MENTAL HEALTH RESOURCES FROM THE A.C. CLARK LIBRARY

Anxiety

- Anxiety Disorders

LOCATION:
Bemidji State Univ. Library - Federal Publications ~ 3rd Floor - HE 20.8102:AN 9/5
Or online at: http://purl.access.gpo.gov/GPO/LPS125970

- The Anxiety Cure: An Eight-Step Program for Getting Well

Available online at:
(An electronic book accessible through the World Wide Web; click for information)

- Mind Over Mood: Change How You Feel by Changing the Way You Think.

LOCATION:

Social Anxiety Disorder

- Social anxiety disorder.

LOCATION:
Bemidji State Univ. Library - 2nd Floor - Call #: RC552.S62 A58 2008

- Shy Children, Phobic Adults: Nature and Treatment of Social Anxiety Disorder.

LOCATION:

- Always Embarrassed: Social Phobia (Social Anxiety Disorder).
Triumph Over Shyness: Conquering Shyness and Social Anxiety

Located online at: http://www.netLibrary.com/urlapi.asp?action=summary&v=1&bookid=63801
(An electronic book accessible through the World Wide Web; click for information)

The Shyness & Social Anxiety Workbook: Proven Techniques for Overcoming Your Fears.

Depression

Depression and College Students,
National Institute of Mental Health

Located online at: http://www.nimh.nih.gov/health/publications/depression-and-college-students/depression_and_college%20students_ln7.pdf

Women and Depression: Discovering Hope

Located online at: http://purl.access.gpo.gov/GPO/LPS124659

Men and Depression,
[Bethesda, Md.] : Dept. of Health and Human Services, National Institutes of Health, National Institute of Mental Health, [2005]


LOCATION:


Located online at:
http://www.netLibrary.com/urlapi.asp?action=summary&v=1&bookid=90314
(An electronic book accessible through the World Wide Web; click for information)


LOCATION:
Bemidji State Univ. Library - 2nd Floor - RC537 .L94 1999


Located online at:
(An electronic book accessible through the World Wide Web; click for information)

• Stories of Hope and Recovery: A Video Guide for Suicide Attempt Survivors. [Rockville, Md.]: SAMHSA, Substance Abuse and Mental Health Services Administration, [2012]

LOCATION:
Bemidji State Univ. Library - Federal Publications ~ 3rd Floor - HE 20.402:SU 8
Also available online at: http://purl.fdlp.gov/GPO/gpo30170

Learning Disorders

• How difficult can this be?: Understanding Learning Disabilities: Frustration, Anxiety, Tension, the F.A.T. City workshop produced and directed by Peter Rosen; workshop designed and presented by Richard D. Lavoie; produced for Eagle Hill School Outreach by Peter Rosen Productions, Inc. [Alexandria, VA]: Distributed by PBS Video, [1995], c1989.
• **Overcoming Math Anxiety**  

  LOCATION:  
  Bemidji State Univ. Library - 2nd Floor - QA11 .T67 1993

**Eating Disorders**

• **Eating Disorders**, National Institute of Mental Health

  Located online at:  


  Located online at:  
  (An electronic book accessible through the World Wide Web; click for information)


  LOCATION:  
  Bemidji State Univ. Library - 2nd Floor - RC552.E18 J36 1995

**Attention Deficit/Hyperactivity Disorder (ADHD)**

• **Attention Deficit Hyperactivity Disorder (ADHD)**, [Bethesda, MD] : National Institute of Mental Health, U.S. Dept. of Health and Human Services, National Institutes of Health, [2008]

  LOCATION:  
  Bemidji State Univ. Library - Federal Publications ~ 3rd Floor - HE 20.8102:  
  Also located online at: [http://purl.access.gpo.gov/GPO/LPS109974](http://purl.access.gpo.gov/GPO/LPS109974)
- **Understanding ADHD: Attention Deficit Hyperactivity Disorder.**

  LOCATION:

- **Attention Deficit Disorder: Practical Coping Methods**

  LOCATION:

- **Success in College and Career with Attention Deficit Disorders**
  A presentation of the Specialty Press and the A.D.D. Warehouse; producer, Alice Gay; director, David Allen Silvian; a production of the University of Georgia Center for Continuing Education. Plantation, FL: Specialty Press, c1997.

  LOCATION:
  Bemidji State Univ. Library - Circulation Desk Media ~ 3rd Floor - Video VHS RC394.A85 S8 1997

**Post-Traumatic Stress Disorder (PTSD)**

- **Understanding Post-Traumatic Stress: A Psychosocial Perspective on PTSD and Treatment.**

  Located online at:
  (An electronic book accessible through the World Wide Web; click for information)

- **Combat-Related Traumatic Brain Injury and PTSD: A Resource and Recovery Guide.**

  LOCATION:
  Bemidji State Univ. Library - 2nd Floor - RC550 .L37 2010

- **Post-traumatic Stress Disorder (PTSD).**
  National Institute of Mental Health

  Located online at:

**Bipolar Disorder**

- **The Bipolar Disorder Survival Guide: What You and Your Family Need to Know**
Alcohol and Drug Abuse

- **Beyond Hangovers: Understanding Alcohol's Impact Your Health.**

  LOCATION:
  Also located online at: [http://purl.fdlp.gov/GPO/gpo10363](http://purl.fdlp.gov/GPO/gpo10363)

- **Rethinking Drinking : Alcohol and Your Health.**
  [Bethesda, Md.] : National Institute on Alcohol Abuse and Alcoholism, [2010]

  LOCATION:
  Also located online at: [http://purl.fdlp.gov/GPO/gpo35390](http://purl.fdlp.gov/GPO/gpo35390)

- **Marijuana Myths & Facts: The Truth Behind 10 Popular Misperceptions.**

  LOCATION:
  Bemidji State Univ.Library-Federal Publications ~ 3rd Floor- PREX 26.2:M 33
  Also located online at: [http://purl.access.gpo.gov/GPO/LPS56056](http://purl.access.gpo.gov/GPO/LPS56056)

Recovering from Sexual Abuse

- **Recovering From Sexual Abuse, Addictions, and Compulsive Behaviors: "Numb" Survivors.**

  LOCATION:

- **Beginning to Heal : A First Book for Survivors of Child Sexual Abuse**
• The Courage to Heal Workbook: For Women and Men Survivors of Child Sexual Abuse.

  LOCATION:
  Bemidji State Univ. Library - 4th Floor -  HV6570.2.B37 1993

• Beyond Victim: You Can Overcome Childhood Abuse—Even Sexual Abuse.

  LOCATION:
  Bemidji State Univ. Library - Circulation Desk ~ 3rd Floor -  HQ71.D245 1990

Loss of Loved Ones

• How to Survive the Loss of a Love.

  Located online at:

Recovering from Mental Illness

• Making Recovery a Reality.

  LOCATION:
  http://www.psychminded.co.uk/news/news2008/march08/Making_recovery_a_reality_policy_paper.pdf

Borderline Personality Disorder

• Borderline Personality Disorder.
  National Institute of Mental Health

  Located online at:

Schizophrenia

• Schizophrenia.
  National Institute of Mental Health

  Located online at: