



## Mental Health

2022

Winnipeg School Division embarked on a Healthy Minds Initiative in 2013 recognizing and promoting mental health literacy among our students, staff, and community. The **Library Support Services** is Winnipeg School Division's professional library, which offers books, digital resources, DVDs, charts and kits on many curriculum topics. This guide is for information currently available at the Library Support Services on **Mental Health**.

To borrow these resources, book online in the [Library Support Services Library Resource Centre Online Catalogue](#), email inquiries to [wlslibrary@wsd1.org](mailto:wlslibrary@wsd1.org), visit the library, or call the LSS at 204-788-0203. Materials are sent to your school via the divisional courier or can be picked up.

These items are available to be borrowed by any WSD staff member.

The Library is located at the Prince Charles Education Resource Centre, 1075 Wellington Avenue.

### SEARCH TERMS:

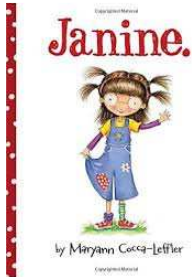
**Keywords:** mental disabilities, mental health

**Subject Headings:** anxiety disorders, anxiety in children, depression, First Nations mental health, inclusive education, mental disorders, mental illness, mentally ill teenagers, obsessive compulsive disorder, psychological aspects, schizophrenia





## **BOOKS FOR STUDENTS**



E COC

Cocca-Leffler, Maryann. [Janine](#). Chicago, Illinois: Albert Whitman & Company, 2015.

Meet Janine. She is one of a kind. She talks to her imaginary friends, reads the dictionary for fun, knows lots of big words, and remembers things--LOTS of things. Some kids think she's strange and want her to change. In this charming story, Janine makes a difference just by being her spectacular self!

Audience: Kindergarten to Grade 4

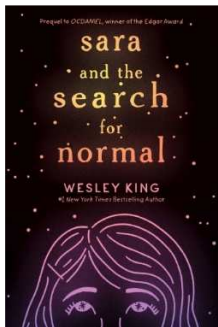


FIC COL

Colbert, Brandy. [Little & Lion](#). New York; Boston: Little, Brown and Company, 2017.

Suzette returns home and grapples with her bisexual identity when she and her brother fall in love with the same girl. Pushing Lionel's bipolar disorder to spin out of control and forcing Suzette to confront her own demons.

Audience: Grade 9 and up



FIC KIN

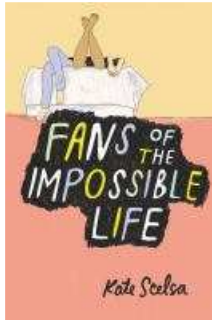
King, Wesley. [Sara and the search for normal](#). New York: Simon & Schuster Books for Young Readers, 2020.

Seventh-grader Sara wants to be normal but her panic attacks and other episodes cause her to isolate herself until, in group therapy, she meets talkative and outgoing Erin, her first friend.

Also, in [eBook](#)

Audience: Grade 7 and up.



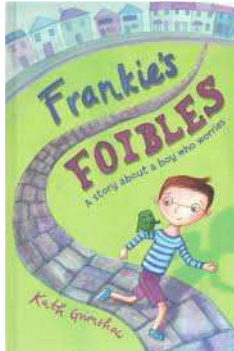


FIC SCE

Scelsa, Kate. [Fans of the impossible life](#). New York: Balzer + Bray, 2015.

At Saint Francis Prep school in Mountain View, New Jersey, Mira, Jeremy, and Sebby come together as they struggle with romance, bullying, foster home and family problems, and mental health issues.

Audience: Grade 7 and up

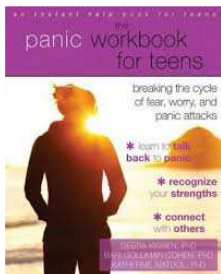


J 152.46 GRI

Grimshaw, Kath. [Frankie's foibles: a story about a boy who worries](#). London: Jessica Kingsley Publishers, 2016.

