

## ADULT RESOURCES

AUTHOR	TITLE	YEAR	EDITION	PUBLISHER	PLACE OF PUBLICATION	CODE
Aggleton P, Hurry J, Warwick I (Editors)	Young People and Mental Health	1999		John Wiley & Sons		G
Aisbett, Bev	<i>Living It Up: The Advanced Survivor's Guide to Anxiety-Free Living</i>	1994		Harpercollins	Australia	A
Aisbett, Bev	<i>Living With It: A Survivor's Guide to Panic Attacks</i> (2 Copies)	1993		HarperCollins	Australia	A
Aisbett, Bev	<i>Taming the Black Dog: A Guide to Overcoming Depression</i>	2000		HarperCollins	Australia	A
	The Australian Directory of Philanthropy	1998/99		Philanthropy Australia Inc		
Anderson, C. et al	Schizophrenia & The Family	1986		Gilford Press	New Zealand	S
Alexander, Ken	<i>Understanding &amp; Coping with Schizophrenia: 14 Principles for the Relatives</i>	1991		Wilkinson Books	Melbourne, Victoria	C/S
Ashley Susan, PHD	The ADD & ADHD Answer Book	2005		Sourcebooks, Inc	Illinois	
Attwood, Tony	<i>Asperger's Syndrome : A Guide for Parents &amp; Professionals</i>	1998		Jessica Kingsley Publishers	London	PDD
Bishop, Lara	<i>Postnatal Depression: Families In Turmoil</i>	1999		Halstead Press	Ruscutter's Bay, NSW	D
Bloch, S & Singh, B S	<i>Understanding Troubled Minds: A Guide to Mental Illness &amp; It's Treatment</i>	1997		Melbourne University Press	Carlton Sth, Victoria	G

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Bourne, Edmund	The Anxiety & Phobia Workbook (2 Copies)	1995	2nd	New Harbinger Publications	USA	A
Burgess, Wes M.D.; Ph.D	The Bipolar Handbook	2006		Penguin Group	New York	
Cornelius, H & Faire, S	Everyone Can Win: <i>How to Resolve Conflict</i>	1989		Simon & Schuster	Australia	G
Cory M, Tubridy A	Going Mad? <i>Understanding Mental Illness</i>	2001		Newleaf - Gill & Macmillan		G
Cowling, Vicki	Children of Parents with mental Illness ( 2 Copies)	1999		Australian Council for Educational Research Ltd	Melbourne, Victoria	CH
Cytryn L & McKnew D	Growing up Sad: Childhood Depression & It's Treatment	1998		Norton		
Davies, John	A Manual of Mental Health Care In General Practice	2000		Commonwealth Dept of Health & Aged Care	Canberra, ACT	G
Dearth, Labernski, Mott & Pellegrini	Families Helping Families Living with Mental Illness (2 Copies)	1986		W.W. Norton & Co	New York	C
Ericksen, Dr Corey	Depression is Curable	1986		Rainbow Press	Oregon, USA	
Fairfield L	Volcanoes - Recovery From Rage	1999				
Falloon, Boyde, McGill	Family Care of Schizophrenia (2 copies)	1987		Guilford Press	New York	C/S

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Faraone Dr, Stephen V.	Straight Talk about Your Child's Mental Health: <i>What to do when something seems wrong</i>	2003		The Guildford Press	New York	G
Fox, Bronwyn	Power Over Panic: Freedom From Panic/Anxiety Related Disorders	1997		Longman	Australia	A
Healey, Justin (Editor)	Suicide and Self-Harm (Issues in Society Series)	2002		The Spinney Press	Sydney, Australia	SU
Heckler, Richard A	Waking Up Alive: <i>The descent to suicide and return to life</i>	1994		Judy Piatkus (Publishers) Ltd	London	SU
Howe, Gwen	Serious Mental Illness - A Family Affair	1997		Sheldon Press	London	C
Human Rights and Equal Opportunity Commission	Human Rights & Mental Illness: <i>A Report on the National Inquiry into the Human Rights of People with a Mental Illness</i>	1993		Aust Govt Publishin Service	Canberra	G
l'Anson, Kathryn	Nine, Ten Do It Again: <i>A Guide to Obsessive Compulsive Disorder (2 Copies)</i>	1997	2nd	Obsessive Compulsive & Anxiety Disorder Foundation of Victoria	Armadale, Vic	OCD
Jamison, Kay Redfield	Night Falls Fast: <i>Understanding Suicide</i>	2000		Picador (Macmillan Pub.)		SU
Lachenmeyer, Nathaniel	The Outsider: <i>A Journey into My Father's Struggle with Madness</i>	2002		Hill of Content Publishing	Melbourne	
Johnson, Julie T	Hidden Victims Hidden Healers: <i>An Eight Stage Healing Process for Families and Friends of the Mentally Ill</i>	1988		Pema. Edina MN	USA	C

