

# Collection of Books

## CMHA

### Resource Centre

Last Updated: August 2008

CATEGORY	TITLE	AUTHOR
<b>ABUSE</b>	Evil: Inside Human violence and Cruelty	Baumeister, Roy
Abuse	The Breaking of Bodies and Minds: Torture, Psychiatric Abuse and the Health Professions	Stover, Eric
<b>ABUSE - DOMESTIC</b>	Emotional Abuse	Loring, Marti Tamm
Abuse - Domestic	From the Edge: A Woman's Evolution from Abuse to Activism	MacNevin, Wanda
Abuse - Domestic	Sweet Suffering: Woman as Victim	Shainess, Natalie
Abuse - Domestic	Tears of Rage	Walsh, John
Abuse - Domestic	The Domestic violence Sourcebook	Berry, Dawn Bradley
Abuse - Domestic	The Emotionally Abused Woman: Overcoming Destructive Patterns and Reclaiming Yourself	Engel, Beverly
Abuse - Domestic	To Be an Anchor in the Storm	Brewster, Susan
Abuse - Domestic	Violent No More: Helping Men End Domestic Abuse	Paymar, Michael
<b>ABUSE - SEXUAL</b>	Alone & Forgotten: The Sexually Abused Man	Tobin, Rod
Abuse - Sexual	Daddy's Girl	Allen, Charlotte Vale
Abuse - Sexual	Defending Ourselves: A Guide to Prevention, Self-Defense and Recovery from Rape	Wiseman, Rosalind
Abuse - Sexual	Ghosts from the Nursery: Tracing the Roots of Violence	Morse, Robin Karr
Abuse - Sexual	Suggestions of Abuse: True and False Memories of Childhood Sexual Trauma	Yapko, Michael D.
Abuse - Sexual	The Right to Innocence	Engel, Beverly
<b>ANGER</b>	Angry all the Time: An Emergency Guide to Anger Control	Potter-Efron, Ronald T.
Anger	Dr. Weisinger's Anger Workout Book	Weisiner, Hendrie
Anger	Facing the Fire: Experiencing and Expressing Anger Appropriately	Lee, John
<b>ACQUIRED BRAIN INJURY</b>	Conquering the Darkness - One Woman's Story of Recovering from a Brain Injury	Quinn, Deborah A.
Acquired Brain Injury	Head Injuries - The Silent Epidemic	Breese-Biagioni, Janelle
Acquired Brain Injury	I had Brain Surgery, What's Your Excuse?	Becker, Suzy
Acquired Brain Injury	Living With Brain Injury - A Guide for Families and Caregivers	Acorn, Sonia
<b>ADDICTIONS</b>	A Million Little Pieces	Frey, James
Addictions	Addict in the Family	Conyers, Beverly
Addictions	Addiction and Mood Disorders	Daley, Dennis C.

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CATEGORY	TITLE	AUTHOR
Addictions	Addiction Intervention	White, Robert K.
Addictions	Addiction, Progression and Recovery	Kesten, Dale
Addictions	Choosing to Change	CAMH
Addictions	Cracked	Pinsky, Drew
Addictions	Don't Call It Love - Recovery From Sexual Addiction	Carnes, Patrick
Addictions	Drugs and Drug Abuse	Brands, Bruna
Addictions	Everything you Need to Know About Chemical Dependence	Johnson, Vernon
Addictions	Losing Your Shirt	Heineman, Mary
Addictions	Making Connections	Action on Women's Addictions
Addictions	Methadone Maintenance Treatment	CAMH
Addictions	More, Now, Again	Wurtzel, Elizabeth
Addictions	My Mama's Waltz	Agnew, Eleanor
Addictions	No Repeats: A Book About Women and Prescription Pills	AWARE
Addictions	Note Found in a Bottle - My Life as a Drinker	Cheever, Susan
Addictions	Problem Gambling - A Guide for Helping Professionals	CAMH
Addictions	Problem Gambling - A Guide for Families	CAMH
Addictions	Problem Gambling - The Issues, the Options	CAMH
Addictions	Save Karyn: One Shopaholic's Journey to Debt and Back	Bosnak, Karyn
Addictions	Sober and Staying That Way	Powter, Susan
Addictions	The Los Angeles Diaries	Brown, James
<b>ANXIETY/PANIC/PHOBIA</b>	10 Simple Solutions to Panic	Antony, Martin M.
Anxiety/Panic/Phobia	Anxiety & Panic Attacks: Their Cause and Cure	Handly, Robert
Anxiety/Panic/Phobia	Anxiety Disorders and Phobias: A Cognitive Perspective	Beck, Aaron T.
Anxiety/Panic/Phobia	Don't Panic: Taking Control of Anxiety Attacks	Wilson, Robert
Anxiety/Panic/Phobia	Dying of Embarassment: Help for Social Anxiety & Phobia	Markway, Barbara
Anxiety/Panic/Phobia	From Panic to Power	Lucinda Bassett
Anxiety/Panic/Phobia	Journey from Anxiety to Freedom	Feniger, Mani
Anxiety/Panic/Phobia	Living with It: A Survivor's Guide to Panic Attacks	Aisbett, Bev
Anxiety/Panic/Phobia	Overcoming Panic Disorder: A Woman's Guide	Weinstock, Lorna
Anxiety/Panic/Phobia	Panic Disorder in the Medical Setting	National Institutes of Health
Anxiety/Panic/Phobia	Phobias and How to Overcome Them	Gardner, James
Anxiety/Panic/Phobia	The Earl Campbell Story: A Football Great's Battle with Pannic Disorder	Campbell, Earl
Anxiety/Panic/Phobia	The Good News About Panic, Anxiety, and Phobias	Gold, Mark

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Anxiety/Panic/Phobia	The Monster in the Cave: How to Face Your Fear and Anxiety and Live Your Life	Mellinger, David
Anxiety/Panic/Phobia	Your Mental Health Matters: Getting Help for Social Anxiety Disorder	
Anxiety/Panic/Phobia	Your Phobia: Understanding your Fears Through Contextual Therapy	Zane, Manuel
<b>AUTISM</b>	Emergence - Labeled Autistic	Grandin, Temple
Autism	Nobody Nowhere	Williams, Donna
Autism	The World of the Autistic Child	Siegel, Bryna
Autism	Thinking in Pictures and Other Reports From My Life With Autism	Grandin, Temple
<b>BIOGRAPHY</b>	Anne Sexton	Middlebrook, Diane Wood
Biography	Great Souls	Aikman, David
Biography	Jung	Deirdre Bair
Biography	Love You to Bits and Pieces	Helfgott, Gillian
Biography	Mad Mary Lamb	Hitchcock, Susan Tyler
Biography	Nothing is Impossible	Reeve, Christopher
Biography	Out of Muskoka	Bartleman, James
Biography	Over the Boards (The Ron Ellis Story)	Ellis, Ron
Biography	Rick Hansen	Hansen, Rick
Biography	Rough Magic - Sylvia Plath	Alexander, Paul
Biography	Sometimes Madness is Wisdom (Zelda and F. Scott Fitzgerald)	Taylor, Kendall
Biography	The Story of My Life	Keller, Helen
Biography	Thumbs Up (The Elizabeth Manley Story)	Oglanby, Elva Clairmont
Biography	Virginia Woolf	Bell, Quentin
Biography	Wonderous Strange - The Life and Times of Glenn Gould	Bazzana, Kevin
<b>CONCURRENT DISORDERS</b>	At Wit's End - What You Need to Know When a Loved One is Diagnosed With Addiction and Mental Illness	Jay, Jeff
Concurrent Disorders	Chemical Dependency and Mental Illness	Daley, Dennis C.
Concurrent Disorders	Choosing to Change - A Client-Centred Approach to Alcohol and Medication Use by Older Adults	CAMH
Concurrent Disorders	Concurrent Substance Use and Mental Health Disorders	Skinner, W.J. Wayne
Concurrent Disorders	Dual Diagnosis	Rosenthal, Richard N.
Concurrent Disorders	Dual Diagnosis - Counseling the Mentally Ill Substance Abuser	Evans, Katie
Concurrent Disorders	Dual Disorders - Counseling Clients with Chemical Dependency and Mental Illness	Daley, Dennis C.
Concurrent Disorders	Improving Our Response to Older Adults with Substance Use, Mental Health and Gambling Problems	CAMH
Concurrent Disorders	Integrated Treatment for Dual Disorders	Mueser, Kim T.
Concurrent Disorders	Integrated Treatment for Mood and Substance Use Disorders	Westermeyer, Joseph J.
Concurrent Disorders	Managing the Dually Diagnosed Patient - Current Issues and Clinical Approaches	O'Connell, David

