacher's resource 5*.

372.37 C182

Cameron, Linda M.; Millar, Linda

Well aware 6 [kit]

Don Mills, ON : Pearson, 2015.

Subjects: Mental health—Study and teaching (Elementary). Reading—Study and teaching.

Summary: *Well Aware* is a series of short books for Grades 4-8 that provides an awareness of mental health issues and fosters discussion on a wide variety of topics related to emotional well-being. The *Well Aware* series is designed to help teachers meet these goals by integrating mental health literacy into their literacy program.

Contents: Books: *The blue raven* / Richard Van Camp — *Todd on the edge* / Deborah Ellis — *Art works* / Kevin Sylvester, Laura Carlin — *Minding Nana* / Kyi, Tanya Lloyd — *Teacher's resource 6*.

372.37 C182

Cameron, Linda M.; Millar, Linda

Well aware 7 [kit]

Don Mills, ON : Pearson, 2015.

Subjects: Mental health—Study and teaching (Elementary). Reading—Study and teaching.

Summary: *Well Aware* is a series of short books for Grades 4-8 that provides an awareness of mental health issues and fosters discussion on a wide variety of topics related to emotional well-being. The *Well Aware* series

is designed to help teachers meet these goals by integrating mental health literacy into their literacy program.
Contents: Books: *Not guilty* / Rukhsana Khan — *Castaway club* / Jacqueline Guest — *Always even* / Don Aker —
The only one / Rosemary Sadlier — *Teacher's resource 7*.

372.37 C182

Cameron, Linda M.; Millar, Linda

Well aware 8 [kit]

Don Mills, ON : Pearson, 2015.

Subjects: Mental health—Study and teaching (Elementary). Reading—Study and teaching.

Summary: *Well Aware* is a series of short books for Grades 4-8 that provides an awareness of mental health issues and fosters discussion on a wide variety of topics related to emotional well-being. The *Well Aware* series is designed to help teachers meet these goals by integrating mental health literacy into their literacy program.

Contents: Books: *Upside down : a family's journey through mental illness* / Clem Martini — *Villainous* / Marty Chan — *Red carnation* / Alicia Raimundo, Deborah Ellis — *Whistle* / Richard Van Camp — *Teacher's resource 8*.

372.40723 D366

De Lugt, Jennifer

Beyond words : how learning to read and mental health are related for struggling readers

Kingston, ON : Queen's University, 2016.

Subjects: Developmental reading—Research. Mental health—Research. Reading—Research.

Summary: By investigating the relationship between learning to read and mental health, this research aimed to enhance our understanding of how gains in reading may also improve the mental health of struggling readers.

613.042 M664

Mind and body connection : how your emotions affect your health [DVD]

Orangeville, ON: McIntyre Media Inc., 2015.

Subjects: Mind and body—Juvenile films.

Summary: In this program, students learn how their emotional health affects their physical health and vice versa. It describes how many physical ailments have a mental component. Grades 7 - Post secondary. Teacher's guide included on disc as a PDF file.

613.0433 B869

Bronson, Mary H. (Mary Helen)

Teen health. Mental + emotional health

Bothell, WA: McGraw Hill Education, 2014.

Subjects: Mental health. Emotions.

615.851560835 T454

Thomas, Bonnie

Creative coping skills for teens and tweens : activities for self care and emotional support including art, yoga, and mindfulness

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London, UK : Jessica Kingsley Publishers, 2019.

Subjects: Art therapy for teenagers. Arts—Therapeutic use. Expression. Self care, Health.

Summary: This book offers dozens of suggestions, interventions, and activities for ways that tweens and teens can care for their physical and mental health, including managing life's stressors, how to recognize 'red flags' in a relationship, and listening to their body's intuition more often. Ideal for mental health counselors, social workers, program coordinators, and other providers working with this age group, it can also be used by parents.

