

Mental Health Conditions & Treatment

Author	Title	Call Number			
Adamec, C.	1996	How to Live with a Mentally Ill Person: a handbook of day-to-day strategies	MH	1	436
Aisbett, B.	2000	Taming the black dog : a guide to oversoming depression	MH	6.1	106
Aisbett, B.	1993	Living with it: A survivor guide to panic attacks	MH	8	441
Amador, X. & Johanson, A.	2000	I am not sick, I don't need help : a practical guide for families and therapists	MH	11	130
Ashfield , John.	2007	Taking care of yourself and your family	MH	6	807
Australian Infant Child Adolescent and Family Mental Health Association Ltd	2004	The best for me and my baby : managing mental health during pregnancy and early parenthood	MH	1.1	80
Australian Infant Child Adolescent and Family Mental Health Association Ltd	2004	Family talk : tips and information for families where a parent has a mental health problem or disorder	MH	1.1	82
Australian National University – Centre for Mental Health Research	2001	Help for Depression – What Works & What Doesn't	MH	6	610
Axline, V.M.	1964	Dibs in search of self : the moving story of an emotionally lost child who found his own way back	MH	11	129
Bloch, S. and Singh, B.S.	1997	Understanding troubled minds : a guide to mental illness and its treatment	MH	11	131
Bockian, N.R.	2002	New Hope For People With Borderline Personality Disorder	MH	2	459
Bradshaw, J.	1990	Home coming : reclaiming and championing your inner child	MH	4	388
Brown, S., Lewis, V.M. & Liotta, A.	2000	The family recovery guide : a map for healthy growth	MH	10	123
Buchanan, J.	2004	Wings of madness : a mother's journey	MH	6	111

Byrski, L.	1987	Under the influence : growing up in alcoholic families	MH	10	126
Clark, I.	1999	Saving Jessie	MH	10	492
Coleman, V.	1985	Life without tranquillisers : how to survive stress and anxiety without drugs	MH	10	127
Commonwealth Department of Veterans' Affairs	1995	Dementia : education notes for community nurses	MH	9	151
Cooper C.L., Cooper R.D. and Eaker, L.H.	1988	Living with stress	MH	5	100
Copeland, M.E	1992	The depression workbook : a guide for living with depression and manic depression	MH	6	101
Cowan, Graham.	1968	Back from the brink	MH	6	812
Cowan, Graham.	1968	Back from the brink too	MH	6	813
Cowling, V.	1999	Children of Parents with Mental Illness	MH	1	404
Cullis, B. and Bibb, S.	2004	Bronte's story : tears, trials and triumphs : a personal battle with anorexia	MH	9	313
Dadds, M., Seinen, A., Roth, J., Harnett, P.	2000	Early intervention for anxiety disorders in children and adolescents	MH	8	116
Davis, C., Martin, G., Kosky, R. and O'Hanlon, A.	2000	Early intervention in the mental health of young people : a literature review	MH	1	77
Deveson, A.	1998	Tell me I'm here	MH	3	386
Eron, J.	2005	What Goes Up...Surviving the Manic Episode of a Loved One	MH	2	493
Eyers, K., Parker, G. & Wigney, T.	2006	Journeys with the black dog	MH	6	709
Fensham, E.	2005	Helicopter Man	MH	3	421