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CATEGORY	TITLE	AUTHOR
Concurrent Disorders	Responding to Older Adults with Substance Use, Mental Health and Gambling Challenges	CAMH
Concurrent Disorders	Seeking Safety - A Treatment Manual for PTSD and Substance Abuse	Najavits, Lisa M.
Concurrent Disorders	Substance Misuse in Psychosis	Graham, Hermine L.
Concurrent Disorders	The Dual Diagnosis Recovery Sourcebook	Ortman, Dennis
Concurrent Disorders	The Twelve Steps and Dual Disorders	Hamilton, Tim
Concurrent Disorders	Treating Concurrent Disorders - A Guide for Counsellors	Skinner, W.J. Wayne
Concurrent Disorders	Wellness Recovery Action Plan for People With Dual Diagnosis	Copeland, Mary Ellen
<b>DEPRESSION</b>	My Years of Her Melancholy	Bonneville, Francois
Depression	Natural Prozac: Learning To Release Your Body's Own Anti-Depressants	Robertson, Joel
Depression	On The Edge Of Darkness	Cronkite, Kathy
Depression	Out of the Blue: Depression and Human Nature	Cohen, David B.
Depression	Postnatal Depression: Your Questions Answered	Harvey, Erika
Depression	Postpartum Depression - A Guide for Front-Line Health and Social Service Providers	CAMH
Depression	Prozac Diary	Slater, Lauren
Depression	Prozac Nation	Wurtzel, Elizabeth
Depression	Suicide: Why?: 85 Questions and Answers About Suicide	Wroblewski, Adina
Depression	Surfing the Blues: A Guide to Understanding and Coping with Mood Disorders, Panic Attack and Manic-Depressive Illness	Rzecki, Catherine
Depression	The Antidepressant Survival Guide	Hedaya, Robert J.
Depression	The Beast: A Journey Through Depression	Thompson, Tracy
Depression	The Good News About Depression	Gold, Mark S.
Depression	The Noonday Demon: An Atlas of Depression	Solomon, Andrew
Depression	The Prozac Alternative: Natural Relief From Depression	Knishinsky, Ran
Depression	Undercurrents: A Therapist's Reckoning with Her Own Depression	Manning, Martha
Depression	Understanding Depression: A Complete Guide to its Diagnosis and Treatment	Klein, Donald F.
Depression	Undoing Depression	O'Connor, Richard
Depression	Waking Up, Alive: The Descent, the Suicide Attempt, and the Return to Life	Heckler, Richard A.
Depression	What to Do When Someone You Love is Depressed: A Practical, Compassionate, and Helpful Guide	Golant, Mitch
Depression	Women and Sadness	Rosenthal, M. Sara
Depression	You Mean I Don't Have to Feel This Way?: New Help for Depression, Anxiety and Addiction	Dowling, Colette
<b>DUAL-DISORDERS</b>	Dual Diagnosis An introduction to the mental health needs of persons with developmental disabilities	Griffiths, Dorothy M.

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CATEGORY	TITLE	AUTHOR
<b>EATING DISORDERS</b>	Anorexia Nervosa: Finding the Life Line	Stein, Patricia M.
Eating Disorders	Bulimia Nervosa	Mitchell, James E.
Eating Disorders	Eating Disorders: The Facts	Abraham, Suzanne
Eating Disorders	Surviving an Eating Disorder: Revised	Siegel, Michele
Eating Disorders	Surviving An Eating Disorder: Strategies for Family and Friends	Siegel, Michele
<b>EDUCATION &amp; TRAINING</b>	An Asset Builder's Guide to Training Peer Helpers	Varenhorst, Barbara B.
Education & Training	Building Assets Together: 135 Group Activities for Helping Youth Succeed	Roehlkepartain, Jolene L.
Education & Training	Great Places to Learn: Handouts and Overheads	Starkman, Neal
Education & Training	Great Places to Learn: How Asset-Building Schools Help Students Succeed	Starkman, Neal
Education & Training	Handouts and Overheads from Great Places to Learn	Starkman, Neal
Education & Training	Ideas That Cook: Activities for Asset Builders in School Communities	Starkman, Neal
Education & Training	Make a World of Difference: Asset Building Activities to Help Teens Explore Diversity	Oparah, Dawn C.
Education & Training	Mentoring For Meaningful Results	Probst, Kristie
Education & Training	Walking Your Talk	Starkman, Neal
Education & Training	More Building Assets Together	Grothe, Rebecca
<b>EMPLOYMENT</b>	30 Ways to Shine as a New Employee	Bissonnette, Denise
Employment	Beyond Traditional Job Development - The Art of Creating Opportunity	Bissonnette, Denise
Employment	Working for a Change: A Handbook for Alternative Business Development: How to Start the Process in your Community	The Ontario Council of Alternative Businesses
<b>FORENSIC</b>	Adolescent Forensic Psychiatry	Bailey, Susan
Forensic	Best Practices in Psychosocial Rehabilitation	Hughes, Ruth
Forensic	Bound By Duty: Walking the Beat with Canada's Cops	Capponi, Pat
Forensic	Current Perspectives in Forensic Psychology and Criminal Justice	Bartol, Curt R.
Forensic	DSM-IV-TR Case Studies: A Clinical Guide to Differential Diagnosis	Frances, Allen
Forensic	Essentials of Forensic Psychological Assessment	Ackerman, Marc J.
Forensic	Ethical Issues in Forensic Mental Health Research	Adshead, Gwen
Forensic	Forensic Mental Health Assessment	Heilbrun, Kirk
Forensic	Introduction to Forensic Psychology: Issues and Controversies in Crime and Justice	Arrigo, Bruce A.
Forensic	Offender Rehabilitation and Treatment	McGuire, James
Forensic	Offenders With Developmental Disabilities	Lindsay, William R.
Forensic	Personality-Guided Forensic Psychology	Craig, Robert J.
Forensic	The Forensic Mental Health System in Ontario	CAMH
Forensic	The Police - Mental Health Partnership: A Community-Based Response to Urban Violence	Marans, Steven
Forensic	Treatment of Offenders with Mental Disorders	Wettstein, Robert M.
Forensic	Violence, Crime and Mentally Disordered Offenders	Hodgins, Sheilagh

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CATEGORY	TITLE	AUTHOR
<b>GENERAL INTEREST</b>	A Full Glass of Reality: An Anthology of Art, Poetry, Humor and Short Stories	Various
General Interest	Canada: A Portrait	Canadian Government
General Interest	Destiny Unknown: Illustration of the Mind	Macdonald, Mary P.
General Interest	Everyday Self-Defense	Quinn, Khaleghl
General Interest	For Better or For Worse: The Canadian Guide To Marriage Contracts and Cohabitation Agreements	Cochrane, Michael G.
General Interest	Grand Landscapes of Canada	Canadian Government
General Interest	I Know Why the Caged Bird Sings	Angelou, Maya
General Interest	Moments: Stories About Special Moments in People's Lives	Various
General Interest	My Sergei: A Love Story	Gordeeva, Ekaterina
General Interest	Olivia Joules and the Overactive Imagination	Fielding, Helen
General Interest	The Angel By My Side	Lingenfelter, Mike
General Interest	The Art book	Phaidon Press
General Interest	The Courtauld Collection: Masterpieces of Impressionism and Post-Impressionism	Art Gallery of Ontario
General Interest	Throw Your Heart Over the Fence: The Continuing Adventure of the Famous People Players	Dupuy, Diane
General Interest	Ways We Live: Exploring Community	Berlin, Susan
<b>GRIEF &amp; BEREAVEMENT</b>	A Child's View of Grief: A Guide for Caring Adults	Wolfelt, Alan D.
Grief & Bereavement	A Necessary End	Taylor, Nick
Grief & Bereavement	Family Hospice Care: Pre-planning & Care Guide	Van Bommel, Harry
Grief & Bereavement	Good Grief: A Kid's Guide for Dealing with Change and Loss	Frank, Kim
Grief & Bereavement	How to Survive the Loss of a Parent: A Guide for Adults	Akner, Lois F.
Grief & Bereavement	Men & Grief: A Guide for Men Surviving the Death of a Loved One	Staudacher, Carol
Grief & Bereavement	On Death and Dying	Kubler-Ross, Elisabeth
Grief & Bereavement	Peaceful Dying	Tobin, Daniel R.
Grief & Bereavement	Start the Conversation: The Book About Death You Were Hoping to Find	Stone, Ganga
Grief & Bereavement	The Healing Journey: Overcoming the Crisis of Cancer	Cunningham, Alastair J.
Grief & Bereavement	the Unknown Region: Inspiration on Living and Dying	Campbell, Eileen
Grief & Bereavement	What to do When the Police Leave: A Guide to the First Days of Traumatic Loss	Jenkins, Bill
Grief & Bereavement	When a Parent Has Cancer: A Guide to Caring for Your Children	Schlessel, Wendy
Grief & Bereavement	When Life Becomes Precious: A Guide for Loved Ones and Friends of Cancer Patients	Babcock, Elise NeDell
<b>HEALTH</b>	Chronic Fatigue Syndrome : The Hidden Epidemic	Stoff, Jesse A.
Health	Dictionary of Medical Terms for the Nonmedical Person	Rothenberg, Mikel A.
Health	Health Care: the 80's and Beyond Some Perspectives	Various
Health	Insomnia and Other Sleeping Problems	Lambley, Peter

