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Depression and Suicide

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Leading the Way to an Addiction Free

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BOOKS

Beating the blues : recovery from depression 1991 [akgw]

Author: Howell, Joseph R.; Thase, Michael E.
Call number: RC 537/.H68/1991

Can I catch it like a cold? a story to help children understand a parent's depression

Author: Kelbaugh, Gretchen
Corp. Author: Centre for Addiction and Mental Health
(Ontario)
Call number: RC 537/.K447/2002

Coping with suicide : a resource book for teenagers and young adults 1986 [aaxo]

Author: Smith, Judie
Call number: HV 6546/.S57/1986

Coping with teenage depression : a parent's guide 1982 [adgt]

Author: McCoy, Kathleen
Call number: RJ 506/.D4/M32/1982

Dare to live : a guide to the understanding and prevention of teenage suicide and depression 1991 [aicp]

Author: Miller, Michael; Kidney, Debra Whalley
Call number: HV 6546/.M54/1991

Depression (Degrassi talks) 1992 [ahep]

Author:
Call number: RJ 506/.D4/D4/1992

Depression : an overview of the literature 1995 [akfv]

Corp. author: Canadian Mental Health Association. Canada. Health Canada.
Mental Health Division.
Call number: RC 537/.D56/1995

Depressive illness : an information guide : a guide for people with depression and their families 1999 [andy]

Author: Bartha, Christina; Parker, Carol; Thomson, Cathy; Kitchen, Kate
Call number: RC 537/.D453/1999

Discover your personal power to change 1992 [agqf]

Author:
Call number: RC 489/.R#/D57/1992

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Discussion notes from the suicide prevention workshop 1995 [alam]

Corp. Author: Canada. Health Canada. Medical Services Branch.
Call number: HV 6575/.D57/1995

Efficacy of suicide prevention programs for children and youth [atzp]

Author: Guo, Bing
Call number: HV 6546/.E4/2002

**EMDR : the breakthrough therapy for overcoming anxiety, stress, and trauma
1997 [akgn]**

Author: Shapiro, Francine; Forrest, Margot Silk
Call number: RC 489/.E98/S53/1997

**Emotions : what they are and how they affect us, from the basic hates & fears of
childhood to more sophisticated feelings that later govern our adult lives 1986
[akee]**

Author: Callwood, June
Call number: BF 531/.C33/1986

**The good news about depression : cures and treatments in the new age of
psychiatry 1995 [ajxl]**

Author: Gold, Mark S.; Morris, Lois
Call number: RC 537/.G64/1995

**Hand-me-down genes and second-hand emotions : you can overcome the
genetic and family factors that can lead to depression, alcoholism, obesity, and
suicide 1992 [aias]**

Author: Arterburn, Stephen
Call number: BV 4598.7/.A77/1992

A handbook for the caregiver on suicide prevention 1990 [ahrn]

Corp. author: The Council on Suicide Prevention
Call number: HV 6545/.H27/1990

Helping children through crisis 198- [abqz]

Corp. author: The Brown University Child Behavior & Development Letter
Call number: HQ 772.5/.H44/198-

Here comes the sun : dealing with depression 1987 [acbz]

Author: Rosellini, Gayle; Worden, Mark
Call number: BF 531/.H22/1987

**The mindful way through depression : freeing yourself from chronic
unhappiness / by Mark Williams ...**

Access Key: auxm
Call Number: BF 575/.H27/M56/2007

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No one saw my pain : why teens kill themselves 1994 [ahsv]

Author: Slaby, Andrew E.; Garfinkel, Lili
Call number: RJ 506/.S9/G37/1994

Review of evaluative research on suicide intervention and prevention programs for young people in Canada : theoretical context and results 1998 [alwn]

Author: Boyer, Richard; Breton, J.J.; Bilodeau, Henriette;
Raymond, Sylvaine; Joubert, Natacha; Nantel, Marie-Andree
Call number: RC 569/.R48/1998