Friedel, R.O.	2004	Borderline Personality Disorder Demystified : An essential guide for understanding and living with BPD	MH	2	458
Fuller, A.	1998	From surviving to thriving : promoting mental health in young people	MH	1	71
Fusco, G.M. & Freeman, A.	2004	Borderline Personality Disorder-A Patient's Guide to Taking Control	MH	2	505
Germer, C.K., Siegel, R.D. & Fulton, P.R.	2005	Mindfulness & Psychotherapy	MH	11	586
Giuliano, B.	1997	Understanding the twilight threat : Elderly Depression : a positive approach : practical guidance for those who care	MH	6	103
Hamilton, C. and Jameson, N.	2004	Broken Open: how one man stared down his demons to recover from a mental breakdown	MH	6.1	392
Hays, K.F.	2006	Move Your Body, Tone Your Mood: the Workout Therapy Workbook	MH	11	478
Heller, T. et al	1988	Mental Health Matters	MH	1	567
Hesser, T.S.	1998	Kissing doorknobs	MH	8	396
Holt, G. et al	2004	Guide to Mental health for Families & Carers of People with Intellectual Disabilities	MH	2	548
James, K.	1998	The Depressed Mother: a practical guide to treatment and support	MH	6	435
Jampolsky, Gerald G.	1997	Love is letting go of fear	MH	8	117
Julien, Robert M.	2001	A primer of drug action : a concise nontechnical guide to the actions, uses, and side effects of psychoactive drugs	MH	10	124
Kelly, M.	2000	Life on a roller-coaster : living well with depression and manic depression	MH	6	113
Kidman, A.	2006	Feeling Better : A Guide To Mood Management	MH	6	479
Kowalenko, N. et al	2000	The perinatal period : early interventions for mental health	MH	1	78

Kreger, R. & Shirley, J.P	2002	The Stop Walking on Eggshells Workbook	MH	2	400
Landau, M.	1997	Snippets on sanity	MH	1	87
Lawrence, M.	1984	The anorexic experience	MH	9	121
Leatham, V	2004	Bloodletting: a memoir of secrets, self-harm and survival	MH	7.1	394
Lennard-Brown, S.	2004	Stress & depression	MH	6	391
Lewis, G.	2002	Sunbathing in the Rain – A cheerful book on depression	MH	6	611
Lim, L., Guan O.T. and Mahendran, R. (eds)	2000	I am not mad! : a sane look at psychological issues	MH	1	84
Linehan, M.	1993	Skills Training Manual for Treating Borderline Personality Disorder	MH	2	506
Maisel, E.	2002	The Van Gogh Blues - The creative person's path through depression	MH	6	110
Martin, A.M.	2002	A corner of the universe	MH	1	379
Mason, P.T. and Kreger, R.	1998	Stop walking on eggshells : taking your life back when someone you cared about has borderline personality disorder	MH	2.1	384
Massey, A.	2005	Beat Depression and Reclaim Your Life	MH	6	429
Mather, C.L. and Debye, K.E.	2004	How long does it hurt : a guide to recovering from incest and sexual abuse for teenagers, their friends and their families	MH	4	387
McLean, R.	2003	Recovered, not cured : a journey through Schizophrenia	MH	3	97
Milhorn, T.	1994	Drug and alcohol abuse : the authoritative guide for parents, teachers and counsellors	MH	10	312
Mondimore, F.M.	2006	Bipolar Disorder: A Guide for Patients & Families	MH	6	477
Morgan, A.	2000	What is narrative therapy ? An easy-to-read introduction	MH	11	452

Moskovitz, R.	2001	Lost In The Mirror : An inside look at borderline personality disorder	MH	2	457
National Health Strategy : Issues Paper 5	1993	Help where help is needed : continuity of care for people with chronic mental illness	MH	1	72
Nolen-Hoeksema, S.	2006	Eating, Drinking,Over-Thinking"Womens Destructive Relationship with Food, Alcohol&Depression	MH	2	480
O'Hanlon, A. et al	2000	Model projects for early intervention in the mental health of young people : reorientation of services	MH	1	75
Ortman, D	2001	The Dual Diagnosis Recovery Sourcebook: a physical, mental, and spiritual approach to addition with an emotional disorder	MH	2	437
Parker, G.	2002	Dealing with Depression	MH	6	704
Payne, T.	2000	Hearing our voices : stories from carers of people with a mental illness	MH	1	86
Pipher, M.	1994	Reviving Ophelia : an eye-opening look at the everyday dangers of being young and female and how adults can help	MH	9	122
Preston, J. and Johnson, J.	1997	Clinical psychopharmacy made ridiculously simple (3rd ed)	MH	11	132
Redfield Jamison, K.	1995	An unquiet mind : memoir of moods and madness	MH	6	114
Reiland, R.	2004	Get Me Out Of Here : My recovery from borderline personality disorder	MH	2	455
Rowe, D.	2003	Depression - The way out of your prison	MH	6	112
Rowe, D.	1987	Beyond fear.	MH	8	119
Rowe, P. & Rowe, J.	2005	The Best of Times, The Worst of Times-Our family's Journey with Bipolar	MH	6	496
Russell, S.	2005	A lifelong journey : staying well with Manic depression/Bipolar disorder	MH	6	108
Sanders, M.R., Gooley, S. & Nicholson, J.	2000	Early intervention in conduct problems in children : clinical approaches to early intervention in child and adolescent mental health	MH	1	79