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<b>MANAGEMENT &amp; TRAINING</b>	Evaluating Training Programs: The Four Levels	Kirkpatrick, Donald L.
Management & Training	Human Resources Guide to the Duty To Accomodate	Humphrey, Barbara G.
Management & Training	Instructor Excellence: Mastering the Delivery of Training	Powers, Bob
Management & Training	Professionally Speaking	Canadian Assoc. of Professional Speakers
Management & Training	The Complete Guide To Special Event Management	Ernst & Young
Management & Training	The Manager's Problem Solver	Jandt, Fred E.
Management & Training	The Skilled Presenter: Latest Techniques for Improving Your Presentation Style	Peoples, Curt
Management & Training	The Time Trap	Mackenzie, Alec
<b>MANIC DEPRESSION</b>	A Brilliant Madness: Living With Manic-Depressive Illness	Duke, Patty
Manic Depression	An Unquiet Mind: A Memoir of Moods and Madness	Jamison, Kay Redfield
Manic Depression	As I Am - Living in Acceptance with Manic Depression	Neill, Anne
Manic Depression	Bipolar Disorder Demystified	Castle, Lana R.
Manic Depression	Call Me Anna: The Autobiography of Patty Duke	Duke, Patty
Manic Depression	Electroboy: A Memoir of Mania	Behrman, Andy
Manic Depression	His Bright Light - The Story of Nick Traina	Steel, Danielle
Manic Depression	Loving Someone With Bipolar Disorder	Fast, Julie A.
Manic Depression	Moodswing	Fieve, Dr. Ronald R
Manic Depression	Surviving Manic Depression: A Manual on Bipolar Disorder for Patients, Families and Providers	Knable, Michael B.
Manic Depression	The Bipolar Disorder Survival Guide: What You and Your Family Need to Know	Miklowitz, David J.
Manic Depression	The Key to Genius: Manic-Depression and the Creative Life	Hershman, D. Jablow
Manic Depression	Touched With Fire: Manic-Depressive Illness and the Artistic Temperament	Jamison, Kay Redfield
Manic Depression	We Heard the Angels of Madness: A Family Guide to Coping With Manic Depression	Berger, Diane and Lisa
<b>MENTAL HEALTH/ILLNESS</b>	Beyond Crazy: Journeys Through Mental Illness	Nunes, Julia
Mental Health/Illness	Challenges and Choices: Finding Mental Health Services in Ontario	CAMH
Mental Health/Illness	Community Mental Health Action	Lumsden, D. Paul
Mental Health/Illness	Confidentiality and Mental Health	Cordess, Christopher
Mental Health/Illness	Consumers as Providers in Psychiatric: Rehabilitation	Mowbray, Carol T.
Mental Health/Illness	Creativity and Madness: New Findings and Old Stereotypes	Rothenberg, Albert
Mental Health/Illness	Crisis Intervention Handbook: Assessment, Treatment, and Research	Roberts, Albert R.
Mental Health/Illness	Crisis Intervention: Theory and Methodology	Aguilera, Donna C.
Mental Health/Illness	Dangerous Patients: A Psychodynamic Approach to Risk Assessment and Management	Doctor, Ronald
Mental Health/Illness	Elegy For Iris	Bayley, John
Mental Health/Illness	Emergencies in Mental Health Practice: Evaluation and Management	Kleespies, Phillip M.
Mental Health/Illness	Emotional Blackmail: When the People in Your Life Use Fear, Obligation and Guilt to Manipulate You	Forward, Susan
Mental Health/Illness	Fountain House: Portraits of Lives Reclaimed from Mental Illness	Glickman, Mark

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Mental Health/Illness	Frames of Mind: The Theory of Multiple Intelligences	Gardner, Howard
Mental Health/Illness	Hand-Me-Down Genes & Second-Hand Emotions: You Can Overcome the Genetic and Family Factors that can Lead to Depression, Alcoholism, Obesity, and Suicide	Arterburn, Stephen
Mental Health/Illness	Helping Someone with Mental Illness: A Compassionate Guide for Family, Friends and Caregivers	Carter, Rosalynn
Mental Health/Illness	In Search of Sanity: A Chronicle of the Canadian Mental Health Association 1918-1988	Griffin, John D.
Mental Health/Illness	Kiss Me You Mad Fool	Various
Mental Health/Illness	Letting Go of Loneliness: A Positive Approach	Leveté, Gina
Mental Health/Illness	Lisa, Bright and Dark	Neufeld, John
Mental Health/Illness	Living with Mental Illness: A Book for Relatives and Friends	Kuipers, Elizabeth
Mental Health/Illness	Mad in America	Whitaker, Robert
Mental Health/Illness	Madness Explained: Psychosis and Human Nature	Bentall, Richard P.
Mental Health/Illness	Media Madness: Public Images of Medical Illness	Wahl, Otto F.
Mental Health/Illness	My Sister's Keeper : Learning to Cope with a Sibling's Mental Illness	Moorman, Margaret
Mental Health/Illness	Nervous Breakdown: What is it? What causes it? Who can help?	Cozens, Jenny
Mental Health/Illness	Nothing to be Ashamed of: Growing Up with Mental Illness in Your Family	Dinner, Sherrey H.
Mental Health/Illness	Phantom Illness Shattering the Myth of Hypochondria	Cantor, Carla
Mental Health/Illness	Political Asylums	LaJeunesse, Ronald A.
Mental Health/Illness	Profit Is Not The Cure A Citizen's Guide To Saving Medicare	Barlow, Maude
Mental Health/Illness	Recovering Sanity	Podvoll, Edward M.
Mental Health/Illness	Remembrance of Patients Past : Patient Life at the Toronto Hospital for the Insane, 1870-1940	Reaume, Geoffrey
Mental Health/Illness	Sexual Deviance: Theory, Assessment and Treatment	Laws, Richard
Mental Health/Illness	Sounds from the Bell Jar: Ten Psychotic Authors	Claridge, Gordon
Mental Health/Illness	The Bell Jar	Plath, Sylvia
Mental Health/Illness	The Burning House: Unlocking the Mysteries of the Brain	Ingram, Jay
Mental Health/Illness	The Early Intervention Dictionary	Coleman, Jeanine G.
Mental Health/Illness	The Experience of Recovery	The Center for Psychiatric Rehabilitation
Mental Health/Illness	The Last of the Crazy People	Findley, Timothy
Mental Health/Illness	The Last Taboo A Survival Guide to Mental Health in Canada	Simmie, Scott
Mental Health/Illness	The Odd Brain	Juan, Stephen
Mental Health/Illness	The Personality Disorders Explained	Robinson, David J.
Mental Health/Illness	The Seduction of Madness	Podvoll, Edward M
Mental Health/Illness	The Stranger in the Plumed Hat	Karafilly, Irena F.
Mental Health/Illness	Time, Love, Memory: A Great Biologist and His Quest for the Origins of Behaviour	Weiner, Jonathan
Mental Health/Illness	Troubled Journey Coming to Terms with the Mental Illness of a Sibling or Parent	Marsh, Diane T.
Mental Health/Illness	Understanding and Communicating with a Person Who Has Delusions	Moller, Mary D.
Mental Health/Illness	Wellness Recovery Action Plan	Copeland, Mary Ellen
Mental Health/Illness	When Madness Comes Home: Help and Hope for the Children, Siblings, and Partners of the Mentally Ill	Secunda, Victoria

