Books on Prescription

is a community project with collaboration and sponsorship from:

Available now from your local library: Albany, Bremer Bay, Broomehill, Cranbrook, Denmark, Frankland, Gnowangerup, Jerramungup, Katanning, Kojonup, Mt Barker, Ongerup, Tambellup and Wellstead.
Books on Prescription provides people with a list of useful, evidence-based self-help resources that have been recommended by health professionals and organisations directly involved in mental health, as well as people who have experienced mental illness.

Resources in this booklet (and many other similar books) are all FREE to borrow from Albany Public Library.

The resources in this booklet are listed with the shelf location alongside the authors name – e.g. Dan Hughes 641.9 HUG.

Each resource is marked with the special Books on Prescription logo as seen here.

This initiative does not replace professional care from your GP.

“If you feel that you may have a mental health issue, it is important that you make an appointment with your GP. (A long appointment with your GP is usually best for mental health concerns). Your GP will make an assessment and provide you with a specific diagnosis and an individualized treatment plan. Part of this treatment plan will involve some education around your particular mental health condition. As part of this patient education and treatment plan, your GP or mental health practitioner may well recommend one or more titles from the “Books on prescription” list.”

Dr David Tadj MBBS, FRACGP, DRANZCOG

If you are worried about somebody you know you can get help from your local GP or phone: Lifeline 131 114  Crisis Care 1800 199 008

If you have thoughts of suicide please contact Lifeline on 131 313 or go to the hospital.
**SELF HARM**

The Parents Guide to Self-harm  
What Parents Need to Know  
Jane Smith  618.928582 SMI

The Scarred Soul  
Understanding and Ending Self-inflicted Violence  
Tracy Alderman  616.85 ALD

**EATING DISORDERS**

Biting Anorexia  
A Firsthand Account of an Internal War  
Lucy Howard (Eating Disorders/Anorexia)  362.198 HOW

**WELLNESS**

Quiet The Mind  
An Illustrated Guide on How to Meditate  
Matthew Johnstone  158.12 JOH

Leave Your Mind Behind  
Matthew McKay  158.1 MCK

**SLEEP HYGIENE**

Tired But Wired  
Nerina Ramlakhan  616.849 RAM

**DEPRESSION ADULTS**

Choosing To Live  
How to Defeat Suicide Through Cognitive Therapy  
Thomas Ellis  616.35 ELL

Feeling Good  
The New Mood Therapy  
David D Burns  153.4222 BUR

Living With A Black Dog  
His Name Is Depression  
Matthew Johnstone (also youth)  616.8527 JOH

I Had A Black Dog  
Matthey Johnstone (also youth)  616.8527 JOH

Beating The Blues  
A Self-help Approach to Overcoming Depression  
Susan Tanner/J Ball  616.8527 TAN

The Mindful Way Through Depression  
by Williams, Teasdale-Segal, and Kabat-Zinn  
(this has a CD included with mindfulness exercises)  362.25 TEA

The Mindful Way Through Depression  
by Williams, Teasdale-Segal, and Kabat-Zinn  
(this has a CD included with mindfulness exercises)  362.25 TEA
### ANXIETY

**The Anxiety & Phobia Workbook**  
Fourth Edition  
E Bourne  616.85 BOU

**Living With Fear**  
Understanding and Coping with Anxiety  
Isaac M. Marks  616.8522 MAR

**The 10 Best-Ever Anxiety Management Techniques**  
Understanding How Your Brain Makes You Anxious and What You Can Do to Change It  
Margaret Wehrenberg  152.46 WEH

### PANIC

**Living with IT**  
A Survivors Guide to Panic Attacks  
Bev Aisbett  616.85223 AIS

**An End To Panic**  
Elke Zuercher-White  616.85 ZUE

**Overcoming Shyness And Social Phobia**  
A Step-by-Step Guide (Clinical Application of Evidence-Based Psychotherapy)  
Ronald Rapee  155.2 RAP

### ANXIETY YOUTH

**My Anxious Mind**  
A Teen's Guide to Managing Anxiety and Panic  
Tompkins and Martinez  618.92 TOM

### ANXIETY CHILDREN

**When My Worries Get Too Big!**  
A Relaxation Book for Children Who Live with Anxiety  
Karl Dunn Buran  155.4 BUR

### DEPRESSION YOUTH

**Navigating Teenage Depression**  
A Guide for Parents and Professionals  
G Parker & K Eyer  616.85 PAR

**When To Really Worry**  
Michael Carr Gregg  616.8900835 CAR

**When Nothing Matters Anymore**  
Bev Cobain  618.92 COB