Riding through the downers, hassles, snags and funks 1980 [aeuj]

Author: Kiev, Ari
Call number: RJ 506/.D4/K53/1980

S.E.A.L.S. II : self-esteem and life skills, too! : reproducible activity-based handouts created for teachers and counselors 1996 [akru]

Author: Korb-Khalsa, Kathy; Leutenber, Estelle
Call number: BF 637/.C6/K67/1996

Suicide and gambling : an analysis of suicide rates in U.S. counties and metropolitan areas 1998 [akuz]

Author: McCleary, Richard; Chew Kenneth
Corp. author: American Gaming Association
Call number: RC 569.5/.G35/S85

Suicide and suicide attempts 1977 [afko]

Corp. author: Manitoba. Sept. of Health and Social Development
Call number: HV 6548/.C35/S95/1977

Suicide in Canada : report of the National Task Force on Suicide in Canada 1987 [abou]

Corp. Author: Canada. Mental Health Division. National Task Force on
Suicide in Canada
Call number: HV 6548/.C22/1987

Suicide prevention and mental health promotion in First Nations and Inuit communities 1999 [alwo]

Author: Kirmayer, Laurence J.; Boothroyd, Lucy J.; Laliberte, Arlene;
Simpson, Brenda Laronde
Corp. author: Sir Mortimer B. Davis-Jewish General Hospital.
Call number: E 98/.P95/S943/1999

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Suicide prevention strategies : evidence from systematic reviews [atzq]

Author: Guo, Bing
Scott, Ann
Bowker, Samantha
Call number: HV 6546/.S8/2003

Teen suicide 1986 [afzt]

Author: Kolehmainen, Janet; Handwerk, Sandre
Call number: HV 6546/.K65/1986

Teenage depression and drugs 1992 [agpb]

Author: Chiles, John
Call number: RM 301/.E528/1992/V.23

Teenagers talk about suicide 1989 [afry]

Author: Crook, Marion
Call number: HV 6546/.C76/1989

Treating anger, anxiety, and depression in children and adolescents : a cognitive-behavioral perspective 1996 [akxg]

Author: Wilde, Jerry
Call number: RJ 505/.R33/W553/1996

Treating mental illness 1992 [ago]

Author: Byck, Robert
Call number: RM 301/.E528/1992/V.24

Your life! Our future! : suicide prevention resource kit 1989 [afsz]

Author: McTimoney, David C.; Savoy, Roger; van Gaal, Mary A.
Call number: E 98/.Y68/1989

VIDEOS

Depression [videorecording] [ajth]

Call number: VTR/RJ 506/.D4/D46/1992
Duration: 24 minutes
Audience: Junior High

Kids talk to kids...about feeling alone and unloved...about feeling depressed enough to take an overdose of pills...about learning to talk and share their feelings.

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Depression and substance abuse [Videorecording]

Call number: VTR/RC 564.68/.D4/2004
Adult; 19 minutes
National Health Video

This new videotape defines depression and substance abuse and shows how depression can lead to substance abuse through self-medication and how substance abuse can lead to depression through its effects on the brain and on a person's life. The section on treatment shows how integrated treatment: medication, cognitive-behavioral therapy and 12-step programs can help both conditions.

Depression and suicide [videorecording] [ajvf]

Call number: VTR/HV 6545.8/.D46/1988
Duration: 30 minutes
Audience: Senior High

Michael Pritchard and teens identify the signs frequently exhibited by people who are at risk for suicide and discuss the recommended procedures for intervening. They also examine ways of coping with the depression and stress that often lead to suicide, and encourage people to ask for help when they feel themselves at risk.

The Doctor is in : addictions and mental illness [videorecording] [akgd]

Call number: VTR/RC 564.68/.D63/1994
Duration: 28 minutes
Audience: Adults

These two disorders often go hand-in-hand and health professionals now recognize that treatment needs to be different. The video profiles two people – one with manic depression and alcoholism.