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CATEGORY	TITLE	AUTHOR
Mental Health/Illness	Without Conscience: The Disturbing World of the Psychopaths Among Us	Hare, Robert D.
Mental Health/Illness	Women and Self-Harm Understanding, Coping, and Healing from Self-Mutilation	Smith, Gerrilyn
Mental Health/Illness	Your Mental Health: A Layman's Guide to the Psychiatrist's Bible	Frances, Allen
<b>MULTIPLE PERSONALITY</b>	Assessment and Treatment of Multiple Personality and Dissociative Disorders	Bloch, James P.
Multiple Personality	Dissociative Identity Disorder	Cohen, Lewis
Multiple Personality	More Alike Than Different: Treating Severely Dissociative Trauma Survivors	Rivera, Margo
Multiple Personality	Multiple Personality Disorder from the Inside Out	Cohen, Barry M.
Multiple Personality	The Flock: The Autobiography of a Multiple Personality	Casey, Joan Frances
Multiple Personality	Treating Dissociative Identity Disorder	Yalom, Irvin D.
<b>OBSESSIVE COMPULSIVE</b>	Getting Control: Overcoming Your Obsessions and Compulsions	Baer, Lee
Obsessive Compulsive	Invisible Masters: Compulsions and the Fear That Drives Them	Weinberg, George
Obsessive Compulsive	Obsessive-Compulsive Disorders	Levenkron, Steven
Obsessive Compulsive	Over and Over Again: Understanding Obsessive-Compulsive Disorder	Neziroglu, Fugen
Obsessive Compulsive	Stop Me Because I Can't Stop Myself: Taking Control of Impulsive Behavior	Grant, Jon E.
Obsessive Compulsive	Stop Obsessing : How to Overcome Your Obsessions and Compulsions	Foa, Edna B.
Obsessive Compulsive	The Boy Who Couldn't Stop Washing: The Experience and Treatment of Obsessive-Compulsive Disorder	Rapoport, Judith L.
Obsessive Compulsive	Stop Obsessing : How to Overcome Your Obsessions and Compulsions - Book on Audio Tape	Foa, Edna B.
<b>PERSONALITY DISORDER</b>	Borderline Personality Disorder Demystified	Friedel, Robert O.
Personality Disorder	Dimensional Models of Personality Disorders	Widiger, Thomas A.
Personality Disorder	Narcissism: Denial of the True Self	Lowen, Alexander
Personality Disorder	Relationship Management of the Borderline Patient from Understanding to Treatment	Dawson, David
Personality Disorder	Skills Training Manual for Treating Borderline Personality Disorder	Linehan, Marsha M.
<b>PHYSICAL HEALTH</b>	Alternative Health Care	Harden, Bonni L.
Physical Health	An Apple A Day: A Holistic Health Primer	Borins, Mel
Physical Health	Herbal Medicine	Pitman, Vicki
Physical Health	It's Not What You're Eating, it's What's Eating You: The 28-day Plan to Heal Hidden Food Addiction	Greeson, Janet
Physical Health	Prescription for Nutritional Healing	Balch, James F.
Physical Health	The Healing Nutrients Within Facts, Findings and New Research on Amino Acids	Braverman, Eric R.
Physical Health	Thin is Just a Four-Letter Word	D'Orso, Michael
Physical Health	Why David Hated Tuesdays: One Courageous Mother's Guide: To Keeping Your Family Toxin and Allergy Free	Antonetti, Amilya

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<b>POST TRAUMATIC STRESS</b>	Broken Wings : A Flight Attendant's Journey	Andersen, Nattanya
Post Traumatic Stress	Post-Trauma Stress	Parkinson, Frank
Post Traumatic Stress	Post-Traumatic Stress Disorder: The Victims Guide to Healing and Recovery	Flannery, Raymond
<b>POVERTY</b>	Dispatches from the Poverty Line	Capponi, Pat
Poverty	The War at Home	Capponi, Pat
<b>PSYCHIATRY</b>	A History of Psychiatry: From the Era of the Asylum to the Age of Prozac	Shorter, Edward
Psychiatry	Caring For the Mind: The Comprehensive Guide to Mental Health	Hales, Dianne
Psychiatry	Discovering Ourselves: A View of the Human Mind and How it Works	Strecker, Edward A.
Psychiatry	DSM-IV Fourth Edition	American Psychiatric Association
Psychiatry	DSM-IV Made Easy The Clinician's Guide to Diagnosis	Morrison, James
Psychiatry	DSM-IV-TR Case Studies: A Clinical Guide to Differential Diagnosis	Frances, Allen
Psychiatry	Everything You Need to Know About Prozac	Jonas, Jeffrey M.
Psychiatry	In a House of Dreams and Glass: Becoming a Psychiatrist	Klitzman, Robert
Psychiatry	Integrated Treatment of Psychiatric Disorders	Kay, Jerald
Psychiatry	Interview Guide for Evaluating DSM-IV Psychiatric: Disorders and the Mental Status Examination	Zimmerman, Mark
Psychiatry	Living With Prozac	Elfenbein, Debra
Psychiatry	Our Inner Conflicts: A Constructive Theory of Neurosis	Horney, Karen
Psychiatry	Pocket Handbook of Clinical Psychiatry	Kaplan, Harold I.
Psychiatry	Prescription Drugs	Consumer Guide
Psychiatry	Psychiatric Dictionary	Campbell, Robert J.
Psychiatry	Psychiatric Interviewing: The Art of Understanding	Shea, Shawn Christopher
Psychiatry	Psychiatric Nursing (Pocket Guide Series)	Stuart & Sundeen's
Psychiatry	Psychiatry Essentials for Primary Care	Schneider, Robert K.
Psychiatry	Readings in Psychology Today	Psychology Today / Communications/Research
Psychiatry	Taking Back Control: My Self-management Guide to Psychiatric Medication	AGIDD-SMQ
Psychiatry	Talking Back to Prozac	Breggin, Peter R.
Psychiatry	The Broken Brain: The Biological Revolution in Psychiatry	Andreasen, Nancy C.
Psychiatry	The Mental Health Handbook	Powell, Trevor
Psychiatry	The Mind/Mood Pill Book	Hales, Robert E.
Psychiatry	Toxic Psychiatry	Breggin, Peter R.
Psychiatry	Witchdoctors and Psychiatrists The Common Roots of Psychotherapy and Its Future	Torrey, E. Fuller

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## CMHA

### Resource Centre

Last Updated: August 2008

CATEGORY	TITLE	AUTHOR
<b>PSYCHOLOGY</b>	A Safe Place: Laying the Groundwork of Psychotherapy	Havens, Leston
Psychology	Brief Therapeutic Consultations: An Approach to Systemic Counselling	Street, Eddy
Psychology	Canadian Mental Health Law and Policy	Gray, John E.
Psychology	Ethnicity & Family Therapy	McGoldrick, Monica
Psychology	Making Sense in Psychology and the Life Sciences: A Student's Guide to Research, Writing, and Style	Northey, Margot
Psychology	Man and His Symbols	Jung, Carl G.
Psychology	Psychological Interventions in Early Psychosis	Gleeson, John F. M.
Psychology	Psychology	Jonides, John
Psychology	Psychology Today: An Introduction (textbook)	CRM Books
Psychology	Psychology: Study Guide	Jonides, John
Psychology	Readings in Clinical Psychology Today (textbook)	CRM Books
Psychology	Schopenhauer's Porcupines: Intimacy and Its Dilemmas Five Stories of Psychotherapy	Luepnitz, Deborah Anna
Psychology	The DANA Guide to Brain Health	Bloom, Floyd E.
Psychology	When To Say Goodbye To Your Therapist	Johnson, Catherine
Psychology	Writing Papers in Psychology: Student Guide to Research Reports, Literature Reviews, Proposals, Posters, and Handouts	Rosnow, Ralph L.
<b>SCHIZOPHRENIA</b>	A Beautiful Mind	Nasar, Sylvia
Schizophrenia	Another Way Home A Family's Journey Through Mental Illness	Thorndike, John
Schizophrenia	Autobiography of a Schizophrenic Girl	Renee
Schizophrenia	Beyond the Crazy House: Changing the Future of Madness	Capponi, Pat
Schizophrenia	Dear Theo: The Autobiography of Vincent Van Gogh	Stone, Irving
Schizophrenia	Early Intervention in Psychosis	Birchwood, Max
Schizophrenia	If I Played My Life : Poems by People With Schizophrenia	Various
Schizophrenia	Learning About Schizophrenia: Rays of Hope	Schizophrenia Society of Canada
Schizophrenia	Living and Working with Schizophrenia: Information and support for patients and their families, friends, employers, and teachers	Jeffries, J.J.
Schizophrenia	Paranoia	Bell, David
Schizophrenia	Recovered, Not Cured: A Journey Through Schizophrenia	McLean, Richard
Schizophrenia	Schizophrenia / Hearing Our Voices : Dilemma of Care and Control	Schneider, Barbara
Schizophrenia	Schizophrenia and Manic-Depressive Disorder: The Biological Roots of Mental Illness as Revealed by the Landmark Study of Identical Twins	Torrey, E. Fuller
Schizophrenia	Schizophrenia, Fast Facts	Shon, W. Lewis
Schizophrenia	Schizophrenia: The Facts	Tsuang, Ming T.
Schizophrenia	Schizophrenia: Your Questions Answered	Turner, Trevor
Schizophrenia	Surviving Schizophrenia: A Manual For Families, Consumers and Providers	Torrey, E. Fuller
Schizophrenia	Tell Me I'm Here	Deveson, Anne
Schizophrenia	The Eden Express A Memoir of Insanity	Vonnegut, Kurt