Frankie has a lot of worries. For children aged 7 and up with OCD or anxiety, reveals how Frankie learns to ignore his foibles - those pesky creatures that whisper worries in his ear!

Audience: Grades 3 and up

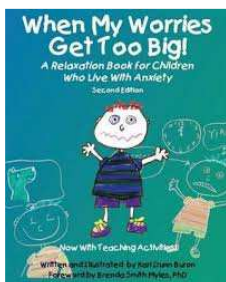


J 152.46 KIS

Kissen, Debra. [The panic workbook for teens: breaking the cycle of fear, worry & panic attacks](#). Oakland, California: Instant Help Books, 2015.

Panic attacks can make teens feel like they've lost control, leading to more anxiety, stress, fear, and depression. Forty activities that enable teens to recognize feelings of panic, anxiety and fear are uncomfortable, but not dangerous, thus allowing them to cope better with the emotions.

Audience: Grade 7 and up



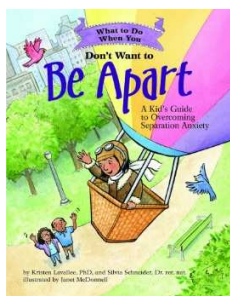
J 155.41246 BUR

Buron, Kari Dunn. [When my worries get too big!: a relaxation book for children who live with anxiety](#). Shawnee Mission, KS: AAPC Publishing, 2013.

An illustrated children's book with tips on how to recognize and cope with anxiety.

Audience: Kindergarten to Grade12, parents and educators



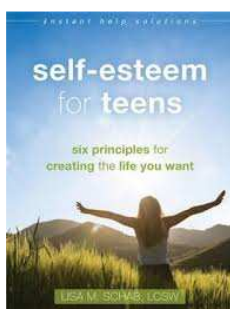


J 155.418 LAV

Lavelle, Kristen. [What to do when you don't want to be apart: a kid's guide to overcoming separation anxiety](#). Washington, DC: Magination Press, 2017.

Addresses separation anxiety, a common developmental phase. This workbook introduces kids and parents to cognitive-behavioural therapy-based strategies that can help them understand and cope with any type of separation anxiety.

Audience: Grades 1 to Grade 6

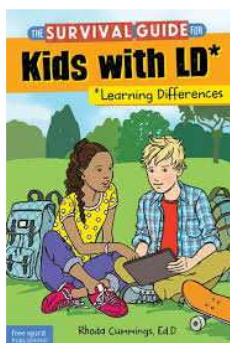


J 158.1 SCH

Schab, Lisa M. [Self-esteem for teens: six principles for creating the life you want](#). Oakland, California: Instant Help Books, 2016.

How teens feel about themselves affects every aspect of their lives. Offers teen readers six core principles to build a healthy, positive view of themselves as they face all of the difficult challenges of the teen years.

Audience: Grade 7 and up

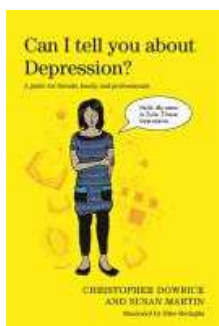


J 371.92 CUM

Cummings, Rhoda. [The survival guide for kids with LD\\*: \(\\*learning differences\)](#). Golden Valley, MN: Free Spirit Publishing, 2016.

Kids with LD can learn--they just learn differently. It defines different kinds of LD, describes a range of learning aids, helps kids deal with bullying and difficult feelings, suggests ways to make friends, and inspires young people to set goals for the future.

Audience: Grade 6 and up



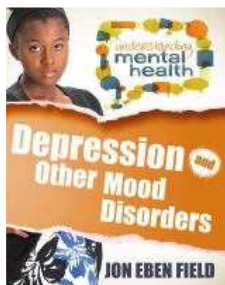
J 616.8527 DOW

Dowrick, Christopher. [Can I tell you about depression?: a guide for friends, family and professionals](#). London: Jessica Kingsley Publishers, 2015.

