

ADULT MOOD PROBLEMS

RESOURCES FOR ADULTS

Mind over mood: Change how you feel by changing the way you think by Dennis Greenberger and Christine A. Padesky, The Guilford Press (1995) LPL Call # 616.89142 Gre

The feeling good handbook by David Burns, Plume (1999) LPL Call # 616.89142 Bur

Feeling good: The new mood therapy by David Burns, Harper Collins Canada (1999) LPL Call # 158.1 Bur

Understanding depression: What we know and what you can do about it by J. Raymond DePaulo Jr. and Leslie Alan Horvitz, Wiley (2002) LPL Call # 616.8527 Dep

The depression workbook: A guide for living with depression and manic depression by Mary Ellen Copeland, New Harbinger Publications (2001) LPL Call # 616.8527 Cop

The mindful way through depression: Freeing yourself from chronic unhappiness by Mark Williams, John Teasdale, Zindel Segal, and Jon Kabat-Zinn, The Guilford Press (2007) LPL Call # 616.8527 Min

Thoughts & feelings: Taking control of your moods & your life by Matthew McKay, Martha Davis, and Patrick Fanning, New Harbinger (2007) LPL Call # 616.89142 MacK

Dealing with depression: Practical steps to understanding and overcoming it by Caroline Shreeve, Georgetown Publications (2004) LPL Call # 616.8527 Shr

The bipolar workbook: Tools for controlling your mood swings by Monica Ramirez Basco, Guilford Press (2006) LPL Call # 616.89506 Bas

Against depression by Peter D. Kramer, Viking (2005) LPL Call # 616.8527 Kra

RESOURCES FOR CHILDREN

Can I catch it like a cold? A story to help children understand a parent's depression by Gretchen Kelbaugh, Centre for Addiction and Mental Health (2002) LPL Call # j616.8527 Kel

Why is mommy sad? A child's guide to parental depression by Paul D. Chan, Current Clinical Strategies (2005) LPL Call # j616.8527 Cha

Why are you so sad? A child's book about parental depression by Beth Andrews, Magination Press (2002) LPL Call # j616.8527 And



This resource list was created through consultation with existing resource lists from the *Authoritative Guide to Self-Help Resources in Mental Health* by John Norcross et al. (2003), Indigo Trusted Health Advisor Program, consultation with Dr. David Dozois, and the Child and Parent Resource Institute <http://www.cpri.thehealthline.ca/resources.asp>.