Family business [videorecording] [ajgr]

Call number: VTR/HV 5132/.F35/1985
Duration: 20 minutes

About adult children of alcoholics discussing: their life in family where one parent had a drinking problem; suppressing their feelings, denying the problems, living in a fantasy world, and the deep depression that continues into adulthood.

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For John [DVD]

Access Key: auaa
Author: Diabo, John.
Call Number: DVD/E 98/.D7/F6/2003
Duration: 51 minutes
Audience: Grade 9 - Adult

John Diabo was a cherished member of a tight-knit family in the Mohawk community of Kahnawake, near Montreal, Quebec. Nevertheless, John had been tortured by drug addiction for more than a decade. In 1998, he ended his own life at the age of thirty-one. This video is the intimate story of John's battle with drugs and his eventual suicide. The film, directed by Dale Montour, John's aunt, is also a portrait of his family. Four years after his death, they break their silence. Courageously they share their stories of survival in the aftermath of unimaginable loss. In moving testimony and family photographs, the video portrays the stark contrast between John's powerful life force and the force of his addiction.

Healing journey [videorecording] [alsi]

Call number: VTR/HV 6546/.H4/1995
Duration: 24 minutes
Audience: Adult

When youth at risk of suicide are internalizing past harmful experiences, therapeutic drama or role-playing techniques are often used to help the youth express strong negative emotions. This video follows the experiences of a group of young people as they get in touch with their feelings and emotions in trying to deal with past suicide attempts.

Hollow Water [videorecording] [alqn]

Call number: VTR/E 98/.L7/H65/2000
Duration: 44 minutes
Audience: Adult

Hollow Water, in Central Manitoba, is home to 450 people – many of them victims of sexual abuse. The offenders have left a legacy of pain and denial, addiction and suicide. The film documents the moving journey of one family, torn apart by years of abuse, who struggle to confront their past. (NOT RECOMMENDED FOR CHILDREN)

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Medical effects of alcohol use [videorecording] [aiua]

Call number: VTR/QP 801.A3/.M43/1984
Duration: 12 minutes
Audience: Senior High

Animation illustrated the path of alcohol throughout the body, the process of metabolism and the effects on body systems. A party scene is used lightheartedly to demonstrate the different effects of alcohol : a man experiences depression, impaired co-ordination, rejection of his advances to a woman, and next morning, both a hangover and an angry wife.

Patrick's story [videorecording] [amjp]

Call number: VTR/HV 6545.8/.P3/1999
Duration: 24 minutes
Audience: Grades 9 –12

This film explores what brought a young man to attempt suicide and what turned his life around. With the help of friends and his loving adoptive mother, Patrick begins the search for his identity and spirituality as a Cree man, while discovering his talents in music and acting.

Teen suicide : Sara's diary [videorecording] [amcl]

Call number: VTR/HV 6545.8/.S3/2000
Duration: 14 minutes
Audience: Grades 9 – 12

Sara is different. The kids in her high school see this and don't let up with endless teasing and bullying. Sara finally breaks, and, after a suicide attempt, Mark, her primary tormentor, happens to find her diary. Through this book, Mark gets to know the deep feeling of a girl nobody knew, and finds that she is no different from any of us.

Understanding depression and addiction [videorecording] [ajnb]

Call number: VTR/RC 564.68/.U53/1994
Duration: 25 minutes
Audience: Adult

This video deals with the dual diagnosis of depression and addiction. It explores ways to cope with behaviors associated with depression and provides support for recovery from depression and addiction.

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Understanding suicide and addiction [Viderecording]

Access Key: aucm

Call Number: VTR/RC 564.68/.U534778/2003

Thoughts of suicide can be transformed into a readiness to face new truths and change. This gentle, hopeful video helps clients through the courageous act of re-examining their lives. Clients will understand the risk factors, how to challenge negative thinking, and how to overcome the reluctance to ask for help.