Julie helps readers to understand what depression is, how it feels to be depressed and how it can affect one's family life.

Audience: Grades 3 and up



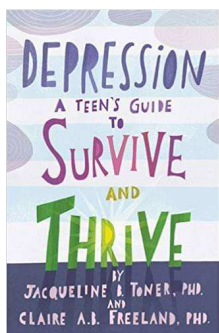


J 616.8527 FIE

Field, Jon Eben. [Depression and other mood disorders](#). St. Catharines, Ontario: Crabtree Publishing Company, 2014.

Depression and other mood disorders such as bipolar disorder, occur across all age groups, genders, economic classes, and ethnic groups. Examines the causes and symptoms of depression and other mood disorders and provides information about treatment options.

Audience: Grades 7 to Grade 8

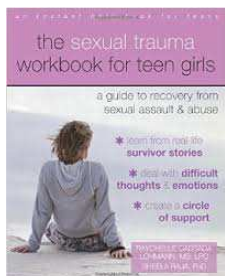


J 616.8527 TON

Toner, Jacqueline B. [Depression: a teen's guide to survive and thrive](#). Washington, DC: Magination Press, American Psychological Association, 2016.

Read what depression is, how it can derail you, and effective ways to take care of yourself if you are depressed.

Audience: Grade 7 and up

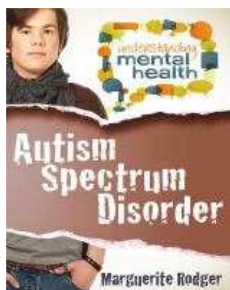


J 616.85836 LOH

Lohmann, Raychelle Cassada. [The sexual trauma workbook for teen girls : a guide to recovery from sexual assault & abuse](#). Oakland, California: Instant Help Books, 2016.

Offers healing, real-life stories from survivors and powerful, evidence-based tools to help teens reclaim their life after sexual abuse or trauma.

Audience: Grade 9 and up



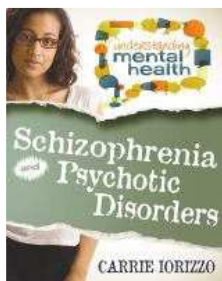
J 616.85882 ROD

Rodger, Marguerite. [Autism spectrum disorder](#). St. Catharines, Ontario: Crabtree Publishing Company, 2014.

Autism Spectrum Disorder is a term used to describe a group of developmental disorders that include autism, Asperger syndrome, Pervasive Developmental Disorder, and others. Provides insight into how children diagnosed with ASD experience the world around them and helps promote understanding and acceptance.

Audience: Grade 6 to Grade 9



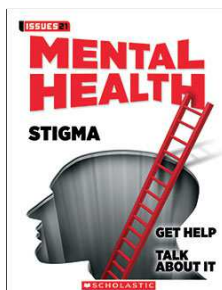


J 616.89 IOR

Iorizzo, Carrie. [Schizophrenia and other psychotic disorders](#). St. Catharines, Ontario: Crabtree Publishing Company, 2014.

Provides an overview of schizophrenia and other psychotic disorders; discusses symptoms, causes, treatment options, and behavior management; and provides advice for caregivers, family, and friends.

Audience: Grades 7 to Grade 8

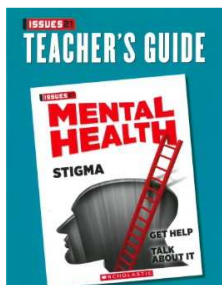


J 616.89 NEM

Nemni, Jacqueline. [Mental health](#). Markham, Ontario: Scholastic Canada Ltd., 2015.

Explores various issues related to mental health, including eating disorders, depression, ADD, and more.

Audience: Grade 6 and up.

