

May 2005

MENTAL HEALTH

A select list of websites and suggested reading relating to mental health.

Reference books

Diagnostic and statistical manual of mental disorders.

REF 616.89 DI

Encyclopedia of mental health.

REF 616.89 KAH

Gale encyclopedia of mental disorders.

REF 616.89003 GAL



Human rights and mental illness : report of the National Inquiry into the Human Rights of People with Mental Illness / Human Rights and Equal Opportunity Commission.

REF 362.20994 NAT

Mental health. (Issues in Society series).

REF 362.20994 MEN

Psychiatric disability rehabilitation and support services.

REF 362.20994 NAT

The encyclopedia of schizophrenia and other psychotic disorders.

REF 616.89003 NOL

General Books

Madness in Australia : histories, heritage and asylum / editors: Catharine Coleborne and Dolly MacKinnon.

362.20994 MAD

Mental health desk reference.

616.891409 MEN

Mental illness / editor Kaye Healey.

J 362.20994 MEN

Masters of the mind: exploring the story of mental illness from the ancient times to the new millennium/Theodore Millon.

616.89009 MIL

Oxford textbook of psychiatry.

616.89

Understanding troubled minds : a guide to mental illness and its treatment / Sidney Bloch and Bruce S. Singh.

616.891 BLO

Adolescent Mental Health

Coping with depression in young people : a guide for parents / Carol Fitzpatrick, John Sharry.

616.8527 FIT

Degrassi talks ... on depression [videorecording] / produced by Linda Schuyler & Kit Hood.

616.8527 DEG

From surviving to thriving : promoting mental health in young people / Andrew Fuller.

362.2083 FUL

Panic disorder and anxiety in adolescence / by Sara G. Mattis and Thomas H. Ollendick.

616.852208

Addiction

Addictions / Maree Teesson, Louisa Degenhardt & Wayne.

616.89 TEE

Addiction-free naturally : liberating yourself from sugar, caffeine, food addictions, tobacco, alcohol, prescription drugs / Brigitte Mars.

616.86

Addictions and trauma recovery : healing the mind, body, and spirit / Dusty Miller, Laurie Guidry. (Women's Mental Health).

616.89 MIL

Alzheimer's Disease & Dementias

A carers guide : helping you care for someone with Alzheimer's or other dementias / Rosette Teitel ; adapted for Australia and New Zealand by Sharon Wall.

362.19683 TEI

Alzheimer's disease and other dementias [videorecording].

VID 362.1968 ALZ

Hazel's journey : a personal experience of Alzheimer's / Sue Pieters-Hawke and Hazel Flynn.

362.196831 PIE

The forgetting : understanding Alzheimer's : a biography of a disease / David Shenk.

616.831 SHE

Anxiety Disorders

Obsessive compulsive disorder. [videorecording].

VID 616.85227 OBS

Power over panic : freedom from panic/anxiety related Bronwyn Fox

616.85223 FOX

Surviving breakdown : a positive approach to coping, healing and rebuilding your life after a nervous breakdown / Elizabeth Wilde McCormick.

616.89 MAC

Take control of your worry : managing generalised anxiety disorder / Lisa Lampe.

616.85223

The body remembers casebook : unifying methods and models in the treatment of trauma and PTSD / Babette Rothschild.

616.852109 ROT

Attention Deficit Disorder/ADHD

ADHD : the facts / Mark Selikowitz.
618.928589 SEL

Only a mother could love him : ADD : attention deficit disorder / Ben Polis.
616.8589 POL

Understanding ADHD : attention deficit hyperactivity disorder / Christopher Green and Kit Chee.
618.928589 GRE

Autism & Asperger's Syndrome

Asperger's syndrome : a guide for parents and professionals / Tony Attwood.
616.8982 ATT (1998)

The curious incident of the dog in the night-time : a novel / Mark Haddon.
FIC HADDO

Finding Ben : a mother's journey through the maze of Asperger's / Barbara LaSalle ; with contributions from Benjamin.
618.92 LAS

Loving Mr Spock : Asperger's Syndrome and how to make your relationship work / Barbara Jacobs.
616.8588 JAC

What is autism? [VIDEORECORDING].
VID 618.928982 WHA

Depressions

Adult bipolar disorders : understanding your diagnosis & getting help / Mitzi Waltz.
616.89 WAL

Conquering postpartum depression : a proven plan for recovery / Ronald Rosenberg, Deborah Greening and James Windell.
618.76 ROS

Coping with bipolar disorder : a guide to living with manic depression / Steven Jones, Peter Hayward, Dominic Lam.
616.895 JON

Dealing with depression : a commonsense guide to mood disorders /
by Gordon Parker.