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CATEGORY	TITLE	AUTHOR
Schizophrenia	The Quiet Room : A Journey Out of the Torment of Madness	Schiller, Lori
Schizophrenia	The Schizophrenias: A Biological Approach to the: Schizophrenia Spectrum Disorders	Coleman, Mary
Schizophrenia	The Shell People: My Story of Schizophrenia	Mercato, Sharon
Schizophrenia	Tuning Into Schizophrenia	Webbs, Kylee
Schizophrenia	Understanding Your Schizophrenia Illness : A Workbook	Healy, Chris
Schizophrenia	Upstairs in the Crazy House: The Life of a Psychiatric Survivor	Capponi, Pat
Schizophrenia	Why does Schizophrenia Develop at Late Adolescence?	Harrop, Chris
Schizophrenia	Women and Schizophrenia	Castle, David J.
<b>SEASONAL AFFECTIVE DISORDER</b>	Fight the Winter Blues, Don't Be Sad: Your Guide to conquering Seasonal Affective Disorder	Peters, Celeste A.
Seasonal Affective Disorder	Seasons of the Mind	Rosenthal, Norman E.
Seasonal Affective Disorder	Winter Blues: Seasonal Affective Disorder, What It Is and How To Overcome It	Rosenthal, Norman E.
<b>SELF HARM</b>	A Bright Red Scream: Self-Mutilation and the Language of Pain	Strong, Marilee
Self Harm	Cutting: Understanding and Overcoming Self-Mutilation	Levenkron, Steven
Self Harm	See My Pain: Creative Strategies and Activities for Helping Young People Who Self-Injure	Bowman, Susan
Self Harm	Women and Self-Harm: Understanding, Coping and Healing from Self-Mutilation	Smith, Gerrilyn
<b>SELF HELP</b>	19 Hopeful Hints for Managing the Big Fat Changes at Work	Grall, Peggy
Self Help	365 Meditations for Busy People	Grey, Laura
Self Help	60 Tips for Self-Esteem: Quick Ways to Boost Your Confidence	Field, Lynda
Self Help	A Short Guide to a Happy Life	Quindlen, Anna
Self Help	Always Change a Losing Game	Posen, David B.
Self Help	Authentic Happiness	Seligman, Martin E.P.
Self Help	Awaken the Giant Within	Robbins, Anthony
Self Help	Awakening Your Life Skills	Stern, Susan
Self Help	Becoming Real: Journey to Authenticity	Irvine, David
Self Help	Beyond Codependency	Beattie, Melody
Self Help	Breaking Apart: A Memoir of Divorce	Swallow, Wendy
Self Help	Changing for Good	Prochaska, James O.
Self Help	Codependent No More	Beattie, Melody
Self Help	Color Your Future: Using the Character Code to Enhance Your Life	Hartman, Taylor
Self Help	Confusion Is A State Of Grace	Barbara F.
Self Help	Conquer Shyness	Bruno, Frank J.
Self Help	Cutting Loose: Why Women Who End Their Marriages Do So Well	Applewhite, Ashton
Self Help	Dare to Connect: Reaching Out in Romance : Friendship, and the Workplace	Jeffers, Susan

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CATEGORY	TITLE	AUTHOR
Self Help	Dealing With Difficult People	Cava, Roberta
Self Help	Dematerializing: Taming the Power of Possessions	Hammerslough, Jane
Self Help	Denial is Not a River in Egypt	Bachom, Sandi
Self Help	Destructive Emotions How Can We Overcome Them?	Goleman, Daniel
Self Help	Dreams Have No Expiry Date: A Practical and Inspirational Way for Women to Take Charge of Their Futures	Gottlieb, Laurie
Self Help	Emotional Intelligence	Goleman, Daniel
Self Help	Exuberance: The Passion For Life	Jamison, Kay Redfield
Self Help	Feel the Fear and Do It Anyway: Dynamic Techniques for Turning Fear, Indecision and Anger into Power, Action, and Love	Jeffers, Susan
Self Help	First Things First Every Day	Covey, Stephen R.
Self Help	Friends For Life: Enriching the Bond Between Mothers and Their Adult Daughters	Jonas, Susan
Self Help	Gifts Differing: Understanding Personality Type	Myers, Isabel Briggs
Self Help	Goodbye To Guilt: Releasing Fear Through Forgiveness	Jampolsky, Gerald G.
Self Help	Happily Ever After: Making the Transition from Getting Married to Being Married	Stone, Betsy S.
Self Help	Healing the Shame the Binds You	Bradshaw, John
Self Help	How To Live Between Office Visits: A Guide To Life, Love and Health	Siegel, Bernie S.
Self Help	I Didn't Ask To Be In This Family	Twerski, Abraham J.
Self Help	I Thought We'd Never Speak Again: The Road From Estrangement to Reconciliation	Davis, Laura
Self Help	If Success is a Game, These are the Rules	Carter-Scott, Cherie
Self Help	If You had Controlling Parents: How to Make Peace with Your Past and Take Your Place in the World	Neuharth, Dan
Self Help	I'm Dysfunctional, You're Dysfunctional	Kaminer, Wendy
Self Help	Imperfect Control: Our Lifelong Struggles with Power and Surrender	Viorst, Judith
Self Help	Increasing Confidence	Davies, Philippa
Self Help	Inner Simplicity: 100 Ways to Regain Peace and Nourish Your Soul	St. James, Elaine
Self Help	Iron John: A Book About Men	Bly, Robert
Self Help	I've Been Fired, Too! How Families Cope With Job Loss	Jukes, Jill
Self Help	Just Your Type: Create the Relationship You've Always Wanted Using the Secrets of Personality Type	Tieger, Paul D.
Self Help	Kundalini Awakening: A Gentle Guide To Chakra Activation And Spiritual Growth	Selby, John
Self Help	Learn to Balance Your Life: A Practical Guide to Having it All	Hinz, Michael
Self Help	Letters From Dad	Broome, John
Self Help	Life Strategies	McGraw, Phillip C.
Self Help	Lifescrpts	Kolbell, Erik
Self Help	Living Through the Meantime: Learning to Break the Patterns of the Past and Begin the Healing Process	Vanzant, Iyanla
Self Help	Love Someone Today	Delilah
Self Help	Love, Medicine & Miracles	Siegel, Bernie S.
Self Help	Man's Search for Meaning	Frankl, Viktor E.

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CATEGORY	TITLE	AUTHOR
Self Help	No More Holiday Blues	Dyer, Wayne W.

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CATEGORY	TITLE	AUTHOR
Self Help	On Your Own: A Widow's Passage to Emotional & Financial Well Being	Armstrong, Alexandra
Self Help	Our Stolen Future	Colborn, Theo
Self Help	Party of One: The Loner's Manifesto	Rufus, Anneli
Self Help	Personality Type: An Owner's Manual	Thomson, Lenore
Self Help	Phoenix from the Ashes: Rebuilding Shattered Lives	Levine, Saul
Self Help	Putting the Giants to Sleep	Sheinkin, David
Self Help	Reconciliations: Inner peace in an Age of Anxiety	Rubin, Theodore Isaac
Self Help	Resilience: Discovering a New Strength at Times of Stress	Flach, Frederic
Self Help	Reverence: Renewing a Forgotten Virtue	Woodruff, Paul
Self Help	Setting Your Heart on Fire: Seven Invitations to Liberate Your Life	Cushnir, Raphael
Self Help	Solitude	Storr, Anthony
Self Help	Something more: Excavating Your Authentic Self	Breathnach, Sarah Ban
Self Help	Stop Procrastinating	Bruno, Frank J.
Self Help	The 7 Habits of Highly Effective People	Covey, Stephen R.
Self Help	The Art of Worldly Wisdom	Gracian, Baltasar
Self Help	The Faith Factor: Proof of the Healing Power of Prayer	Matthews, Dale A.
Self Help	The Highly Sensitive Person in Love: Understanding and Managing Relationships When the World Overwhelms You	Aron, Elaine N.
Self Help	The Pathway: Follow the Road to Health and Happiness	Mellin, Laurel
Self Help	The Power of Now: A Guide to Spiritual Enlightenment	Tolle, Eckhart
Self Help	The Power of Positive Thinking	Peale, Norman Vincent
Self Help	The Power of Self-Esteem : An Inspiring Look at our Most Important Psychological Resource	Branden, Nathaniel
Self Help	The Resilience Factor 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles	Reivich, Karen
Self Help	The Road Less Traveled	Peck, M. Scott
Self Help	The Road Less Traveled	Peck, M. Scott
Self Help	The Social Animal	Aronson, Elliot
Self Help	The Soul's Code: In Search of Character and Calling	Hillman, James
Self Help	The Type E Woman: How To Overcome The Stress Of Being Everything To Everyone	Braiker, Harriet B.
Self Help	Unconditional Life	Chopra, Deepak
Self Help	Vitamin C for Couples: Seven "C"s for a Healthy Relationship	Braiker, Harriet B.
Self Help	Wake-Up Calls	Lunden, Joan
Self Help	When Do the Good Things Start?	Twerski, Abraham J.
Self Help	When I Say No, I Feel Guilty	Smith, Manuel J.
Self Help	Who Moved My Cheese?	Johnson, Spencer
Self Help	Workaholics	Killinger, Barbara
Self Help	Zen and the Art of Motorcycle Maintenance An Inquiry into Values	Pirsig, Robert M.