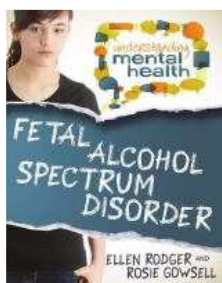


J 616.89 NEM

[Mental health: teacher's guide](#). Markham, Ontario: Scholastic Canada Ltd., 2014.

Teacher's guide to accompany Mental Health, which explores various issues related to mental health, including eating disorders, depression, ADD, and more.

Audience: Grade 6 and up.



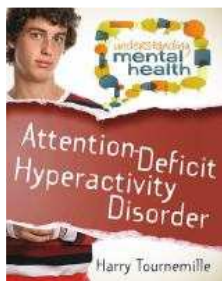
J 618.3 ROD

Rodger, Ellen. [Fetal alcohol spectrum disorder](#). St. Catharines, Ontario: Crabtree Publishing Company, 2014.

FASDs are a group of disorders and conditions that occur in people whose mothers drank alcohol during pregnancy. Gives an overview of the mental, behavioral, and physical impairments of FASD, as well as new research, treatments and methods for managing behavioral issues.

Audience: Grades 7 to Grade 8





J 618.928589 TOU

Tournemille, Harry. [Attention deficit hyperactivity disorder](#). St. Catharines, Ontario: Crabtree Publishing Company, 2014.

Provides an overview of Attention-Deficit Hyperactivity Disorder and other emotional and behavioral disorders, including Oppositional Defiant Disorder. Symptoms, causes, and treatment options and management.

Audience: Grades 7 to Grade 8



J 741.5 TAM

Tamaki, Mariko. [This one summer](#). Toronto: Groundwood Books, 2014.

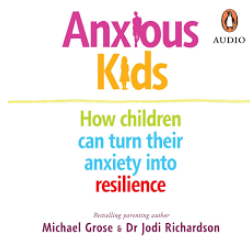
Rose and Windy are summer friends whose families have visited Awago Beach for as long as they can remember. But this year is different, and they soon find themselves tangled in teen love and family crisis.

Also, in [eBook](#)

Audience: Grade 8 and up



# DIGITAL BOOKS

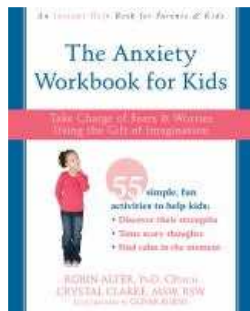


## **Audiobook**

Grose, Michael. [Anxious kids: how children can turn their anxiety into resilience](#). Camberwell: Penguin Random House Australia, 2019.

Offers parents advice on their children's anxiety, encouraging a range of important steps to empower their kids with the skills to develop emotional intelligence, tolerance of discomfort, mindfulness, resilience, thinking skills and flourishing mental health.

Audience: Adults



## **eBook**

Alter, Robin C. [The anxiety workbook for kids: take charge of fears and worries using the gift of imagination](#). Oakland, CA: New Harbinger Publications, Inc., 2016.

Using engaging illustrations and fun activities based in cognitive behavioral therapy (CBT) to help kids understand anxiety in relation to their vivid imaginations, this *Instant Help* workbook presents a unique approach to help children harness the power of their imaginations to reduce anxiety and build self-esteem.

Audience: Adults



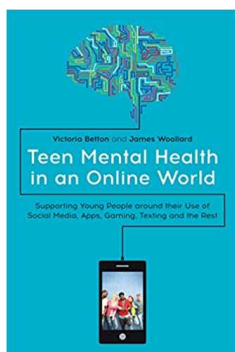
## **eBook**

Bailey, Em. [Shift](#). New York: Egmont USA, 2012.

Olive, having recently suffered mental problems, is unsure whether to trust her instincts when a new student, rumored to have killed her parents, develops a parasitic relationship with Olive's former best friend, Jubilee Park High School's "Queen Bee."