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Johnson, Julie T (2 Copies)	Understanding Mental Illness: <i>For Teens Who Care about Someone with Mental Illness</i>	1989	Herner Publications	Minneapolis	CH
Kreger R & Shirley JP	The Stop Walking on Eggshells Workbook	2002	New Harbinger Publications (USA)	USA	PD
Kubler-Ross, E	Questions & Answers on Death and Dying	1974	Macmillian Publishing Co.	New York, USA	
Kuipers E & Bebbington P	Living With Mental Illness: <i>A Book for Relatives &amp; Friends</i>	1987	Souvenir Press (E&A) Ltd		C
Lewis, Dr David	Helping Your Anxious Child	1988	Random House		A
Lieberman, JA (Editor)	Re-Integration of the Schizophrenic Patient	1998	Science Press	London	S
Lintner, Dr Brenda	Living With Schizophrenia: <i>A Positive Guide for Sufferers and Carers</i>	1996	Vermilion	London	S
Maclean Kate	Support Group Survival Kit: <i>A guide to setting up and faciliating support groups</i>	2001	Mental Health Association NSW Inc	Gladesville	SR
Maclean Kate	Support Group Survival Kit: <i>A guide to setting up and faciliating support groups - Video</i>	2001	Mental Health Association NSW Inc	Gladesville	SR
Mason P & t Kreger Randi	Stop Walking on Eggshells: <i>Taking your life back when someone you care about has borderline personality disorder</i>	1998	New Harbinger Publications, Inc		PD

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McKissock, Dianne	The Grief of Our Children	1998		National Library of Australia		GR
Meagher, J	Partnership or Pretence	1995		Psychiatric Rehabilitation Association	Australia	G
Mental Health Co-Ordinating Council Inc	Mental Health Rights Manual: <i>A Guide to the Legal &amp; Human Rights of Peole with a Mental Illness in NSW</i>	1995		Redfern Legal Centre Pub.	NSW	G
Miller, N & Cohen, G (ed)	Schizophrenia & Aging	1987		The Guilford Press	New York	S
Morrison MD, James	Straight Talk about Your Mental Health	2002		The Guildford Press	New York	G
Nairne K & Smith G	Dealing with Depression	1984		The Women's Press	London	
NSW Association for Mental Health	Way Ahead: <i>Your Resource to Better Mental Health in NSW</i>	1999	3rd	NSW AMH	Gladesville NSW	G
NSW Institute of Psychiatry	Mental Health Act Guide Book	1998		NSW Inst. Of Psychiatry	Parramatta NSW	G
O'Reilly B & Smith S	Australian Autism Handbook	2008		Jane Curry Publishing	Edgecliff NSW	
Oster, G & Montgomery, S	Helping Your Depressed Teenager: <i>A Guide for Parents &amp; Caregivers</i>	1995		John Wiley & Sons, Inc.	New York	D
Papolas D & J	The Bipolar Child	1999		Broadway Books	USA	B
Parker, Gordon	Dealing with Depression: <i>A commonsense guide to mood disorders</i>	2002		Allen & Unwin	Sydney, Australia	