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CATEGORY	TITLE	AUTHOR
<b>SENIORS</b>	67 Ways to Protect Seniors from Crime	Simmons, J. L.
Seniors	Another Country Navigating the Emotional Terrain of Our Elders	Pipher, Mary
Seniors	Full Circle Experiences With An Aging Parent	Lee-Hoffer, Judith
Seniors	Helping Yourself Help Others A Book For Caregivers	Carter, Rosalynn
Seniors	Improving Our Response to Older Adults with Substance Use, Mental Health and Gambling Problems	
Seniors	Lifelines: Living Longer, Growing Frail, Taking Heart	Gillick, Muriel R.
Seniors	Responding to Older Adults with Substance Use, Mental Health and Gambling Challenges	CAMH
Seniors	Take Care: A Practical Guide For Helping Elders	Rhodes, Ann
<b>SEXUAL ABUSE</b>	Alone & Forgotten: The Sexually Abused Man	Tobin, Rod
Sexual Abuse	Daddy's Girl	Allen, Charlotte Vale
Sexual Abuse	Defending Ourselves: A Guide to Prevention, Self-Defense, and Recovery from Rape	Wiseman, Rosalind
Sexual Abuse	Ghosts from the Nursery: Tracing the Roots of Violence	Karr-Morse, Robin
Sexual Abuse	Suggestions of Abuse: True and False Memories of Childhood Sexual Abuse	Yapko, Michael D.
Sexual Abuse	The Right To Innocence Healing the Trauma of Childhood Sexual Abuse	Engel, Beverly
<b>SOCIOLOGY</b>	Essentials of Sociology : a down-to-earth approach	Henslin, James M.
<b>STATISTICS</b>	The Basic Practice of Statistics	Moore, David S.
<b>STRESS</b>	Stress for Success: Thriving on Stress at Work	Hanson, Peter G.
Stress	The Joy of Stress	Hanson, Peter G.
Stress	When the Body Says No: The Cost of Hidden Stress	Mate, Gabor
Stress	Work, Stress, Disease and Life Expectancy	Fletcher, Ben
<b>SUICIDE</b>	Healing After The Suicide Of A Loved One	Smolin, Ann
Suicide	How I Stayed Alive While My Brain Was Trying to Kill Me: One Person's Guide to Suicide Prevention	Blauner, Susan Rose
Suicide	Night Falls Fast: Understanding Suicide	Jamison, Kay Redfield
Suicide	Suicide: The Forever Decision	Quinnett, Paul G.
Suicide	Why Suicide?	Marcus, Eric
<b>WOMEN</b>	The Hours	
<b>YOUTH</b>	Best Friends, Worst Enemies Understanding the Social Lives of Children	Thompson, Michael
Youth	Beyond ADD: Hunting For Reasons In The Past & Present	Hartmann, Thom

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<b>CATEGORY</b>	<b>TITLE</b>	<b>AUTHOR</b>
Youth	Can I Catch It Like A Cold? A Story to Help Children Understand a Parent's Depression	CAMH

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CATEGORY	TITLE	AUTHOR
Youth	Catch a Falling Star A Tale from the Iris the Dragon series	Grass, Gayle
Youth	Children Changed by Trauma	Alexander, Debra Whiting
Youth	Connect 5: Finding the Caring Adults You May Not Realize Your Teen Needs	Kimball-Baker, Kathleen
Youth	Conversations on the Go: Clever Questions to Keep Teens and Grown-Ups Talking	Ackerman, Mary Alice
Youth	Driven to Distraction : Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood	Hallowell, Edward M.
Youth	Dropping Out Of School	Goldentyer, Debra
Youth	Edward the Crazy Man	Day, Marie
Youth	Energize! Energizers and Other Great Cooperative Activities For All Ages	Apacki, Carol
Youth	First Class: The Original Financial Guide For High School Students	Pulver, Lana Marks
Youth	Fit Kids: A Practical Guide to Raising Active and Healthy Children from Birth to Teens	Gavin, Mary L.
Youth	Flowers On My Grave How An Objibwa Boy's Death Helped Break the Silence on Child Abuse	Teichroeb, Ruth
Youth	Gangs	Goldentyer, Debra
Youth	Growing Up Sad: Childhood Depression and Its Treatment	Cytryn, Leon
Youth	Growing With Your Child: Pre-birth to Age 5	Langlois, Christine
Youth	Helping Children and Youth Live With Separation and Divorce	Public health Agency of Canada
Youth	Helping Your Depressed Teenager: A Guide for Parents and Caregivers	Oster, Gerald D.
Youth	Helping Your Teen Overcome Depression: a Guide for Parents	Parrish, Samuel
Youth	Hire Power The Ultimate Job Guide For Young Canadians	Schaffer, Karen
Youth	How to Keep Your Teenager Out of Trouble, and What to do If You Can't	Bernstein, Neil I.
Youth	Implementing Problem Based Learning in Leadership: Problem Based Learning in Leadership Development	Bridges, Edwin M.
Youth	Iris's Workbook - To be used with "Catch a Falling Star": A Guide to Understanding Mental Illness in the Classroom	Grass, Gayle
Youth	It Starts Here: A Guide to Mood Disorders for Teens	MDAO
Youth	Linking Parents to Play Therapy	McGuire, Deborah Killough
Youth	Lisa and David/ Jordi/ Little Ralphie and the Creature	Rubin, Theodore Isaac
Youth	Lost Boys	Garbarino, James
Youth	Lucky Horseshoes: A Tale from the Iris the Dragon Series	Grass, Gayle
Youth	More Than Moody: Recognizing and Treating Adolescent Depression	Koplewicz, Harold S.
Youth	My Kind of Sad: What It's Like to Be Young and Depressed	Scowen, Kate
Youth	No One Saw My Pain: Why Teen Kill Themselves	Slaby, Andrew
Youth	Now What Do I Do? A Guide To Parenting Elementary-Aged Children	Ross, Julie A.
Youth	Parenting	Ashworth, Annie
Youth	Raising Great Kids: Ages 6 to 12	Langlois, Christine
Youth	Real Boys : Rescuing Our Sons from the Myths of Boyhood	Pollack, William
Youth	Reviving Ophelia: Saving The Selves of Adolescent Girls	Pipher, Mary
Youth	Scattered Minds: A New Look at the Origins and Healing of Attention Deficit Disorder	Mate, Gabor

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<b>CATEGORY</b>	<b>TITLE</b>	<b>AUTHOR</b>
Youth	Seen and Heard: Teenagers Talk About Their Lives	Kalergis, Mary Motley

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CATEGORY	TITLE	AUTHOR
Youth	Sibling Abuse: Hidden Physical, Emotional, and Sexual Trauma	Wiehe, Vernon R.
Youth	Siblings Without Rivalry	Faber, Adele
Youth	Street Kids: The Tragedy of Canada's Runaways	Webber, Marlene
Youth	Succeed Every Day: Daily Readings for Teens	Espeland
Youth	Surviving High School: Making the Most of the High School Years	Riera, Mike
Youth	Tag, You're It! 50 Easy Ways to Connect with Young People	Kimball-Baker, Kathleen
Youth	Taking Depression to School	Khalsa, Kathy
Youth	The Bipolar Child: The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder	Papolos, Demitri
Youth	The Optimistic Child	Seligman, Martin E. P.
Youth	Trying to Get Some Dignity: Stories of Triumph Over Childhood Abuse	Rhodes, Ginger
Youth	Understanding Your Teen: Parenting Strategies That Work	Langlois, Christine
Youth	What Teens Need to Succeed	Benson, Peter L.
Youth	Wishes and Worries	CAMH
<b>YOUTH - DRUGS</b>	Saying No Is Not Enough	Schwebel, Robert
Youth - Drugs	Teens Under the Influence: The Truth About Kids, Alcohol, and Other Drugs - How to Recognize a Problem and What to Do About It	Ketcham, Katherine
<b>YOUTH - STRESS</b>	Children Under Stress	Wolff, Sula
Youth - Stress	KidStress	Witkin, Georgia
<b>YOUTH - SUICIDE</b>	Straight Talk About Teen Suicide	Frankel, Bernard
Youth - Suicide	Suicide: Teens Talk To Teens	Crook, Marion