Audience: Grade 7 and up



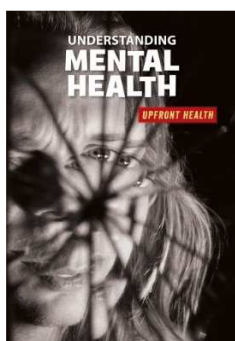


### eBook

Betton, Victoria. [Teen mental health in an online world: supporting young people around their use of social media, apps, gaming, texting and the rest.](#) London: Jessica Kingsley Publishers, 2019.

Shows practitioners how to engage with teens' online lives to support their mental health.

Audience: Adults

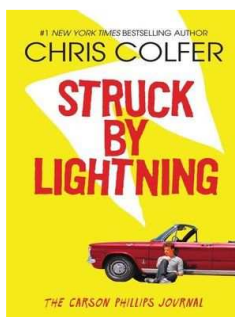


### eBook

Chandler, Matt. [Understanding mental health.](#) Ann Arbor, Michigan: Cherry Lake Publishing, 2020.

Explore the history and social aspects of mental illness, teen mental health issues, and ways to help themselves and others.

Audience: Grade 5 and up.

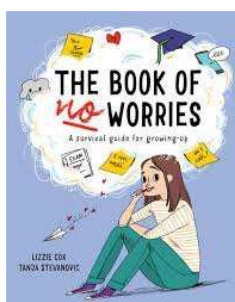


### eBook

Colfer, Chris. [Struck by lightning: the Carson Phillips journal.](#) New York: Little, Brown and Company, 2012.

"Carson Phillips is at the bottom in a high school filled with people he hates, stuck living with his depressed single mother in a small-minded town at the corner of nothing and nowhere. He has just one goal: escape to Northwestern University and a career as a hard-hitting journalist. His guidance counselor tells him that he needs to bolster his application by creating a literary magazine. Which means he needs submissions. From other students. Carson resorts to the only thing he can think of: blackmail."--Jkt. flap.

Audience: Grade 9 and up



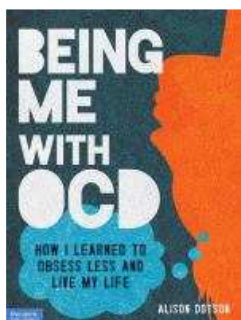
### eBook

Cox, Lizzie. [The book of no worries.](#) Minneapolis: QEB Publishing, 2018.

A survival guide to help young people cope with peer pressure, puberty and all the worries in between; focusing on the emotional wellbeing and mental health of tweens.

Audience: Grade 4 and up.



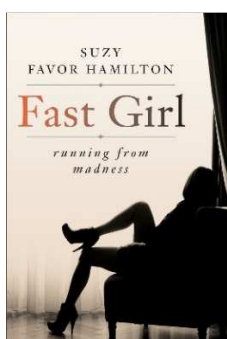


### eBook

Dotson, Alison. [Being me with OCD: how I learned to obsess less and live my life](#). Minneapolis: Free Spirit Publishing, 2013.

Part memoir, part self-help for teens, tells the story of how obsessive-compulsive disorder (OCD) dragged the author to rock bottom and how she found hope, got help, and eventually climbed back to a fuller, happier life.

Audience: Grade 7 and up



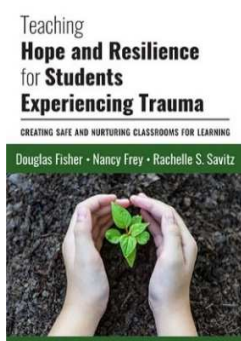
### eBook

Favor Hamilton, Suzy. [Fast girl: a life spent running from madness](#). New York, NY: Dey Street Books, 2015.

A former Olympic athlete and high-end escort reveals her struggles with manic depression, exploring how mental illness both drove her competitively and painfully challenged her personal life.

Also, in [Audiobook](#)

Audience: Grade 9 and up.