616.85 F454

Field, Jon Eben

Depression and other mood disorders

St. Catharines, ON: Crabtree Publishing, 2014.

Subjects: Depression, Mental—Juvenile literature.

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

616.8521206 K83

Kopacz, David R.; Rael, Joseph

Walking the medicine wheel: healing trauma and PTSD

Place of publication: Pointer Oak, 2016.

Subjects: Indigenous Peoples--Medicine. Post-traumatic stress disorder--Treatment. Psychic trauma--Treatment. Traditional medicine--North America. Veterans--Mental health--United States.

Summary: The authors--a psychiatrist and holistic and integrative medicine physician and a Native American visionary--present how to use the circular pathway of the medicine wheel to re-train the nervous system of our returning veterans suffering from trauma and post-traumatic stress disorder (PTSD).

615.8528 R211

Rankin, Lissa

Sacred medicine: a doctor's quest to unravel the mysteries of healing

Boulder, CO: Sounds True, 2022.

Subjects: Mental health. Mind and body therapies. Spiritual healing.

Summary: In this discerning guide to the search for healing miracles when all else has failed, you'll follow Dr. Rankin around the world to meet healers gifted and flawed. You'll go on pilgrimage to sacred sites, investigate the science of healing, and learn how to stay safe when seeking a healer. You'll receive the wisdom offered by Indigenous cultures for whom healing begins with our sacred connection to Mother Earth, and dive deep into the cutting-edge trauma research that is igniting a medical revolution. Rich with practices and protocols that Dr. Rankin has found particularly effective, [this book] delivers a thoughtful, grounded exploration of questions around how we heal -- and a path of hope for those in need.

616.8522 D134

Daitch, Carolyn

Anxiety disorders : the go-to guide for therapists

New York, NY: W.W. Norton, 2011.

Subjects: Anxiety disorders—Treatment.

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

616.8522 T662

Tompkins, Michael A.

Anxiety and avoidance : a universal treatment for anxiety, panic, and fear

Oakland, CA: New Harbinger Publications, Inc., 2013.

Subjects: Cognitive therapy. Anxiety—Treatment. Panic disorders—Treatment.

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

616.85223 B918

Buchanan, Stacy-Ann

The blind stigma : mental health within the Black community [DVD]

Place of publication : Publisher not identified, 2015.

Subjects: Anxiety. Black Canadians—Mental health. Depression, Mental. Mental health.

Summary: This DVD features an award-winning documentary that discusses mental health within the Black community. It chronicles the stories of five individuals (including the author's) on their trials and triumphs with mental health. Each story has additional context provided by mental health professionals, religious leaders, caregivers, and your everyday citizen. Within the Black community, mental health is deemed as a 'Swept Under The Rug' stigma that has been creating false illusions and assumptions for a long time. That stigma is the core component of the African Canadian response to mental illness, and therefore African Canadians who suffer from mental illness are less likely to seek treatment. As a result very few studies have been done on the impact of mental illness in the Black community. The Blind Stigma powerfully removes the veil of shame that clouds the topic of mental illness in the Black community, challenges that misconception, gives a voice to Black Canadians living with mental illness and leaves the audience more informed and empowered.

616.8526 P253

Parmar, Andrea

Alone in a crowd : a story of a registered psychiatric nurse's struggles with bulimia and mental wellness

Victoria, BC : Friesen Press, 2018.

Subjects: Bulimia—Treatment. Eating disorders—Family relationships. Eating disorders—Patients—Psychological aspects—Biography. Mental health—Treatment. Parmar, Andrea.