616.8527 PAR

Depression /[Issues in Society] editor Justin Healey.

362.25 DEP

Learned optimism / Martin E.P. Seligman.

155.232 SEL

Living longer depression free : a family guide to recognizing, treating,
and preventing depression in later life / Mark D. Miller, Charles F.
Reynolds III. -

618.97 MIL

Living with depression [videorecording].

VID 616.8527 LIV

Manic depressive illness [videorecording] : a guide to living with it.

VID 616.895 MAN

Postnatal depression : a practical guide for Australian families / Lisa
Fetling.

618.760994

What you really need to know about living with depression / Robert
Buckman with Anne Charlish ; introduced by John Cleese.

616.8527 BUC

Eating Disorders

Bronte's story - tears, trials and triumphs : a personal battle with
anorexia / Bronte Cullis and Steve Bibb.

616.85262

Eating Disorders (Issues in Society) / editor: Justin Healey.

REF 616.8526 EAT

Healthy body image (Issues in Society) / editor: Justin Healey.

155.2 HEA

Information on eating disorders for families, partners & friends /
Eating Disorders Foundation of Victoria, 2000.

616.8526 INF

Personality Disorders

Sometimes I act crazy : living with borderline personality disorder /
Jerold J. Kreisman and Hal Straus.
616.85852

Schizophrenia

Diagnosis: schizophrenia : a comprehensive resource for patients,
families, and helping professionals / Rachel Miller and Susan Mason.
616.8982 MIL

Living with schizophrenia. [videorecording].
VID 616.8982 LIV

Recovered not cured : a journey through schizophrenia/ Richard
McLean.
616.898209 MAC

Schizophrenia : a very short introduction / Christopher Frith and Eve
Johnstone.
616.8982 FRI

Surviving schizophrenia : a manual for families, consumers, and
providers / E. Fuller Torrey.
616.8982 TOR

Tell me I'm here/Anne Deveson.
616.8982 DEVE

Self-harm

Bloodletting : a memoir of secrets, self-harm and survival / Victoria
Leatham.
616.858200 LEA

Cry of pain : understanding suicide and self-harm / Mark Williams.
362.28 WIL

Night Falls Fast: Understanding suicide / Kay Redfield Jamison.
616.85 JAM

Suicide and self-harm (Issues in Society) / editor: Justin Healey.
362.280994

Websites

Anxiety Disorders Association of Victoria

<http://www.adavic.org/>

Organization that supports people with Anxiety Disorders. Site includes fact sheets and referral information.

Auseinet

<http://auseinet.flinders.edu.au/>

The Australian Network for Promotion, Prevention and Early Intervention for Mental Health Strategy. The Resources Database provides details of a wide range of resources relating to mental health and wellbeing.

Better Health Channel

<http://www.betterhealth.vic.gov.au/>

An introduction to quality-assured, regularly reviewed, health and wellbeing information and services, sponsored by the State Government of Victoria.

Beyondblue

<http://www.beyondblue.org.au/site/>

beyondblue's major goal is to increase community awareness of depression. The website offers those interested in battling depression an opportunity to access an enormous information resource in order to further understand the condition.

Centre For Mental Health Research

<http://www.anu.edu.au/cmhr/>

The Centre for Mental Health Research aims to improve the mental health of Australians through research and development, training, policy and the dissemination of health information.

Commonwealth of Australia Department of Health and Ageing Mental Health and Special Programs Branch

<http://www.health.gov.au/hsdd/mentalhe/>

This website Incorporates the National Mental Health Strategy (NMHS), National Youth Suicide Prevention Strategy (NYSPS) and Special Access Programs (SAP). The

resources page provides a great list of downloadable PDF files on: mental health, youth suicide, palliative care, homeless youth, torture, trauma, and suicide.

Eating Disorders Association of Victoria

<http://www.eatingdisorders.org.au/>

The Eating Disorders Foundation of Victoria (EDFV) is a non-profit incorporated association founded in the mid 1980's to support those whose lives are affected by eating disorders, and to better inform the community about these disorders.