SANE Australia	2003	You're not alone : a SANE guide to mental illness for children	MH	1.5	92
SANE Australia	2001	Joe's diary : a SANE guide for young people	MH	1.4	383
SANE Australia	2000	The SANE Guide to Depression: a guide for people living with depression	MH	6	428
SANE Australia	2000	The SANE guide for carers	MH	1	85
SANE Australia	2003	You're not alone : a SANE guide to mental illness for children	MH	1.1	88
Schizophrenia Fellowship of Victoria INC.	1994	Psychosis : what is it?	MH	3	94
Schizophrenia Fellowship of Victoria INC.	1993	Carer's Handbook : psychosis : caring day-by-day	MH	3.1	95
Schizophrenia Fellowship of Victoria. INC.	1988	Schizophrenia	MH	3	93
Seaward, B.L. and Bartlett, L.K.	2002	Hot stones & funny bones : teens helping teens cope with stress and anger	MH	5	390
Secunda, V.	1997	When madness comes home : help and hope for the families of the mentally ill	MH	1	74
Shanley, E. and Thompson, C.A.	2001	Fueling the teen machine	MH	9	37
Shields, B.	2004	Down Came the Rain - A Mothers story of depression & recovery	MH	6	511
Shreeve, C.	2005	Dealing with depression : practical steps to understanding and overcoming it	MH	6	109
Stevens, B.A.	2000	Mirror, mirror : when self-love undermines your relationship	MH	2	304
Styron, W.	1991	Darkness visible	MH	6	105
Sussman, S. and Ames, S.L.	2001	The social psychology of drug abuse	MH	10	125
Swanston, H., Williams, K. and Nunn, K.	2000	The psychological adjustment of children with chronic conditions : clinical approaches to early intervention in child and adolescent mental health	MH	1	76

Sweet, M.	2006	Inside Madness:How one woman's passionate drive to reform the M.H. system ended in tragedy	MH	1	475
Tanner, S. and Ball, J.	1991	Beating the blues: A self-help approach to overcoming depression	MH	6	442
Tavris, C.	1982	Anger : the minunderstood emotion	MH	5	389
The Australian Centre for Posttraumatic Mental Health	1999	Posttraumatic stress disorder (PTSD) and war-related stress	MH	5	99
Tiller, G.J. & Lyndon R.W.	2003	Electroconclusive Therapy: An Australian Guide	MH		779
Wastell, C.	2005	Understanding trauma and emotion : dealing with trauma using an emotion-focused approach	MH	4	98
Weekes, C.	1984	More help for your nerves : recovery from nervous suffering through understanding nervous fatigue	MH	8	118
Weekes, C.	1977	Simple effective treatment of Agoraphobia : the proven way to conquer the fear of leaving home and joining the outside world	MH	8	120
Wilkinson, G., Kendrick, Moore, B.	2000	A Carer's guide to schizophrenia	MH	3	588
Williams, M.	2001	Suicide and attempted suicide	MH	7	115
Yapko, Michael D.	1999	Hand-me-down blues : how to stop depression from spreading in families	MH	6	102
Yapko, Michael D.	1997	Breaking the patterns of depression	MH	6	107
Young, J.E. & Klosko, J.S.	1994	Reinventing Your Life-Breakthrough program to end negative behavior	MH	8	560