Summary: Always seemingly happy and talkative, the author shares the darkest secrets of her sixteen-year battle with an eating disorder. Hiding her insecurities "behind the mask" of a seemingly perfect life, Andrea struggles to be present in the moment even when surrounded by family and friends. Every moment of each day, her thoughts and energy are consumed by body image concerns, distorted thoughts around food, and other mental health issues. Andrea often finds herself feeling "alone in a crowd" despite her professional knowledge and caring family. Her husband also shares his unique "partner's perspective," describing the stressors of being in a relationship consumed by a disordered-eating addiction. He candidly describes his frustrations, and feelings of powerlessness and betrayal, in their fight against food. Eventually, they both realize that a shift in mindset would be necessary for their marriage to survive. With the help of professional counselling services and personal reflection, Andrea is able to gain control over her self-harming ways. Despite overcoming this deadly addiction she soon discovers that "Life" doesn't stand up to applaud her accomplishment, but instead throws more hurdles her way, including her recent diagnosis of Multiple Sclerosis.

616.8527 A125

Abblett, Mitch; Williard, Christopher

Mindfulness for teen depression : a workbook for improving your mood

Oakland, CA : Instant Help Books, 2016.

Subjects: Depression in adolescence. Depression, Mental—Treatment. Mindfulness (Psychology). Mindfulness-based cognitive therapy.

Summary: With this powerful workbook, you'll learn effective skills based in mindfulness and positive psychology to help you manage difficult emotions, gain distance from negative thoughts, and enhance your awareness of the present moment. You'll also discover tons of activities and exercises—such as mindful meditations, walking, yoga, healthy eating and sleeping tips, and more—to help you care for your body as well as your mind.

616.8527 W414

Wehrenberg, Margaret

Disrupting rumination: changing the cognitions that underlie anxiety and depression [DVD]

Eau Claire, WI : PESI Inc., 2018.

Subjects: Anxiety disorders—Treatment. Depression, Mental—Treatment. Educational films. Emotions and cognition.

Summary: Overactive brain circuitry can trap clients in cycles of rumination that can keep them anxious and depressed. Letting go of ruminating worries, or banishing persistent thoughts, like "I'm not good enough" or "I'm worthless", isn't easy for clients and when ruminations don't shift, therapists can begin to feel stuck themselves. Watch Margaret Wehrenberg and she will examine why clients lock into depressive thought patterns and why

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they feel they need to hold on to worry. You will learn practical interventions to use in-session for eliminating these patterns and replacing them with attitudes of calm and competency.

616.852700835 H483

Help [DVD]

Chicago, IL : Revealing Media Group, 2017.

Subjects: Bullying in schools—Drama. Depressed persons—Drama. Depression in adolescence—Drama. Depression, Mental—Treatment—Drama. Divorce—Drama. Teenagers—Drama.

Summary: *Kids Matter: Inside the Minds of Tweens and Teens* is a short film series dealing with important topics that middle school and high school students currently face today. It explores contemporary socially relevant issues such as bullying, mental health, school violence, and peer pressure to spark discussion inside and outside of the classroom. This DVD explores the effects of depression on a boy as his life spirals downwards. Bullied and excluded by his peers, with his family falling apart, he must find help. Themes include mental health, bullying, group therapy and divorce. This film was made collaboratively with students, inspired by their own experiences.

616.858223 F534

Fisher, Janina

Shame and self-loathing in the treatment of trauma [DVD]

Eau Claire, WI : PESI Inc., 2016.

Subjects: Educational films. Psychic trauma—Treatment. Psychotherapeutic Processes. Psychotherapy.

Summary: Shame often prevents your traumatized clients' recovery and hampers their ability to find relief and perspective despite effective treatment. Feelings of worthlessness and inadequacy interfere with taking in positive experiences, leaving only hopelessness. Don't miss this opportunity to learn effective experiential exercises drawn from Sensorimotor Psychotherapy, from internationally renowned trauma professional Janina Fisher, Ph.D. She will show you how to help clients relate to their symptoms with mindful dual awareness and curiosity rather than automatic acceptance. If you are frustrated with the lack of treatment success in your traumatized clients, this recording will provide the solutions for long-term healing.