# AUDIO / VISUAL CMHA RESOURCE CENTRE

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CATEGORY	TITLE	DVD/VHS
<b>ANXIETY</b>	Anxiety/Panic Disorders Mental Health Series: No. PE040588	VHS
Anxiety	Anxiety Disorders	VHS
Anxiety	Understanding Major Anxiety: Disorders and Addiction	VHS
Anxiety	Reign Over Me	DVD
<b>AUTISM</b>	Rain Man	VHS
<b>ADDICTION</b>	Bevel Up	DVD
Addiction	Cottonland	DVD
Addiction	Ryan	DVD
Addiction	Through a Blue Lens	
<b>AWARENESS</b>	CMHA 'Elizabeth Manley Spots' Public Service Announcements	VHS
Awareness	CMHA 'Elizabeth Manley Spots' Public Service Announcements	VHS
Awareness	CMHA 'Elizabeth Manley Spots' Public Service Announcements	VHS
Awareness	CMHA 'White Water' with 'Ups & Downs' Public Service Announcements	VHS
Awareness	CMHA 'White Water' with 'Ups & Downs' Public Service Announcements	VHS
Awareness	CMHA 'White Water' with 'Ups & Downs' Public Service Announcements	VHS
Awareness	Naked Public Service Announcement	VHS
<b>BEREAVEMENT/GRIEF</b>	Living With Grief After Sudden Loss	VHS
Bereavement/Grief	Someone You Love Is Dying	VHS
Bereavement/Grief	Surviving Death: Stories of Grief	DVD
Bereavement/Grief	The Pitch of Grief	VHS
Bereavement/Grief	Working Through Your Grief	VHS
<b>CMHA</b>	We Are a Family CMHA Peel Branch AGM June 25, 2002	
<b>COMMUNICATION SKILLS</b>	Marketing and the Media	VHS
<b>COMMUNITY MENTAL HEALTH</b>	First Local: Interview with Sandy Milakovic	VHS
Community Mental Health	Fountain House	VHS
Community Mental Health	Interview with Sandy Milakovic : Rogers TV, April 13, 2004	VHS
Community Mental Health	Promoting Mental Health Means Promoting the Best of Ourselves	VHS
Community Mental Health	The Year Before	DVD

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CATEGORY	TITLE	DVD/VHS
<b>COMPULSIVE GAMBLING</b>	Pieces of a Dream: A Story of Gambling	VHS
<b>CONCURRENT DISORDERS</b>	Addictions and Mental Illness	VHS
Concurrent Disorders	Concurrent Disorders	VHS
Concurrent Disorders	Dual Diagnosis	DVD
Concurrent Disorders	Flight From Darkness	DVD
Concurrent Disorders	Recovery Stories	VHS
Concurrent Disorders	Substance Abuse & Mood Disorders	VHS
Concurrent Disorders	Understanding Bipolar Disorder and Addiction	VHS
Concurrent Disorders	Understanding Major Anxiety Disorders and : Addiction	VHS
Concurrent Disorders	Understanding Personality Problems and : Addiction	VHS
Concurrent Disorders	Understanding Schizophrenia and Addiction	VHS
<b>CRIMINAL JUSTICE</b>	Crime Prevention and Personal Safety of Persons: with Disabilities	VHS
<b>DEPRESSION</b>	A Patient's Guide to Recovering from Depression	VHS
Depression	Breaking the Chains of Depression: You Can Recover Too!	VHS
Depression	Depression: Fighting the Dragon	DVD
Depression	Depression: Fighting the Dragon	VHS
Depression	Depression: Michael Coren Live	VHS
Depression	Depression: The Road to Recovery	VHS
Depression	Faces of Depression	VHS
Depression	Faces of Depression	VHS
Depression	Faces of Depression	VHS
Depression	If it Happened So Long Ago Why Do I Still Feel So Bad?	VHS
Depression	Let's Talk - Women and Depression	VHS
Depression	Overcoming Depression	VHS
Depression	Post Partum Depression - Michael Coren Live	VHS
Depression	Real Men-Real Depression-Real Talk	VHS
Depression	So Have you Seen Anything in the News Lately About Antidepressants?	VHS
Depression	Swallowing Your Anger - A Recipe for Depression	VHS
Depression	Taking Control of Depression Mending the Mind	VHS
Depression	What is Depression	VHS
Depression	You Are Not Alone	VHS
<b>DRUG ABUSE</b>	For John	VHS
<b>EATING DISORDERS</b>	Anorexia Nervosa	VHS
Eating Disorders	Eating Disorders: The Slender Trap	VHS

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CATEGORY	TITLE	DVD/VHS
<b>EDUCATION &amp; TRAINING</b>	Be Prepared for Meetings 24 min.	VHS
Education & Training	Be Prepared to Lead 26:30 min.	VHS
Education & Training	Be Prepared to Sell 23:30 min.	VHS
Education & Training	Be Prepared to Speak 27 min.	VHS
Education & Training	City Magazine: Police Training Promotion	VHS
Education & Training	Community Action Video	VHS
Education & Training	CBT: Excel 2003	DVD
Education & Training	CPR: You Can Do It!	VHS
Education & Training	CPR: You Can Do It! Heart Saver	VHS
Education & Training	Heart Saver	VHS
Education & Training	Microsoft Project 2007	DVD
Education & Training	Microsoft Visio 2007	DVD
Education & Training	Stretching Normal	VHS
<b>EMPLOYMENT</b>	A Hopeful Sign Canadian Mental Health Series	VHS
Employment	A Hopeful Sign Canadian Mental Health Series	VHS
Employment	A Hopeful Sign Canadian Mental Health Series	VHS
Employment	Exploring Self Employment Opportunities for People with Disabilities	VHS
Employment	Invisible Workforce	VHS
Employment	Working Like Crazy	VHS
Employment	Working Like Crazy	VHS
<b>FAMILY OF CONSUMERS</b>	Families & Mood Disorders: Coping Strategies	VHS
Family of Consumers	Families Coping with Mood Disorders	VHS
Family of Consumers	Working Together Things Can Get Better Segment 1: Immediate Concerns	VHS
Family of Consumers	Working Together Things Can Get Better Segment 2: Treatment	VHS
Family of Consumers	Working Together Things Can Get Better Segment 3: Getting Back On Track	VHS
<b>FUNDRAISING</b>	Rogers TV, City Magazine, Second Cup May 7/01	VHS
<b>HEALTH PROMOTION</b>	About Wellness	VHS
Health Promotion	Makeover Show/Body Genie/Exercise Video	VHS
Health Promotion	Pandemic Flu	VHS
<b>LAWS &amp; LEGISLATION</b>	Mental Health Act Training Materials	VHS
Laws & Legislation	A View of Mental Illness from the Judges Bench	VHS
<b>MANIC-DEPRESSION/BIPOLAR</b>	Amadeus	VHS
Manic-Depression/Bipolar	Bipolar II - Continuing the Discussion	VHS
Manic-Depression/Bipolar	Bipolar Disorder: New Understanding, New Hope	VHS

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CATEGORY	TITLE	DVD/VHS
Manic-Depression/Bipolar	Four Lives: A Portrait of Manic-Depression	VHS
Manic-Depression/Bipolar	Living Well With Bipolar Disorder	VHS
Manic-Depression/Bipolar	Manic Depression: Portraits of Survival	VHS
Manic-Depression/Bipolar	Mind Over Matter - Managing Manic Depressive Illness with Cognitive Therapy	VHS
Manic-Depression/Bipolar	Patty Duke on Manic Depression	VHS
Manic-Depression/Bipolar	Polypharmacy and Bipolar Disorder	VHS
Manic-Depression/Bipolar	Psychotherapy for Bipolar Disorder	VHS
Manic-Depression/Bipolar	Understanding And Communicating With A Person Who Is Experiencing Mania	VHS
Manic-Depression/Bipolar	Where are We Heading in the Treatment of Bipolar Affective Disorder	VHS
<b>MEDICATIONS</b>	CPS on CD-ROM 34th Ed. Compendium of Pharmaceuticals and Specialties 1999	VHS
<b>MENTAL HEALTH/ILLNESS</b>	Access Framework Video	VHS
Mental Health/Illness	Access Framework Video	VHS
Mental Health/Illness	Brampton City Council Meeting: November 9, 1998	VHS
Mental Health/Illness	Canadian Mental Health Association: The First Hundred Years	VHS
Mental Health/Illness	Caring for the Caregiver	VHS
Mental Health/Illness	City Council Meeting: November 9, 1998, Brampton, 7 pm	VHS
Mental Health/Illness	CMHA Ontario Division 1994 Conference and AGM, Chatham	VHS
Mental Health/Illness	CMHA Ontario Division: 1994 Conference and AGM, Chatham	VHS
Mental Health/Illness	Crisis Call	VHS
Mental Health/Illness	Crisis Call	VHS
Mental Health/Illness	Crisis Call	VHS
Mental Health/Illness	Crisis Call	VHS
Mental Health/Illness	Current Perceptions of the Mental Health System	VHS
Mental Health/Illness	First Break	VHS
Mental Health/Illness	Girl, Interrupted	DVD
Mental Health/Illness	K-Pax	DVD
Mental Health/Illness	Maintaining and Strengthening the Bonds of Marriage	VHS
Mental Health/Illness	Mental Illness and the Road to Recovery	VHS
Mental Health/Illness	Mississauga City Council: June 12, 2002	VHS
Mental Health/Illness	MPP Report: Health Care (Tony Clement)	VHS
Mental Health/Illness	Mr. Nobody : Accompanied by book (Elderly at Risk - Part One)	VHS
Mental Health/Illness	Navigating the System	VHS
Mental Health/Illness	On the Line With Christine Williams February 11, 2003	VHS
Mental Health/Illness	On the Line With Christine Williams February 18, 2003	VHS
Mental Health/Illness	On the Line With Christine Williams May 13, 2005	VHS
Mental Health/Illness	Open For Discussion (includes 'America Undercover', and 'A Gift for Kate')	VHS
Mental Health/Illness	Reclaiming the Spirit	VHS
Mental Health/Illness	Stand-Up for Mental Health	VHS

