

MENTAL HEALTH RESOURCES FROM THE A.C. CLARK LIBRARY

Anxiety

- Anxiety Disorders
[electronic resource] / National Institute of Mental Health. [Bethesda, Md.] : U.S. Dept. of Health and Human Services, National Institute of Mental Health, 2009.

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
DuPont, Robert L., Elizabeth D. Spencer, and Caroline M. DuPont.
Hoboken, NJ: John Wiley, 2003. Print

Available online at:

<http://www.netLibrary.com/urlapi.asp?action=summary&v=1&bookid=98805>
(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.
Greenberger, D. & Padesky, C. (1995). New York: Guilford Press.

LOCATION:

Bemidji State Univ. Library - 2nd Floor - RC489.C63 G743 1996

Social Anxiety Disorder

- Social anxiety disorder.
Antony, Martin M., and Karen Rowa. Cambridge Toronto: Hogrefe & Huber, 2008. Print.

LOCATION:

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

- Shy Children, Phobic Adults : Nature and Treatment of Social Anxiety Disorder.
Beidel, Deborah C., and Samuel M. Turner. Washington, D.C: American Psychological Association, 2007. Print.

LOCATION:

Bemidji State Univ. Library - 2nd Floor - RC552.S62 B45 2007

- Always Embarrassed : Social Phobia (Social Anxiety Disorder).
[Bethesda, MD] : National Institute of Mental Health, U.S. Dept. of Health and Human Services, National Institutes of Health, [2007]

LOCATION:

Bemidji State Univ. Library - Federal Publications ~ 3rd Floor - HE 20.8102:P 56/3

- Triumph Over Shyness: Conquering Shyness and Social Anxiety
Stein, M. & Walker, J. (2001).. New York: McGraw-Hill.

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.
Antony, M. & Swinson, R. (2000). Oakland, CA: New Harbinger Publications Distributed in the U.S.A. by Publishers Group West.

LOCATION:

Bemidji State Univ. Library - 4th Floor - BF575.B3 A58 2000

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](http://www.nimh.nih.gov/health/publications/depression-and-college-students/depression%20and%20college%20students%20ln7.pdf)

- Women and Depression: Discovering Hope
National Institute of Mental Health. [Bethesda, MD] : U.S. Dept. of Health & Human Services, National Institutes of Health, National Institute of Mental Health, 2009.

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

- Depression
[Bethesda, Md.] : National Institute of Mental Health, National Institutes of Health, U.S. Dept. of Health and Human Services, [2008]

LOCATION:

Bemidji State Univ. Library - Federal Publications ~ 3rd Floor - HE 20.8102:D 43/2008

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

LOCATION

Bemidji State Univ. Library - Federal Publications ~ 3rd Floor -HE 20.8102:D 44/24/2005

Also located online at: <http://purl.access.gpo.gov/GPO/LPS71179>

- Ending the Depression Cycle : A Step-By-Step Guide for Preventing Relapse.
Bieling, P. & Antony, M. (2003). Oakland, Calif: New Harbinger Publications.

LOCATION:

Bemidji State Univ. Library - 2nd Floor - RC537 .B488 2003

- Dealing with Depression: A Commonsense Guide to Mood Disorders.
Parker, G. & Straton, D. (2002). Crows Nest, Australia: Allen & Unwin.

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)

- The Pain Behind the Mask : Overcoming Masculine Depression.
Lynch, J. & Kilmartin, C. (1999). New York: Haworth Press.

LOCATION:

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

- Dealing with Depression in 12 step Recovery
Jack. (1990).. Center City. Minn: Hazelden.

Located online at:

<http://www.netLibrary.com/urlapi.asp?action=summary&v=1&bookid=43616>
(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.

LOCATION:

Bemidji State Univ. Library - Circulation Desk Media ~ 3rd Floor -
Video VHS LC 4704 .H69x 1995

- Overcoming Math Anxiety
Tobias, S. (1993).. New York: W.W. Norton.

LOCATION:

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

Eating Disorders

- Eating Disorders,
National Institute of Mental Health

Located online at:

<http://www.nimh.nih.gov/health/publications/eating-disorders/eating-disorders.pdf>

- The Eating Disorder Sourcebook: A Comprehensive Guide to the Causes, Treatments, and Prevention of Eating Disorders.
Costin, C. (1999). Los Angeles, Calif: Lowell House.