616.858832 T258

Teens 101. Season 1, episode 13. Understanding Asperger's: Sean's story [DVD]

Toronto, ON: Magic Lantern Media, 2017.

Subjects: Asperger's syndrome. Developmental disabilities. Developmental disorders. Documentary television programs. Nonfiction television programs.

Summary: From as early as he can remember, Sean had lived with extreme anxiety. As the years went by, he couldn't connect with other students. He was bullied and could never understand why. A darkness of alienation grew within him and his parents sought help. After years of searching, finally a doctor diagnosed Sean's Asperger's. Armed with this knowledge and treatment, Sean found his way back in the world and learned how to control his disorder. He now helps younger kids who struggle with this mental health disorder. *Teens101* was created to be a toolbox for today's teens that may be experiencing personal life challenges or that may know someone who may need help. *Teens 101* is a collection of stories to show teens they are not alone and help is available. For parents and teachers, this guide offers helpful information, a directory of services in their local area

able to help, and lesson plans to stimulate dialogue and much more. *Teens 101* will engage teens and have them connect with stories and experience what others have done to overcome their challenges – bringing hope and light to despair and darkness.

616.89 F979

Matson, Johnny L. (Ed.)

Functional assessment for challenging behaviors and mental health disorders

Cham, Switzerland: Springer, 2021.

Subjects: Psychiatry. Psychological tests.

Summary: This Second Edition updates and expands on the original editorial content and coverage, including new chapters on definitions and rationale, a general overview, research on mental health disorders, report writing, the role of treatment planning, and treatment associated with mental health disorders. It builds on the knowledge base by providing the most current information on all aspects of each topic. This unique volume addresses basic questions in salient detail, from types and rates of challenging behaviors to populations that warrant functional assessment. In addition, it examines typical assessment techniques, including interview, scaling, experimental, and in vivo methods. The use of functional assessment in treatment planning – and in combination with other interventions – is covered in depth. Given the vulnerable populations and challenging behaviors (e.g., individuals with autism, intellectual disabilities, mental health issues), the book provides detailed coverage of informed consent as well as legal and ethical issues.

616.89 I64

Iorizzo, Carrie

Schizophrenia and other psychotic disorders

St. Catharines, ON: Crabtree Publishing, 2014.

Subjects: Schizophrenia—Juvenile literature.

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

616.89 K38

Keppeler, Jill

Mental health for all

New York, NY: Rosen Publishing, 2022.

Subjects: Mental health--Juvenile literature. Mental illness--Juvenile literature. Mentally ill--Treatment--Juvenile literature.

Summary: Medical experts warn that ignoring the world's growing mental health crisis will not only cost countries trillions of dollars but also millions of lives. This volume explains this crisis, discusses what can be done about it, and showcases activists and leaders fighting to address mental health issues and working against

stigmas of mental illness.

616.8900835 H429

Hazen, Eric P.; Goldstein, Mark A.

Mental health disorders in adolescents : a guide for parents, teachers, and professionals

New Brunswick, NJ: Rutgers University Press, 2011.

Subjects: Adolescent psychiatry.

616.8900835 H571

Herschbach, Elisabeth

Teens and mental health

San Diego, CA : ReferencePoint Press, 2019.

Subjects: Adolescent psychopathology. Emotions. Teenagers—Mental health. Thought and thinking.

Summary: Mental health issues may not have all the outward signs that physical health problems do, but they are no less serious. This book explores the causes of mental health issues, how they affect teens, and ways in which teens can protect themselves and get help.

616.8900835 P252

Parks, Peggy J.

Kids and mental illness

San Diego, CA : ReferencePoint Press, 2019.

Subjects: Adolescent psychopathology. Youth—Mental health.

Summary: From anxiety disorders and depression to obsessive-compulsive disorder (OCD) and schizophrenia, young people can be stricken with many different mental illnesses. Each of these illnesses has its own symptoms, characteristics, and severity. This book presents a realistic picture of these conditions, what is known about their causes, what it's like to live with them, and the latest on treatments and cures.

616.8900835 P855

Hodes, Matthew (Ed.)

Positive mental health, fighting stigma and promoting resiliency for children and adolescents

Amsterdam, Netherlands: Academic Press, 2016.

Subjects: Child mental health. Teenagers—Mental health.

Summary: This book examines the main mechanisms involved in improving mental health in children and adolescents, including social and biological processes, as well as effective treatments. By considering diverse settings and cultures, the book combines academic, research, and clinical contributions and sets forth how it can be translated into effective clinical practice. In addition, the book promotes the study, treatment, care, and prevention of mental and emotional disorders and disabilities involving children, adolescents, and their families, and includes emerging knowledge on mental health problems and good practice in child and adolescent psychiatry as relayed by experts from around the world.

616.89008997 D948

Duran, Eduardo

Healing the soul wound : trauma-informed counseling for Indigenous communities. Second edition

New York, NY: Teachers College Press, 2019.

Subjects: Indians of North America—Counseling of. Indians of North America—Mental health services. Indians of North America—Mental health. Indians of North America—Psychology. Indigenous Peoples in Canada. Psychotherapy.

Summary: This second edition includes an important new chapter devoted to working with veterans, examining what it means to go to war and what is required for veterans to heal. The author also updates his thinking on research, including suggestions on how to invent a new liberation research methodology through applied story science. Translating theory into day-to-day practice, the text presents case materials that illustrate effective intervention strategies for prevalent problems, including substance abuse, intergenerational trauma, and internalized oppression. This unique resource explores theoretical Indigenous understanding of cosmology and how understanding natural law can lead us to new ways of understanding and healing the psyche.

616.891425 F643

Flounder, Jessica

Real-world CBT skills and strategies to overcome anxiety, depression and panic: the research-backed mental health and wellbeing workbook to heal from uncontrollable mental issues that hold you back

Place of publication: Publisher not identified, 2021.

Subjects: Anxiety. Cognitive therapy. Resilience (Personality trait). Stress (Psychology). Stress management.

Summary: Cognitive behavioral therapy (CBT) is a form of psychological treatment that has been demonstrated to be effective for a range of mental health concerns. CBT focuses on challenging and changing cognitive distortions and behaviors, improving emotional regulation, and developing personal coping strategies that target solving current problems. This title has everything you need to know with proven and practical strategies to conduct successful therapy so you can finally free yourself from any mental disorders.

616.89165 B224

Baraitser, Marion

Reading and expressive writing with traumatized children, young refugees and asylum seekers : unpack my heart with words

London, England: Jessica Kingsley Publishers, 2014.

Subjects: Bibliotherapy for children. Refugee children—Mental health services.

Summary: This book guides readers through all aspects of implementing biblio/narrative therapy with children and adolescents, from the importance of cultural sensitivity and understanding the psychological needs of the child to providing more practical information on how to choose the right text and encourage expression through the spoken and written word. It includes exercises for use in sessions, an analysis of the importance of symbol when working therapeutically with children, and a complete account of the ethics of good practice.

616.895 H414

Haycock, Dean A.

The everything guide to adult bipolar disorder

Avon, MA: Adams Media, 2014.

Subjects: Depression, Mental. Manic-depressive illness—Treatment.

618.92852 H736

Holland, Melissa L.; Malmberg, Jessica

Emotional and behavioral problems of young children : effective interventions in the preschool and kindergarten years

New York, NY: Guilford Press, 2017.

Subjects: Adjustment disorders in children. Kindergarten. Preschool children—Mental health.

Summary: This book addresses the most frequently encountered emotional and behavioral problems in 3- to 6-year-olds. Strategies for collaborating with parents are emphasized. Practitioners are taken step by step through assessing and treating conduct problems, anxiety and other internalizing problems, and everyday concerns involving toileting, eating, and sleep. User-friendly features include 36 reproducible parent handouts, assessment forms, and other clinical tools.