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Pelzer, Dave	My Story	2003	The Spartan Press	Lymington	
Phillips, Neil	Full of Beans	1998	Shrink-Rap Press	Sydney, Australia	
Phillips, Neil	<i>Too Blue: A book about depression</i>	1999	Shrink-Rap Press	Sydney, Australia	
Pizzy, Erin	Scream Quietly or the Neighbours will Hear	1974	Penguin Books	England	DV
Radke-Yarrow, Marian	<i>Children of Depressed Mothers: From Early Childhood to Maturity</i>	1998	Cambridge University Press	United Kingdom	CH/D
Rapee, Ronald M PhD.	<i>Overcoming Shyness &amp; Social Phobia: A Step-by-Step Guide</i>	1998	Lifestyle Press	Killara, Australia	A
Ramjan, B (ed)	Insights & Alternative Realities (2 Copies)	1993	Schizophrenia Fellowship of NSW	North Ryde NSW	S
Redfern Legal Centre	Children's Court Guidebook	2000	Redfern Legal Centre		L
Redwood, Bernette	<i>We Can Do It Together: A Guide for Support Groups (2 Copies)</i>	2000	NSW Association for Mental Health Inc.	Gladesville NSW	SR
Rey, Dr Joseph	<i>More than Just the Blues: Understanding Serious Teenage Problems (2 Copies)</i>	2002	Simon Schuster (Aust)		G
Rio, L & Rio, T	<i>The Anorexia Diaries: A mother &amp; daughter Triumph over teenage eating disorders</i>	2003	Rodale Ltd	London	ED

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Rosen L E & Amador X F	When Someone You Love is Depressed	1997		Simon & Schuster Inc.	New York	D
Rosenfield, Maxine	Counselling by Telephone	1997		Sage Publications	London	C
Rowe, Dorothy	Depression: <i>The Way Out of Your Prison</i>	1996	2nd	Routledge	London	D
Shamoo T & Patros P	Helping Your Child Cope With Depression & Suicidal Thoughts	1997		Jossey-Bass Publishers	San Francisco, USA	D/SU
Singer C & Gurrentz S	If Your Child Is Bipolar: <i>The parent-to-parent guide to living with and loving a bipolar child</i>	2004		Perspective Publishing Inc	Los Angeles, USA	B
Smart, Victor J	The Courage to Be: <i>Life is a Spiritual Journey</i>	2002		Book House	Glebe, NSW	G
Sydney Rape Crisis Centre	Surviving rape: <i>A Handbook about Rape for Survivors, Family, Friends and Workers</i>	1995	3rd	Redfern Legal Centre Pub.	NSW	G
Tanner Susan, Ball Jillian	Beating the Blues: <i>A Self-Help Approach to Overcoming Depression</i>	1991		National Library of Australia		D
Temes, Roberta PHD	Getting Your Life Back Together When You Have Schizophrenia	2002		New Harbinger Publications	Oakland, USA	S
Torrey, E Fuller	Surviving Schizophrenia: A Family Manual	1988		Harper & Row	New York	S

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Torrey, E Fuller	Surviving Schizophrenia: <i>A Manual for Families, Consumers &amp; Providers</i>	1995	3rd	HarperPerennial	New York	S
Trezise, E & Lynn, R	Suicide.....Help! A Quick Look Handbook	1996		TEAKL Education	Greenpoint Australia	S
Wesley Mission	Life Force Suicide Prevention Program: Through the Pain (Facilitators Manual)					S
Wesley Mission	Life Force Suicide Prevention Program: Through the Pain (Participants Manual)					S
Wever, Chris	Full of Beans.	1998		Shrink-Rap Press	Sydney, Australia	
Wever, Chris	The Secret Problem	1996	2nd	Shrink-Rap Press	Sydney, Australia	
Williams, Kate	A Parent's Guide for Suicidal and Depressed Teens: <i>Help for Recognizing if a Child is in Crisis &amp; What to Do About it</i>	1995		Hazeldon	Minnesota	D/SU
Wilson, Paul	Instant Calm	1995		National Library of Australia		
Worden, W	Grief Counselling & Grief Therapy	1988		Routledge	London	GR