Health Services Commissioner (Victoria)

<http://www.health.vic.gov.au/hsc/>

The Health Services Commissioner helps people make their concerns known to health services providers; assesses and clarifies problems in health services provision; conciliates formally or informally, between consumers and providers of services; assists in the resolution of complaints; and uses information obtained and lessons learned to recommend improvements to services.

Here for Life Inc

<http://www.hereforlife.org.au/>

Here for Life is a not-for-profit public benevolent organisation focusing on education, awareness and research aimed at the prevention of youth suicide. The organization provides resources, education and school based life skills programs to help prevent suicide amongst young people.

Mental Health Council of Australia (MHCA)

<http://www.mhca.com.au/>

The MHCA is the independent, non-government sector peak body promoting the interests of the mental health sector and advise on mental health in Australia.

Mental Health Foundation of Australia (Victoria)

www.mentalhealthvic.org.au

The Mental Health Foundation of Australia (Victoria) is an organisation of professionals, sufferers, families of sufferers, related organisations concerned with mental health and concerned members of the public. This site provides information about community events and support networks.

Mental Health Legal Centre

<http://www.communitylaw.org.au/mentalhealth/>

The Mental Health Legal Centre provides a free and confidential legal service to anyone who has experienced mental illness in Victoria where their legal problem relates to their mental illness.

Mental Health Review Board (Victoria)

<http://www.mhrb.vic.gov.au/>

The Mental Health Review Board is a statutory tribunal established under the Mental Health Act 1986 to conduct reviews of, and hear appeals by, psychiatric patients being treated involuntarily either as inpatients or on community treatment orders.

Mental Illness Fellowship of Victoria

<http://www.mifellowship.org/>

Formerly the Schizophrenia Fellowship of Victoria.

Multicultural Mental Health Australia

<http://www.mmha.org.au/>

Multicultural Mental Health Australia (MMHA) provides national leadership in mental health and suicide prevention for Australians from culturally and linguistically diverse (CALD) backgrounds.

North West Community Mental Health Service

<http://www.mh.org.au/MentalHealth/default.htm>

NorthWestern Mental Health (NWMH) is one of the largest publicly funded providers of mental health services in Australia. Its aim is to ensure that the communities who live in the northern and western regions of metropolitan Melbourne are provided with quality mental health services.

Victorian Foundation for Survivors of Torture

<http://www.survivorsvic.org.au/>

The Foundation provides direct care to survivors of torture and trauma in the form of counselling, advocacy, family support, group work, psycho-education, information sessions and complementary therapies.

VICNET Mental Health directory

<http://www.vicnet.net.au/health/mental/>

Useful portal to Victorian mental health organizations.

VICSERV

<http://www.vicserv.org.au/>

Psychiatric Disability Services of Victoria (VICSERV) Inc., known as VICSERV, is the peak body for Psychiatric Disability Rehabilitation and Support Services in Victoria. Member agencies provide housing support, home-based outreach, psychosocial and pre-vocational day programs, residential rehabilitation, mutual support and self help, employment, training and support, carer education, respite and advocacy.

Victorian State Government Mental Health Services

<http://www.health.vic.gov.au/mentalhealth/index.htm>

Includes A-Z Mental Health information. Lots of consumer information, including legal issues.

Victorian Transcultural Psychiatry Unit (VTPU)

<http://www.vtpu.org.au/>

The mission of the VTPU is to improve the quality and accessibility of mental health services to immigrant communities living in Victoria.

SANE Australia

<http://www.sane.org/>

SANE Australia is an independent national charity helping people affected by mental illness through campaigns, education and research. Site includes online bookshop.

Online Databases

Health & Wellness Resource Center

Moreland City Libraries provides access for its members to **The Health & Wellness Resource Center** via its subscription to the online Gulliver consortium.

Including the respected Gale Encyclopedia of Medicine, Health & Wellness Resource Center delivers up-to-date reference material as well as full-text magazines, journals, and pamphlets from a wide variety of authoritative medical sources. Additionally, consumers, students, and professionals are provided with descriptions of and links to several pertinent websites, selected for their usefulness and appropriateness.

Access via the libraries website at www.moreland.vic.gov.au/libraries.htm and click on "Free Access to Online Resources". Click on Health & Wellness @ Home link, and at the prompt, enter the entire barcode as shown on your library membership card.

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