618.928521 B959

Burke Harris, Nadine

The deepest well : healing the long-term effects of child adversity

Boston, MA: Houghton Mifflin Harcourt, 2018.

Subjects: Child mental health. Psychic trauma in children. Stress in children.

Summary: Dr. Nadine Burke Harris was already known as a crusading physician delivering targeted care to vulnerable children. But it was Diego — a boy who had stopped growing after a sexual assault — who galvanized her journey to uncover the connections between toxic stress and lifelong illnesses. The stunning news of Burke Harris's research is just how deeply our bodies can be imprinted by ACEs—adverse childhood experiences like abuse, neglect, parental addiction, mental illness, and divorce. Childhood adversity changes our biological systems, and lasts a lifetime. For anyone who has faced a difficult childhood, or who cares about the millions of children who do, the fascinating scientific insight and innovative, acclaimed health interventions in this book represent vitally important hope for preventing lifelong illness for those we love and for generations to come.

618.928521 D442

Desautels, Lori L.; McKnight, Michael

Eyes are never quiet : listening beneath the behaviors of our most troubled students

Deadwood, OR : Wyatt-MacKenzie Publishing, 2019.

Subjects: Adjustment (Psychology) in children. Brain—Growth. Developmental neurobiology. Psychopathology. Resilience (Personality trait) in children. Stress in children—Treatment.

Summary: Hurt people hurt people. Our children can become violent, detached, or shut down when early development is toxic, severely disrupted and or challenged by significant adverse childhood experiences.

Mental Health: A Bibliography of Resources

Emma Stewart Resources Centre – August 2023

Children are our nation's greatest natural resource and their emotional, mental and physiological well-being are at stake. What can we do? We begin with the awareness and research that adversity just doesn't happen to a child — it attacks and hijacks a child's brain, body and nervous system function reprogramming how they react and respond to all life. For educators, counselors, social workers, mental health professionals and law enforcement—this book presents the neurobiology of adversity and trauma in youth and the resiliency of hope and mindfulness – and how to help.

618.928521 W926

Pozzulo, Joanna (Ed.)

Working with trauma-exposed children and adolescents : evidence-based and age-appropriate practices

New York, NY: Routledge, 2019.

Subjects: Psychic trauma in children—Treatment. School children—Mental health. Schools—Sociological aspects.

Summary: Far too often, children and youth experience trauma, from rare events such as mass shootings, terrorism attacks, and school lockdowns, to very common occurrences such as bullying, exposure to drugs and alcohol, or various mental health issues. They can experience these events both directly and indirectly (from surfing the internet, watching television, or through their friends). Our children spend a large portion of their day at school interacting with other students, teachers, and school personnel, where these topics are raised and discussed. This edited volume addresses how our teachers and school personnel can help students deal with these potentially traumatic events to reach the most positive possible outcomes.

618.928521 W994

Wyskowski, Lindsay

Living with PTSD

San Diego, CA: ReferencePoint Press, 2019.

Subjects: Post-traumatic stress disorder.

Summary: This book is part of a series on mental health issues that are common in today's world. This concise book explains how and why PTSD develops, how it affects those living with it and provides effective techniques to manage it. Print and website suggestions are listed for further investigation of the topic.

Curriculum Notes: Psychology 20, 30.

618.928522 C752

Connor-Smith, Jennifer

Living with panic disorder

San Diego, CA : ReferencePoint Press, 2019.

Subjects: Anxiety. Panic disorders.

Summary: This book is part of a series on mental health issues that are common in today's world. This concise book explains how and why panic disorder develops, how it affects those living with it and provides effective techniques to manage it. Print and website suggestions are listed for further investigation of the topic.

Curriculum Notes: Psychology 20, 30.

618.928522 L665

Levine, Karen; Chedd, Naomi

Attacking anxiety : a step-by-step guide to an engaging approach to treating anxiety and phobias in children with autism and other developmental disabilities

London, England: Jessica Kingsley Publishers, 2015.

Subjects: Cognitive therapy for children. Autistic children—Treatment. Anxiety in children—Treatment.

618.928522 L987

Lynch, Christopher

Anxiety management for kids on the autism spectrum : your guide to preventing meltdowns and unlocking potential

Arlington, TX : Future Horizons, 2019.

Subjects: Anxiety in children—Treatment. Anxiety in children. Autism spectrum disorders—Patients—Mental health. Self-help techniques.

Summary: Anxiety can be overwhelming for children with autism. It doesn't need to be. The anxiety levels commonly found in children with autism affect social skills, memory, learning, and attention span—and often lead to meltdowns. Those who live or work with kids on the spectrum are acutely aware of how disruptive anxiety can be. However, we are rarely provided with clear guidance on how to manage this anxiety. This book bridges that gap, providing a clear and comprehensive anxiety management guide for those who live with and support children on the autism spectrum. The central purpose of this book is to highlight the reasons why children on the spectrum have so much anxiety and to tie this knowledge directly to practical and actionable recommendations.

618.928522 T258

Teens 101. Season 1, episode 7. Anxiety and depression: Eleanor's story [DVD]

Toronto: ON: Magic Lantern Media, 2017.

Subjects: Anxiety in adolescents. Depression. Documentary television programs. Fear. Nonfiction television programs.

Summary: *Teens101* was created to be a toolbox for today's teens that may be experiencing personal life challenges or that may know someone who may need help. This is a collection of stories to show teens they are not alone and help is available. For Parents and Teachers, this guide offers helpful information, a directory of services in their local area able to help, and lesson plans to stimulate dialogue and much more. *Teens101* will engage teens and have them connect with stories and experience what others have done to overcome their challenges – bringing hope and light to despair and darkness.

618.928522 Z27

Zandt, Fiona; Barrett, Suzanne

Creative ways to help children manage anxiety : ideas and activities for working therapeutically with worried children and their families

London, UK : Jessica Kingsley Publishers, 2021.

Subjects: Anxiety in children--Treatment. Child psychotherapy.

Summary: This book sets out therapeutic activities to help children aged 4-12 years and their families to understand and manage anxiety better. It explains how to work with anxious children, providing a framework for assessment and therapy that draws on CBT, ACT and narrative therapy approaches. Lots of practical tips for therapists are included and important developmental considerations are discussed, including adapting therapy for children with developmental difficulties, and working with families and schools. Over 50 playful therapeutic activities are included, which have been developed through the authors' extensive work with children, giving children an arsenal of coping strategies. They focus on key areas such as understanding anxiety, managing anxious thoughts, and building resilience, while using readily available, inexpensive materials and downloadable templates provided in the book. This is the perfect tool for therapists looking for playful and purposeful ways to work with children with anxiety.

618.9285227 A544

Andersen, Michelle Garcia

Living with OCD

San Diego, CA : ReferencePoint Press, 2019.

Subjects: Obsessive-compulsive disorder.

Summary: Living with OCD is part of a series on mental health issues that are common in today's world. This concise book explains how and why OCD develops, how it affects those living with it and provides effective techniques to manage it. Print and website suggestions are listed for further investigation of the topic.

Curriculum Notes: Psychology 20, 30.

618.928526 T258

Teens 101. Season 1, episode 9. Depression and eating disorder : Sterling's story [DVD]

Toronto, ON: Magic Lantern Media, 2017.

Subjects: Documentary television programs. Eating disorders in adolescence. Nonfiction television programs.