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## CHILDREN'S RESOURCES

AUTHOR	TITLE	YEAR	EDITION	PUBLISHER	PLACE OF PUBLICATION	CODE
Andrews, Beth	<i>Why Are You So Sad? A Child's Book About Parental Depression</i>	2002		Magination Press	USA	
Campbell, Bebe Moore	Sometimes My Mommy Gets Angry	2003		G.P Putnam's Sons	USA, New York	
Earls, Hartnett, Seaman	There Must Be Lions	1998		Ginninderra Press	ACT	
Lachenmeyer, N	Broken Beaks	2003		Michelle Anderson Publishing Pty Ltd	Melbourne, Australia	
Liddicut, J	Is Dad Crazy?	1989		Schizophrenia Australia	Victoria	
Sane Australia	<i>Joe's Diary: A SANE Guide for Young People (3 Copies)</i>	2001		SANE Australia	Sth Melbourne	
Shuman, Carol	Jenny is Scared	2003		Magination Press	USA	
Sones, Sonya	<i>Stop Pretending: What happened when my big sister went crazy</i>	2001		Harper Tempest (Harper/Collins) Publishers	USA, New York	
Silverman, Janis	<i>Help Me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies</i>	1999		Fairview Press	USA	
Wilson, Jacqueline	The Illustrated Mum	2000		Corgi Yearling	London	
	Jake's Dinosaur					
	Robbie, Rose and the Monkey					

## **CHILDREN'S RESOURCES**

Your Not Alone, Sane

## BOOKLETS

AUTHOR	TITLE	YEAR	EDITION	PUBLISHER	PLACE OF PUBLICATION	CODE
Alliance For The Mentally Ill Australia	Taking the "us and Them' out of the Treatment of Chronic Mental Illness	1990		AMI		G
Appleby M & Condonis M	Hearing the Cry: <i>Suicide Prevention (3 Copies)</i>	1990		National Library of Australia		SU
Appleby, Margaret	Surviving the Pain After Suicide	1992		National Library of Australia		SU
ARAFMI (Launceston) Inc	<i>The Survivors: The experience of mental illness by family members</i>			ARAFMI	Tasmania	C
ARAFMI (QLD)	<i>Coping With Mental Illness: A handbook for family carers (2 copies)</i>	1996		ARAFMI	Brisbane	C
ARAFMI (QLD)	<i>Supporting People with Psychiatric Disabilities: Informations, skills and strategiesfor support workers</i>	2000		ARAFMI	Brisbane	
ARAFMI (WA)	Learning to Live with Obsessive Compulsive Disorder (2 Copies)			ARAFMI	Perth, WA	OCD
ARAFMI (WA)	About Depression (2 Copies)	1998		ARAFMI	Perth, WA	D
ARAFMI (WA)	About Bipolar Mood Disorder (2 Copies)	1998		ARAFMI	Perth, WA	B
ARAFMI (WA)	About Panic & Disorders	1998		ARAFMI	Perth, WA	A
ARAFMI (WA)	<i>Mental Illness: A booklet for partners (2 Copies)</i>	1998		ARAFMI	Perth, WA	C

## BOOKLETS

Family Drug Support	A Guide to Coping				D&A
Miller S, Culture W, Cruickshank M & Ashton M	Living Well With Schizophrenia: A book full of great ideas for people living with schizophrenia	3rd	Schizophrenia Fellowship of SA	South Australia	S
Sane Australia	<i>The Sane Guide to Treatments: A Guide to treatments for people seriously affected by mental illness</i>	1998	Sane Australia	Victoria	G
Sane Australia	<i>Carers Handbook: Caring for someone who has a psychiatric disability (3 Copies)</i>	1998	Sane Australia	Victoria	C
Sane Australia	<i>Mental Illness - Guidebook: A resource for people living with a mental illness (2 Copies)</i>	1998	Sane Australia	Victoria	G
Sane Australia	<i>A Guide for the Carers of People Living with a Mental Illness: Carer Guide (4 Copies)</i>	2001	Sane Australia	Victoria	C
Sane Australia	<i>A Guide for People Living with a Mental Illness: Consumer Guide</i>	2001	Sane Australia	Victoria	
Sane Australia	The Sane Guide to Staying Alive	2003	Sane Australia	Victoria	G
Sane Australia	Planning Ahead: <i>The Sane Guide</i>	2000	Sane Australia	Victoria	
Sane Australia	The Sane Guide To Drugs	2004	Sane Australia	Victoria	D & A
Schizophrenic Fellowship of Victoria	<i>Carer's Handbook: Psychosis: Caring Day- By-Day</i>	1993	Schizophrenic Fellowship of Victoria	Melbourne	P