Located online at:

<http://www.netLibrary.com/urlapi.asp?action=summary&v=1&bookid=23974>
(An electronic book accessible through the World Wide Web; click for information)

- Hope, Help, & Healing for Eating Disorders : A New Approach to Treating Anorexia, Bulimia, & Overeating.
Jantz, G. (1995). Wheaton, Ill: Harold Shaw Publishers.

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>

- Understanding ADHD : Attention Deficit Hyperactivity Disorder.
Green, C. & Chee, K. (1998). New York: Fawcett Columbine

LOCATION:

Bemidji State Univ. Library - 2nd Floor - RJ506.H9 G735 1998

- Attention Deficit Disorder : Practical Coping Methods
Fisher, B. & Beckley, R. (1999). Boca Raton: CRC Press.

LOCATION:

Bemidji State Univ. Library - 2nd Floor - RC394.A85 F57 1998

- 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.
Joseph, S., Williams, R. & Yule, W. (1997). Chichester New York: J. Wiley.

Located online at:

<http://www.netLibrary.com/urlapi.asp?action=summary&v=1&bookid=25971>
(An electronic book accessible through the World Wide Web; click for information)

- Combat-Related Traumatic Brain Injury and PTSD : A Resource and Recovery Guide.
Scott, C. & Philpott, D. (2010). Lanham: Government Institutes.

LOCATION:

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

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

Located online at:

http://www.nimh.nih.gov/health/publications/post-traumatic-stress-disorder-ptsd/nimh_ptsd_booklet.pdf

Bipolar Disorder

- The Bipolar Disorder Survival Guide: What You and Your Family Need to Know
Miklowitz, D. (2002).. New York: Guilford Press.

LOCATION:

Bemidji State Univ. Library - 2nd Floor - RC516 .M554 2002

- Bipolar Disorder,
National Institute of Mental Health

Located online at:

<http://www.nimh.nih.gov/health/publications/bipolar-disorder/render.pdf>

Alcohol and Drug Abuse

- Beyond Hangovers: Understanding Alcohol's Impact Your Health.
[Bethesda, MD] : U.S. Dept. of Health and Human Services, National Institutes of Health, National Institute on Alcohol Abuse and Alcoholism, [2011]

LOCATION:

Bemidji State Univ. Library - Federal Publications ~ 3rd Floor-HE 20.8302:H 19/2011

Also located online at: <http://purl.fdlp.gov/GPO/gpo10363>

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

LOCATION:

Bemidji State Univ. Library- Federal Publications ~3rd Floor-HE 20.8302:D 18/13/2010

Also located online at: <http://purl.fdlp.gov/GPO/gpo35390>

- Marijuana Myths & Facts: The Truth Behind 10 Popular Misperceptions.
[Washington, D.C.] : Office of National Drug Control Policy, [2004?]

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>

Recovering from Sexual Abuse

- Recovering From Sexual Abuse, Addictions, and Compulsive Behaviors: "Numb" Survivors.
Knauer, S. (2002). New York: Haworth Social Work Practice Press.

LOCATION:

Bemidji State Univ. Library - 2nd Floor - RC533 .K58 2002

- Beginning to Heal : A First Book for Survivors of Child Sexual Abuse
Bass, E. & Davis, L. (1993).. New York: Harper Collins Publishers.

LOCATION:

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

- The Courage to Heal Workbook : For Women and Men Survivors of Child Sexual Abuse.
Davis, L. (1990). New York: Perennial Library.

LOCATION:

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

- Beyond Victim : You Can Overcome Childhood Abuse--Even Sexual Abuse.
Beveridge, M. (1988). Moore Haven, FL: Rainbow Books.

LOCATION:

Bemidji State Univ. Library - 2nd Floor - RC569.5.C55 B35 1988

Loss of Loved Ones

- How to Survive the Loss of a Love.
Colgrove, M., Bloomfield, H. & McWilliams, P. (1991). Los Angeles: Prelude Press.

Located online at:

<http://www.drugsense.org/mcwilliams/www.mcwilliams.com/books/books/sur/index11.htm>

Recovering from Mental Illness

- Making Recovery a Reality.
Shepherd, G., Boardman, J. & Slade, M. (2008). Sainsbury Centre for Mental Health

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:

<http://www.nimh.nih.gov/health/publications/bipolar-disorder/render.pdf>

Schizophrenia

- Schizophrenia,
National Institute of Mental Health

Located online at:

<http://www.nimh.nih.gov/health/publications/schizophrenia/nimh-schizophrenia-booklet.pdf>