Summary: *Teens101* was created to be a toolbox for today's teens that may be experiencing personal life challenges or that may know someone who may need help. This is a collection of stories to show teens they are not alone, and help is available. For Parents and Teachers, this guide offers helpful information, a directory of services in their local area able to help, and lesson plans to stimulate dialogue and much more. *Teens101* will engage teens and have them connect with stories and experience what others have done to overcome their challenges –

bringing hope and light to despair and darkness.

618.928527 L645

Let's talk day : teens and depression [DVD]

Toronto, ON: CTV, 2012.

Subjects: Teenagers—Mental health—Canada. Stigma (Social psychology)—Prevention. Suicide—Canada—Prevention.

Summary: Originally broadcast as a series of segments on Canada A.M. in February 2012.

Special features: Interviews: Clara Hughes, Margaret Trudeau and Michael Landsberg (9 min.) ; Power play interview with Clara Hughes (5 min.) ; Michael Landsberg: depression, sports and me (9 min.) The program focuses on teen mental health and is an enlightening combination of interviews with Canadian mental health experts interspersed with teens who share their poignant struggles with depression. Viewers will get helpful advice not only from the experts but more importantly their peers on how to reach out for help, how to deal with the struggle, and how to begin the healing process.

618.9289 H848

Howard, Colin; Burton, Maddie

Children's mental health and emotional well-being in primary schools

London, England : Sage Publications, 2017.

Subjects: Child mental health. Child psychology. Well-being.

Summary: This text supports primary schools to develop strategies to enhance the importance of mental health and emotional well-being, to work on preventative strategies and to support children when they need more intervention.

618.9289 N224

Nardo, Don

Teen guide to mental health

San Diego, CA : ReferencePoint Press, 2020.

Subjects: Body image. Teenagers—Mental health. Teenagers—Social conditions.

Summary: Today's teens deal with a wide array of personal, social, and other issues involving home-life, school, dating, body image, sexual orientation, major life transitions, and in some cases physical and mental problems, including eating disorders and depression. This volume examines how many teens have learned to cope with and survive these often stressful trials and tribulations of modern youth.

618.92891653 K14

Kalil, Christine

Therapy games for kids: 100 activities to boost self-esteem, improve communication, and build coping skills

Oakland, CA: Rockridge Press, 2022.

Subjects: Child psychotherapy. Educational games. Play therapy. Self-esteem in children.

Summary: Teach kids mental health skills with fun and games. Play therapy is a powerful tool. It enables kids to grow and heal under the guise of having fun. This book makes it easy for counselors and caregivers alike to practice this therapeutic approach. It's filled with a variety of entertaining activities, all designed to help kids ages

8 to 12 learn how to cope with the highs and lows of life.

649.1 G433

Giant, Nikki

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

London, England: Jessica Kingsley Publishers, 2014.

Subjects: Life coaching. Anxiety in children. Anxiety in adolescence.

813.6 S573

Sievers, Jen

Just breathe : a mindfulness adventure

New Zealand : New Shoots Publishing Limited, 2018.

Subjects: Breathing exercises—Juvenile fiction. Mindfulness (Psychology)—Juvenile fiction.

Summary: This book tells a story that takes children (and parents) through a simple and engaging mindfulness exercise. This exercise introduces a wonderful way of dealing with difficult emotions and preventing anxiety.

FR 370.15 E61

Ensemble contre la stigmatisation de la maladie mentale! : cahier de discussion pour la salle de classe

Ottawa, ON: Fédération canadienne des enseignantes et des enseignants, 2016.

Subjects: French language materials. Mental health—Social aspects. Stigma (Social psychology).

Summary: The Canadian Teachers' Federation has developed this resource booklet to support teachers to raise awareness and reduce stigma about mental illness, and, in turn, decrease the barriers that can prevent youth and family members from seeking help.

FR 371.713 M549

La santé mentale et l'école secondaire : guide de formation : comprendre la santé mentale et la maladie mentale

Toronto, ON : Canadian Mental Health Association, 2010.

Subjects: High school students—Mental health services. High school students—Mental health. Mental illness.