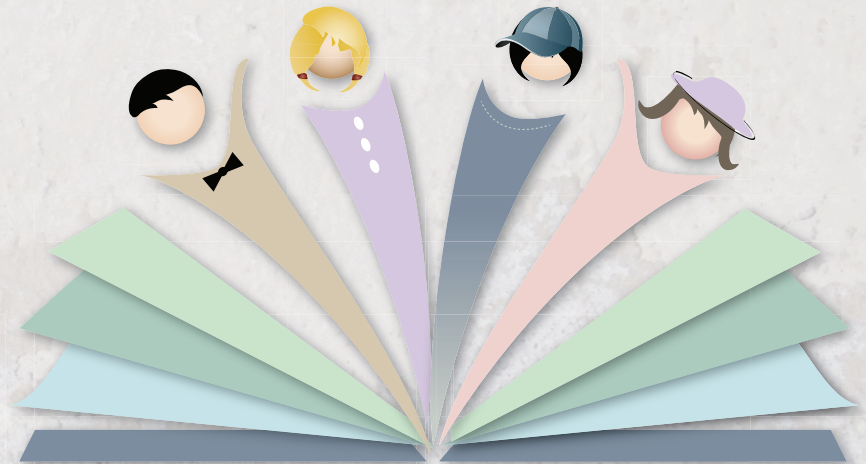


# BOOKS ON PRESCRIPTION

is a community project with collaboration and sponsorship from:



Albany Public Library



# BOOKS ON PRESCRIPTION

*A selection of self help books for mental wellness  
now available in libraries across the  
Great Southern.*



AVAILABLE NOW FROM YOUR LOCAL LIBRARY: Albany, Bremer Bay, Broomehill, Cranbrook, Denmark, Frankland, Gnowangerup, Jerramungup, Katanning, Kojonup, Mt Barker, Ongerup, Tambellup and Wellstead.





Books available on Overdrive as ebook.



**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.

## SUICIDE PREVENTION

### The Power to Prevent Suicide

Richard E Nelson 362.28 NEL

### One Life Tractor CD

CD Anglicare WA 362.28



## GRIEF & LOSS

### Lifetimes

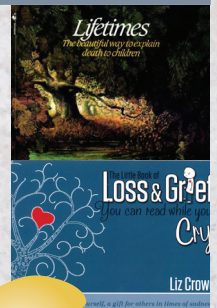
The Beautiful Way to Explain Death to Children

Bryan Mellonie 155.937 MEL

### The Little Book of Grief and Loss

You Can Read While You Cry

Liz Crowe 152.4 CRO



## USEFUL ADDITIONAL TITLES

### Principles of Attachment Focused Parenting

Dan Hughes 649.1 HUG

### Brain-Storm

The Power And Purpose of the Teenage Brain

Dan Siegel 155.5 SIE

### The Whole Brain Child

12 Revolutionary Strategies to Nurture Your Child's Developing Mind Dan Siegel 649.1019 SIE





## 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

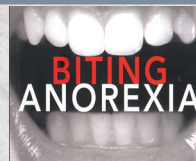
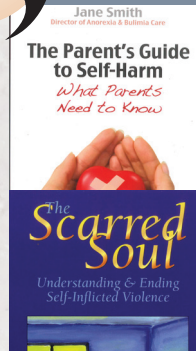
### Leave Your Mind Behind

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

Matthew Johnstone (also youth) 616.8527 JOH

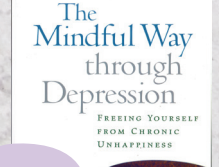
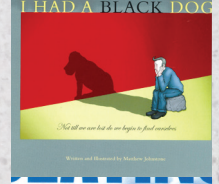
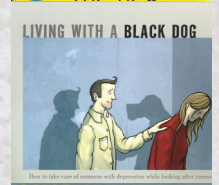
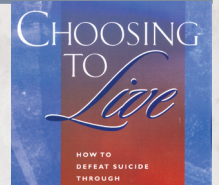
### Beating The Blues

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



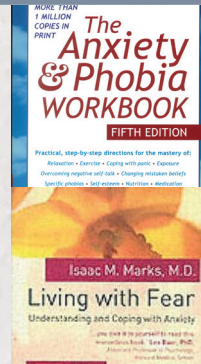


## ANXIETY

### 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

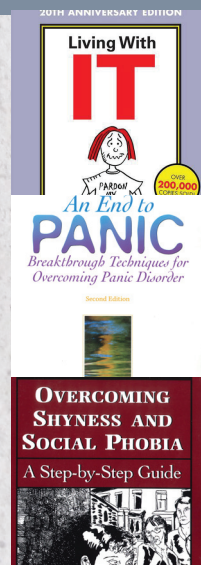


## PANIC

### 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

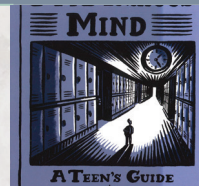
## ANXIETY YOUTH



### My Anxious Mind

A Teen's Guide to Managing Anxiety and Panic

Tompkins and Martinez 618.92 TOM

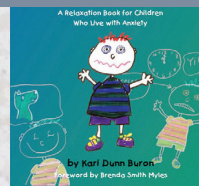


## ANXIETY CHILDREN

### When My Worries Get Too Big!

A Relaxation Book for Children Who Live with Anxiety

Karl Dunn Buron 155.4 BUR

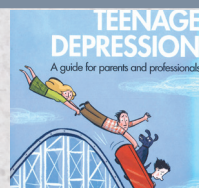


## DEPRESSION YOUTH

### Navigating Teenage Depression

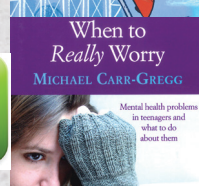
A Guide for Parents and Professionals

G Parker & K Eyers 616.85 PAR



### When To Really Worry

Michael Carr Gregg 616.8900835 CAR



### When Nothing Matters Anymore

Bev Cobain 618.92 COB

