

Mental Health Book List

A selection of books for mental wellbeing recommended by health professionals available at local libraries



Words for
Wellbeing

Anxiety, Stress and Depression

- Overcoming postpartum depression and anxiety (Sebastian, L.)
- Dealing with depression: a common sense guide to mood disorders: 2nd edition (Parker, G.)
- Change your brain, change your life: the breakthrough programme for conquering anger, anxiety, obsessiveness and depression (Amen, D.)
- Harnessing hope: take control of your life and master depression (Marsh, J.)
- The anxiety & phobia workbook sixth edition (Bourne, E.)
- The mindfulness key: the breakthrough approach to dealing with stress, anxiety and depression (Silverton, S.)
- Overcoming anxiety and depression on the autism spectrum: a self-help guide using CBT (Wilkinson, L.)

Teens – Anxiety and Depression

- Mindfulness for teen depression: a workbook for improving your mood (Abblett, R. and Willard, C.)
- The shyness and social anxiety workbook for teens: CBT and ACT skills to help you build social confidence (Shannon, J.)

Older Adults – Depression

- Beat depression to stay healthier and live longer: a guide for older adults and their families (Moak, G.)

Panic

- How to beat panic disorder one step at a time: using evidence-based low-intensity CBT (Farrand, P.)
- The sheldon short guide to phobias and panic (Gournay, K.)
- The panic workbook for teens: breaking the cycle of fear, worry, and panic attacks (Kissen, D.)

Sleep

- End the insomnia struggle: a step-by-step guide to help you get to sleep and stay asleep (Ehrnstrom, C. and Brosse, A.)
- Beating insomnia: without really trying (Cantopher, T.)

Eating Disorders

- Eating disorders: the path to recovery (Middleton, K.)
- Hope, help, and healing for eating disorders: a new approach to treating anorexia, bulimia, and overeating (Jantz, G. and McMurray, A.)

Can books really help?
There is good evidence from the
National Institute for Health and Clinical Excellence
that self-help books can help people understand and
manage common conditions. Self-help works best with
the support of a health professional.

Self-harm

- Stopping the pain: a workbook for teens who cut and self injure (Shapiro, L.)

Suicide

- Overcoming self-harm and suicidal thoughts (Quish, L.)
- The dialectical behavior therapy skills workbook: practical DBT exercises for learning mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance (McKay, M.)

Grief

- Progressing through grief: guided exercises to understand your emotions and recover from loss (Jose, S.)
- The little book of loss & grief you can read while you cry (Crowe, L.)
- Grief is a journey: finding your path through loss (Doka, K.)

Useful Additional Titles

- Parenting without panic: a pocket support group for parents of children and teens on the autism spectrum (Dater, B.)
- Brain-storm. The power and purpose of the teenage brain (Siegel, D.)
- The whole brain child. Revolutionary strategies to nurture your child's developing mind (Siegel, D. and Payne Bryson, T.)
- The Australian autism handbook: the essential resource guide to autism spectrum disorder (O'Reilly, B. and Wicks, K.)

This initiative does NOT replace professional care or advice provided by your doctor. If you are worried about your own or someone else's health or wellbeing you can get help from:

- Your local GP doctor
- 13Health - 13 43 25 84 (24 hours)
- Lifeline 131 114 (24 hours)
- Kids Helpline 1800 551 800 (24 hours)
- Suicide call back service 1300 659 467 (24 hours)

In an emergency please call Triple Zero (000)

For more information visit:

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scenicrim.qld.gov.au/libraries

somer set.qld.gov.au/library

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