# AUDIO / VISUAL CMHA RESOURCE CENTRE

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CATEGORY	TITLE	DVD/VHS
Mental Health/Illness	The Interventionists: Chronicles of a Mental : Health Crisis Team	VHS
Mental Health/Illness	The Interventionists: Chronicles of a Mental : Health Crisis Team	DVD
Mental Health/Illness	The Invisible Wall	VHS
Mental Health/Illness	Understanding the Role of Orthomolecular Medicine	VHS
<b>MISCELLANEOUS</b>	Community Caring Awards 1987	VHS
Miscellaneous	Community Caring Awards 1988	VHS
Miscellaneous	Hockey Hall of Fame	VHS
Miscellaneous	Miscellaneous	VHS
Miscellaneous	Mixed Affairs / City Magazine	VHS
Miscellaneous	Mixed Affairs / City Magazine	VHS
<b>MULTICULTURALISM</b>	Building Bridges Dhismaha Xiriirka and Wada Shaqenta	VHS
Multiculturalism	Mental Health (Cantonese Language) Mental Health for New Canadians Project 1996	VHS
<b>MULTIPLE PERSONALITY DISORDER</b>	Multiple Personality Disorder: The Many Faces of Child Abuse	VHS
<b>OBSESSIVE COMPULSIVE DISORDER</b>	As Good As It Gets	VHS
Obsessive Compulsive Disorder	OCD: The War Inside	DVD
Obsessive Compulsive Disorder	Step on a Crack: Obsessive Compulsive Disorder	VHS
Obsessive Compulsive Disorder	The Aviator	DVD
<b>ORGANIZATIONAL/PLANNING</b>	CMHA - The 1st Hundred Years	VHS
<b>PARENTING</b>	Divine Secrets of the Ya-Ya Sisterhood	DVD
Parenting	I Love You Like Crazy: Being a Parent with Mental Illness	VHS
<b>PATIENT RIGHTS</b>	Between the Lines - Psychiatric Treatment: Can the Patients Decide?	VHS
<b>PSYCHIATRIC HOSPITALS</b>	One Flew Over the Cuckoo's Nest	DVD
<b>PSYCHIATRY</b>	Understanding And Communicating With A Person Who Has Delusions	VHS
Psychiatry	What About Bob?	DVD
<b>SCHIZOPHRENIA</b>	Life Goes On	VHS
Schizophrenia	Not by the Book	VHS
Schizophrenia	Out of the Shadow	DVD
Schizophrenia	Reaching Out	VHS
Schizophrenia	Schizophrenia Internet Resources (CD-ROM)	VHS

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CATEGORY	TITLE	DVD/VHS
Schizophrenia	Schizophrenia: Surviving in the World of Normals A Love Story: Living with Someone with	VHS
Schizophrenia	Schizophrenia: Surviving in the World of Normals A Love Story: Living with Someone with Schizophrenia	VHS
Schizophrenia	Shattered Dreams	VHS
Schizophrenia	Shattered Dreams	VHS
Schizophrenia	Shattered Dreams	VHS
Schizophrenia	Shattered Dreams	VHS
Schizophrenia	This Beggar's Description	DVD
Schizophrenia	Unbreakable Minds	DVD
<b>SEASONAL AFFECTIVE DISORDER</b>	SAD Forum (Seasonal Affective Disorders)	VHS
<b>SELF HELP</b>	Getting Started & Making it Work	VHS
Self Help	Just Change It! Managing Organizational Transitions Audio Learning Series	VHS
<b>SELF-ESTEEM</b>	About Self-Esteem	VHS
Self-Esteem	KIDSING Credit Valley Hospital	VHS
Self-Esteem	Self-Esteem: Feeling Good About Yourself	VHS
<b>SOCIAL SERVICES</b>	Mental Health Services: On the Line with Christine Williams	VHS
Social Services	Salvation	VHS
<b>STIGMA &amp; MYTHS</b>	Breaking the Bubble of Silence	VHS
Stigma & Myths	Confronting Stigma Through Disclosure - A Personal Journey	VHS
Stigma & Myths	Face to Face: Overcoming the Stigma of Mental Illness	VHS
Stigma & Myths	Face to Face: Overcoming the Stigma of Mental Illness	VHS
Stigma & Myths	Father Public Service Announcement	VHS
Stigma & Myths	Talking About Mental Illness	VHS
Stigma & Myths	The Myths of Mental Illness	VHS
Stigma & Myths	Unlearn	DVD
<b>STRESS</b>	Coping With Holiday Stress	VHS
Stress	Hard Times The Close to Home Series	VHS
Stress	Interview with Bill Wilkerson Rogers TV - Mon. June 23/03	VHS
Stress	Living With Stress: Kim Bell Interview May 9, 2002	VHS
Stress	Post-Traumatic Stress Disorder	VHS
Stress	Saving For Stress	VHS
Stress	Workplace Stress	VHS
<b>SUICIDE</b>	Suicide Prevention - A Time to Talk and a Time to Listen	VHS

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<b>CATEGORY</b>	<b>TITLE</b>	<b>DVD/VHS</b>
Suicide	Understanding Suicide and Addiction	VHS

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CATEGORY	TITLE	DVD/VHS
<b>SUICIDE - YOUTH</b>	Patrick's Story	VHS
Suicide - Youth	Remembering Tom: Coping with Youth Suicide	VHS
Suicide - Youth	The Virgin Suicides	VHS
Suicide - Youth	Young People in Crisis	VHS
Suicide - Youth	Young People in Crisis	VHS
Suicide - Youth	Youth Suicide and Prevention	VHS
<b>SUPPORTIVE HOUSING</b>	Affordable Housing - Region of Peel	VHS
Supportive Housing	Neighbours Canadian Mental Health Series	VHS
Supportive Housing	Neighbours Canadian Mental Health Series	VHS
Supportive Housing	Neighbours Canadian Mental Health Series	VHS
Supportive Housing	Neighbours Canadian Mental Health Series	VHS
Supportive Housing	Neighbours Canadian Mental Health Series	VHS
Supportive Housing	No Place to Go	VHS
Supportive Housing	No Place to Go	VHS
Supportive Housing	No Place to Go	VHS
Supportive Housing	No Place to Go	VHS
<b>TREATMENT</b>		
Treatment	Balancing your Mood Through Creative Expression	VHS
Treatment	Cognitive Behaviour Therapy	VHS
Treatment	How Sleep Studies Help in Treating Mood Disorders	VHS
Treatment	New Treatments for Depression and Manic Depression	VHS
Treatment	Psychotropic Medication and Weight Gain	VHS
Treatment	Pushing the Envelope - New and Innovative Treatments	VHS
Treatment	The Role of Psychotherapy in the Treatment of Mood Disorders	VHS
<b>VIOLENCE</b>	A Love That Kills	VHS
Violence	Love Taps	VHS
Violence	Secret Window	DVD
<b>VOLUNTEERISM</b>	A Force For Change 'Volunteers'	VHS
<b>YOUTH</b>	A Map of the Mind Fields: Managing Adolescent Psychosis	DVD
Youth	Assets Happening Here	VHS
Youth	Backstroke Tough Times Series	VHS
Youth	Beyond the Blues: Child and Youth Depression	VHS
Youth	Beyond the Blues: Child and Youth Depression	DVD
Youth	Breakin' In: The Making of a Hip Hop Dancer	DVD

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CATEGORY	TITLE	DVD/VHS
Youth	Carl A Program About the Consequences of Bullying and Teasing	VHS
Youth	Child & Adolescent Bipolar Disorder	VHS
Youth	Communicating With Parents The Power of Choice Series	VHS
Youth	Coping With Pressures The Power of Choice Series	VHS
Youth	Dead Poet's Society	DVD
Youth	Exiles in Lotusland	DVD
Youth	Fighting Their Fears: Child and Youth Anxiety	DVD
Youth	Flipping the World: Drugs Through a Blue Lens	DVD
Youth	Lucas	VHS
Youth	Rumble Fish	VHS
Youth	Shredded	DVD
Youth	Struggle for Control: Child and Youth Behaviour Disorders	DVD
Youth	The Other Side of Blue The Truth About Teenage Depression	VHS
Youth	The Truth About Body Image The Teen Files Series	VHS
Youth	Waging Peace A Year in the Life of Caledonia High School - Part 1	VHS
Youth	Waging Peace A Year in the Life of Caledonia High School - Part 2	VHS
Youth	William Osler Rogers Television Mental Health	VHS
Youth	XS Stress: Teens Take Control	DVD
Youth	You Have to Live It	VHS
Youth	Young Adults With a Mood Disorders	VHS