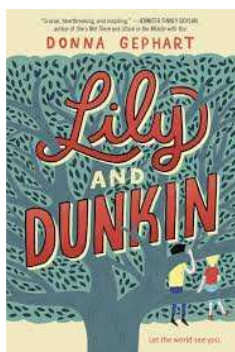


### eBook

Fisher, Douglas. [Teaching hope and resilience for students experiencing trauma: creating safe and nurturing classrooms for learning](#). New York: Teachers College Press, 2020.

Offers direction for how to create an emotionally safe classroom environment in which students find a refuge from trauma and a space in which to process events.

Audience: Teachers



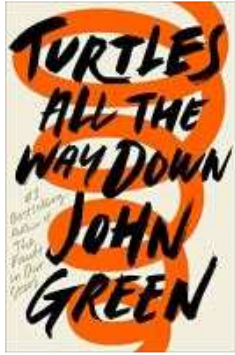
### eBook

Gephart, Donna. [Lily and Dunkin](#). New York: Delacorte Press, 2016.

"Lily Jo McGrother, born Timothy McGrother, is a girl. But being a girl is not so easy when you look like a boy. Norbert Dorfman, nicknamed Dunkin Dorfman, is bipolar and has just moved from the New Jersey town he's called home for the past thirteen years. One summer morning, Lily Jo McGrother meets Dunkin Dorfman, and their lives forever change"-- Provided by publisher.

Audience: Grade 7 and up





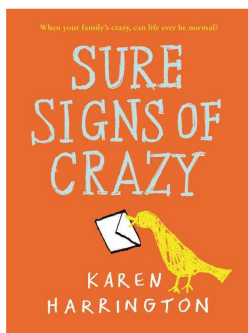
### eBook

Green, John. [Turtles all the way down](#). New York: Penguin Young Readers Group, 2017.

It all begins with a fugitive billionaire and the promise of a cash reward. Aza, a young woman trying to be a good daughter, a good friend, a good student, and maybe even a good detective, navigates a daily existence within the ever-tightening spiral of her own thoughts.

Also, in [eAudiobook](#)

Audience: Grade 9 and up

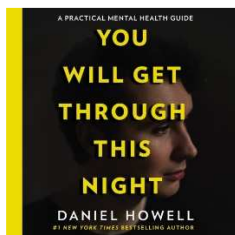


### eBook

Harrington, Karen. [Sure signs of crazy](#). Boston: Little, Brown and Company, 2013.

Twelve-year-old Sarah writes letters to her hero, To Kill a Mockingbird's Atticus Finch, for help understanding her mentally ill mother, her first real crush, and life in her small Texas town, all in the course of one momentous summer.

Audience: Grade 4 and up



### eBook

Howell, Dan. [You will get through this night](#). New York, NY: Dey St., 2021.

A practical guide to taking control of your mental health for today, tomorrow, and the days after.

Also, in [eAudiobook](#)

Audience: Grade 12 and up



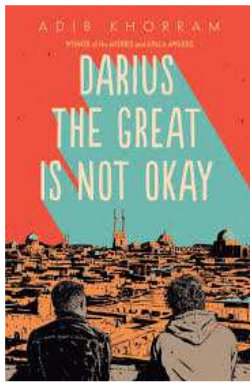
### eBook

Hutchinson, Shaun David. [We are the ants](#). New York: Simon Pulse, 2016.

After the suicide of his boyfriend, Henry deals with depression and family issues, all while wondering if he was really abducted and told he has 144 days to decide whether or not the world is worth saving.

Audience: Grade 9 and up



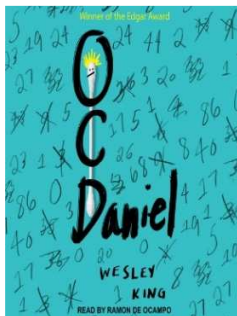


### eBook

Khorram, Adib. [Darius the Great is not okay](#). New York, NY: Dial Books, 2018.

Clinically-depressed Darius Kellner, a high school sophomore, travels to Iran to meet his grandparents, but it is their next-door neighbor, Sohrab, who changes his life.