## BOOKLETS

White, Tony	<i>Staying Alive: A Handbook on the No Suicide Contract</i>	1991	T.A. Books	Perth	SU
Zoe Long & Co	<i>When We Means Me: Multiple Personality - A View From The Inside</i>	1996	Queensland Association for Mental Health Branch		PD

## DVDs, VIDEOS AND TAPES

AUTHOR/PRODUCED BY	TITLE	YEAR	MEDIUM	PLACE OF PRODUCTION	CODE
Anxiety Recovery Centre Victoria	Speaking From Experience - Obsessive Compulsive Disorder		Video Tape		AV
AstraZeneca Pty Ltd	<i>Schizophrenia - The illness &amp; It's Treatment: a new perspective</i>		Video Tape		AV
Bronwyn Fox	<i>Panic Anxiety: Taking back the power</i>		Audio Tape (2)		AV
Carer Support	Carers Talk & Carer's Relaxation		Audio Tape		AV
Carrington, Patricia PhD	Learn to Meditate Kit		Audio Tapes (4) + Instruction Manual		AV
Central Coast Health	Back on Track		Video Tape		AV
Edelman, Sarah	<i>Moment's of Stillness: Guided Meditation &amp; Deep Relaxation Exercises</i>		CD Disc		AV
	Patient Advice on OCD		Audio Tape		AV
	Dr Ric Gordon Talks about Depression		Audio Tape		AV
Monkey See Productions	<i>Manic Depressive Illness: A guide to living with it</i>		Video Tape		AV
Monkey See Productions	Me Depressed? Don't Make Me Laugh		Video Tape		AV
NSW Health	<i>Families - Building Relationships: Parenting Preschoolers</i>		Video Tape		AV

## DVDs, VIDEOS AND TAPES

Roerig (Pfizer)	Advice & Initiative to Help Handle Depression	Video Tape	AV
Roerig (Pfizer)	Anxiety and Depression in Adolescence (2 Copies)	Video Tape	AV
Roerig (Pfizer)	Depression & Men	Video Tape	AV
Roerig (Pfizer)	Understanding Post Natal Depression (3 Copies)	Video Tape	AV
Roerig (Pfizer)	Understanding Depression In your Senior Years ( 2 Copies)	Video Tape	AV
Roerig (Pfizer)	Understanding Post-Traumatic Stress Disorder (2 Copies)	Video Tape	AV
Roerig (Pfizer)	Understanding Depression	Video Tape	AV
Roerig (Pfizer)	Understanding Social Phobia (2 Copies)	Video Tape	AV
Roerig (Pfizer)	Understanding Generalised Anxiety Disorder	Video Tape	AV
Roerig (Pfizer)	Understanding Panic Disorder	Video Tape	AV
Wyeth Pharmaceuticals	Light on the Horizon: <i>Two short stories about coping with depression</i>	Video Tape	AV

## AUTOBIOGRAPHIES AND BIOGRAPHIES

<b>AUTHOR</b>	<b>TITLE</b>	<b>YEAR</b>	<b>EDITION</b>	<b>PUBLISHER</b>	<b>PLACE OF PUBLICATION</b>	<b>CODE</b>
Deveson, Anne	Resilience	2003		Allen & Unwin	Crows Nest NSW	Bio
Deveson, Anne	Tell Me I'm Here	1998	2nd	Penguin Books Australia Ltd.	Victoria, Australia	Bio
Orum, Margaret	Fairytales In Reality	1996		Macmillian	Sydney	AB
Lawson, Wendy	<i>Life Behind Glass: A personal account of Autism Spectrum Disorder</i>	1998		Southern Cross University Press	Lismore, Australia	AB
Steel, Danielle	His Bright Light	1999		Corgi Books (Transworld Publishers)	London	Bio