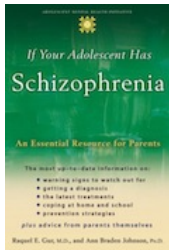


## Mental Health Book Resources for Secondary School

Each of the following books is available in your secondary school's library. Most of the books can be found in the Teacher Reference section and were selected to educate and raise awareness of adolescent mental health issues.

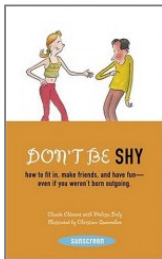


### Mental Health Series: If Your Adolescent Has ....

*If Your Adolescent Has Schizophrenia*  
*If Your Adolescent Has an Eating Disorder*  
*If Your Adolescent has Depression or Bipolar Disorder*  
*If Your Adolescent has an Anxiety Disorder*

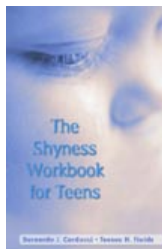
Although the target audience is parents of teens with mental health disorders, this series provides important information to school personnel looking to raise their awareness and knowledge of a variety of mental health disorders. The descriptions of disorders are clearly and engagingly written and include many examples. No section is very long and the indexes can be used to check for specific information (e.g., medications). In particular, the books on depression, eating disorders, and schizophrenia have a chapter on daily living where they discuss common difficulties faced by teens at school as well as practical strategies for assisting students in the classroom. The book on anxiety disorders addresses school issues as they relate to each of the 7 anxiety disorders discussed. Since the series is designed with a United States audience in mind, there is information regarding U.S. legislation affecting the provision of services for students with disabilities which is not applicable to the Canadian context.

### Shyness and Anxiety



*Don't Be Shy: How to fit in, make friends, and have fun – even if you weren't born outgoing.*

This is a great book for teens to read. It contains very short segments covering a multitude of possible reasons for shyness, some due to temperament and others due to contextual factors (e.g., cultural differences, physical disabilities, being the youngest sibling, the new kid at school, etc.). Also included is a wide range of practical strategies that students can use to help overcome shyness, from getting involved in structured activities to seeking professional help.



*The Shyness Workbook for Teens*

Designed as a self-help book for teens, *The Shyness Workbook for Teens* contains information and many strategy ideas for coping with shyness. There are activities including journal writing and exercises that help teens reflect on their shyness and actively explore coping strategies. The book is best used with a supportive adult such as a Child and Youth Worker or

Guidance Counsellor.

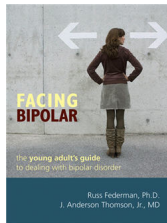
### *The Anxiety Workbook for Teens*



This workbook contains valuable information about identifying anxiety producing situations and the accompanying thoughts, behaviours, and physical symptoms that maintain worry, fear and anxiety. It can help school personnel develop a good understanding of the factors that lead to and support anxious or avoidant behaviour in their students. A CD with reproducible worksheets accompanies the book. Some of the activities can be helpful to Child and Youth Workers or Guidance Counsellors in helping students gather information about the nature and extent of their fears and worries. However, a psychological services consultant and/or social worker should be consulted before using the activities and strategies outlined in this workbook.

### **Mood Disorders**

#### *Facing Bipolar: The young adult's guide to dealing with bipolar disorder*



School personnel can read this book for excellent information on the nature of bipolar disorder and treatment for the disorder. Be cautious in using this book with students. Use only with students who have received a diagnosis of Bipolar Disorder from a regulated health professional such as a psychiatrist or psychologist. It is better to read and discuss passages from the book with a student than to have students read the book entirely on their own.

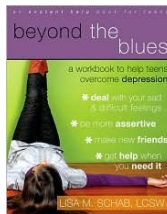
#### *Recovering from Depression: A Workbook for Teens – Revised Edition*



This is a good resource for Guidance Counsellors and Child and Youth Workers to use to address many situations that can have a negative affect on a student's mood (e.g., when bad things happen, substance abuse, poor self-esteem). For each situation, there are a series of activities that can be used with students to help them identify and develop a problem-solving solution.

For students with a formal diagnosis of depression and/or suicidal ideation/suicide attempts, Guidance Counsellors and Child and Youth Workers can use this book as a resource to help students develop safety plans and address a variety of issues such as explaining depression to a friend or developing relaxation strategies.

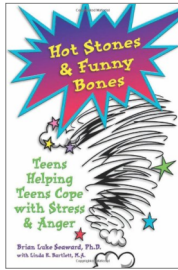
#### *Beyond the Blues: A Workbook to Help Teens Overcome Depression*



School personnel can read this book for excellent information on understanding depression and the many strategies that can be used to improve mood. A CD with reproducible worksheets accompanies the book. Some of the activities can be helpful to Child and Youth Workers or Guidance Counsellors in helping students gather information about the factors that affect their mood. However, a psychological services consultant and/or social

worker should be consulted before using the activities and strategies outlined in this workbook.

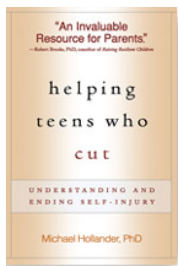
## Stress and Anger



### *Hot Stones and Funny Bones: Teens Helping Teens Cope with Stress and Anger*

This could be a good resource for Child and Youth Workers to use with students either individually or in small groups. The metaphor of hot stones is used to describe different ways of expressing anger from the ‘volcanic’ to the ‘silent but deadly’ hot stone. Funny bones exemplifies the importance of humour in relieving stress and reducing anger. The book is organized around teaching points which include many student examples as well as opportunities for students to reflect on their own behaviour and feelings.

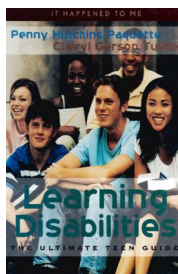
## Self-Injury



### *Helping Teens Who Cut: Understanding and Ending Self-Injury*

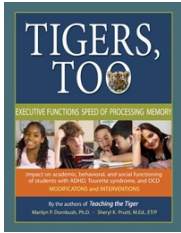
This is designed as a parent resource but can be valuable to educators as well. The author describes and explores the complex emotions experienced by teens who cut as well as the challenges faced by professionals working with teens to reduce self-injurious behaviour. Dialectical Behaviour Therapy (DBT) is described as a treatment method used by health professionals.

## Learning and Behaviour Disorders



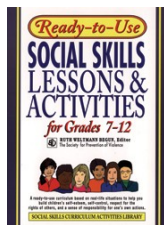
### *Learning Disabilities: The Ultimate Teen Guide*

Special Education Teachers, Guidance Counsellors, and/or Child and Youth Workers can use this book with students diagnosed with a learning disability to help them understand their learning disability. The book describes different types of learning disabilities, provides student examples, and explains a variety of strategies student can use to address their learning disability. Included is information about transitioning from secondary to post-secondary school. This is a U.S. book which contains legislative information not relevant to the Canadian context.



### *Tigers, Too*

This is an excellent resource for teachers and special education teachers. It describes in detail the executive functioning, memory, and processing speed problems experienced by students with ADHD, Tourette Syndrome, and OCD. There are extensive and comprehensive chapters outlining general interventions as well as literally hundreds of specific interventions for many different academic areas including test taking, study skills, reading, oral expression, math calculations, math reasoning, written expression, etc. Many reproducible student worksheets are included.



### *Ready-to-use Social Skills Lessons & Activities for Grades 7-12*

An excellent, practical book for Life Skills Teachers, Child and Youth Workers or Guidance Counsellors. Topics include listening, self-control, decision making, dealing with peer pressure, finding and keeping a job, etc. The workbook is organized into lesson plans with reproducible activity sheets associated with each social skills topic.