Audience: Grade 7 and up



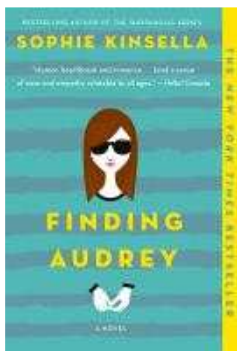
### eBook

King, Wesley. [OCDaniel](#). New York: Simon & Schuster Books for Young Readers, 2016.

A thirteen-year-old boy's life revolves around hiding his obsessive compulsive disorder until a girl at school, who is unkindly nicknamed Psycho Sara, notices him for the first time and he gets a mysterious note that changes everything.

Also, in [eAudiobook](#)

Audience: Grade 3 and up

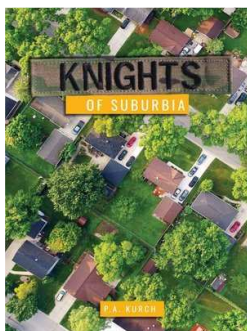


### eBook

Kinsella, Sophie. [Finding Audrey](#). New York: Delacorte Press, 2015.

Fourteen-year-old Audrey is making slow but steady progress dealing with her anxiety disorder when Linus comes into the picture and her recovery gains momentum.

Audience: Grade 9 and up



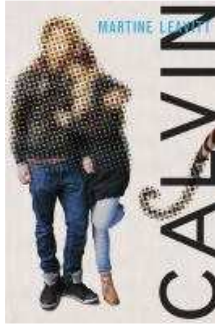
### eBook

Kurch, P. A. [Knights of suburbia](#). Berkeley Heights: Enslow Publishing, LLC, 2019.

Henry's older brother returns from overseas a changed man just as his father decides to run for public office. Within days, his brother's PTSD and his father's campaign turn life upside down, as does the arrival of a famous war reporter. Family secrets. Pranks. A whole lot of trouble.

Audience: Grade 8 and up





### eBook

Leavitt, Martine. [Calvin](#). New York: Margaret Ferguson Books, 2015.

Born on the day the last Calvin and Hobbes comic strip was published, seventeen-year-old Calvin, a schizophrenic, sees and has conversations with the tiger, Hobbes, and believes that if he can persuade the strip's creator, Bill Watterson, to do one more strip, he will make Calvin well.

Audience: Grade 7 to Grade 9



### eBook

Mac, Carrie. [10 things I can see from here](#). New York: Alfred A. Knopf, 2017.

Maeve, a sufferer of severe anxiety, moves in with her recovering alcoholic father and her very pregnant stepmother and falls for a girl who is not afraid of anything.

Audience: Grade 9 and up

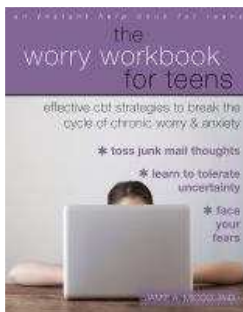


### eBook

Meyer, Susan. [Health issues when you're transgender](#). New York: Rosen Publishing, 2017.

Explores the health issues encountered by transgender people, including mental and emotional health, gender dysphoria, hormone replacement therapy (including puberty-blocking hormones), gender affirmation surgery, and more.

Audience: Grade 8 and up



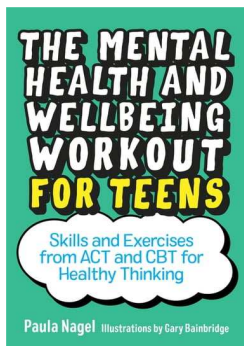
### eBook

Micco, Jamie A. [The worry workbook for teens: effective CBT strategies to break the cycle of chronic worry and anxiety](#). Oakland: New Harbinger Publications, 2017.

Targets chronic, debilitating worry in teens, and offers effective, easy-to-understand cognitive behavioral therapy (CBT) exercises to alleviate worry symptoms and prevent them from escalating into full-blown generalized anxiety disorder.

