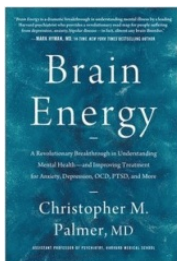


# Mental Health & Substance Abuse Resources

Printed library materials for teens and adults to have better understanding on mental health concerns, including anxiety, depression, stress and related topics.

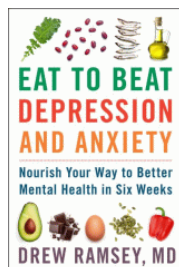
Created by CPLsc

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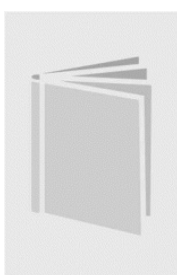
## Brain energy

Palmer, Christopher M.



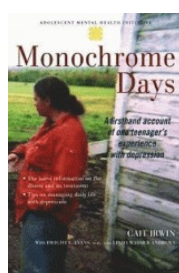
## Eat to Beat Depression and Anxiety : Nourish Your Way to Better Mental Health in Six Weeks.

Ramsey, Drew



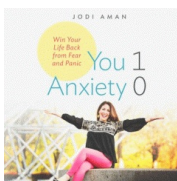
## Brain changer

Jacka, Felice,



## Monochrome days : a firsthand account of one teenager's experience with depression / Cait Irwin with Dwight L. Evans, and Linda Wasmer Andrews.

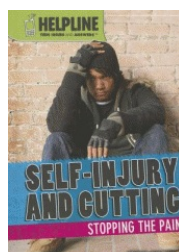
Irwin, Cait.



## You 1, anxiety 0 : win your life back from fear and panic [electronic resource] / Jodi Aman, creator of the Anxiety-Free Me Online

Anxiety Recovery Program.

Aman, Jodi, author.



## Self-injury and cutting : stopping the pain / John M. Shea, M.D.

Shea, John M., author

# Mental Health & Substance Abuse Resources

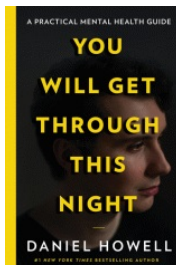
Printed library materials for teens and adults to have better understanding on mental health concerns, including anxiety, depression, stress and related topics.

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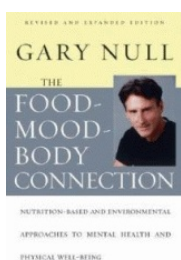
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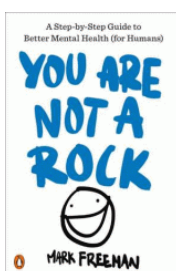
**Are U Ok? [electronic resource] : A Guide to Caring For Your Mental Health/ Morton, Kati.**  
Morton, Kati.



**You will get through this night : a practical mental health guide / Daniel Howell.**  
Howell, Dan, 1991- author.



**The food-mood connection : nutritional and environmental approaches to mental health and physical wellbeing / Gary Null.**  
Null, Gary.



**You are not a rock : a step-by-step guide to better mental health (for humans) / Mark Freeman.**  
Freeman, Mark (Author and mental health advocate), author.