Audience: Grade 7 and up



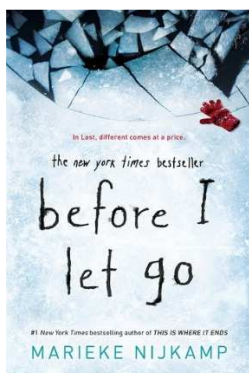


### eBook

Nagel, Pauline. [The mental health and wellbeing workout for teens: skills and exercises from ACT and CBT for healthy thinking](#). London: Jessica Kingsley Publishers, 2019.

This guide arms teens with healthy thinking habits and coping strategies for staying on top of their mental health. Using tried and tested therapeutic techniques, readers are given the tools to build their own personalised mental health 'workout' to boost their emotional resilience and wellbeing.

Audience: Grade 7 and up.

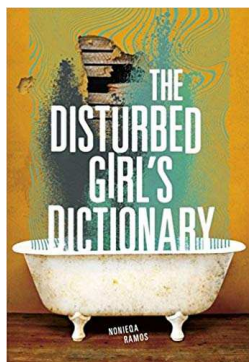


### eBook

Nijkamp, Marieke. [Before I let go](#). Naperville, Illinois: Sourcebooks Fire, 2018.

Returning to her small Alaska home town after her bipolar best friend's death, Corey uncovers chilling secrets about the townspeople and their treatment of Kyra prior to her drowning.

Audience: Grade 7 and up



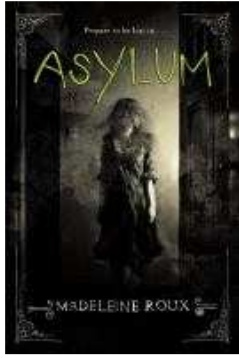
### eBook

Ramos, NoNieqa. [The disturbed girl's dictionary](#). Minneapolis: Carolrhoda Lab, 2018.

Fifteen-year-old Macy, officially labeled "disturbed" by her school, records her impressions of her rough neighborhood and home life as she tries to rescue her brother from Child Protective Services, win back her overachieving best friend after a fight, and figure out whether to tell her incarcerated father about her mother's cheating.

Audience: Grade 8 and up





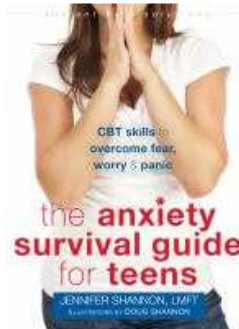
### eBook

Roux, Madeleine. [Asylum](#). New York, NY: Harper, 2013.

"Three teens at a summer program for gifted students uncover shocking secrets in the sanatorium-turned-dorm where they're staying--secrets that link them all to the asylum's dark past"-- Provided by publisher.

Also, in [eAudiobook](#)

Audience: Grade 9 and up

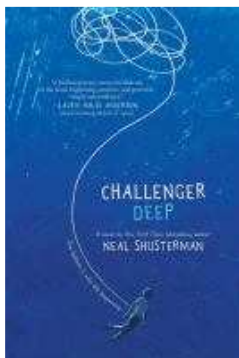


### eBook

Shannon, Jennifer. [The anxiety survival guide for teens: CBT skills to overcome fear, worry, and panic](#). Oakland, CA: Instant Help, 2015.

For teens, feeling independent is critical for building self-confidence. Based in cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT), this guide help teens skillfully work through situations that cause anxiety so they can focus on their goals.

Audience: Grade 7 and up



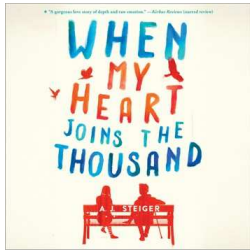
### eBook

Shusterman, Neal. [Challenger deep](#). New York: HarperCollins, 2015.

"A teenage boy struggles with schizophrenia"-- Provided by publisher.

Audience: Grade 9 and up





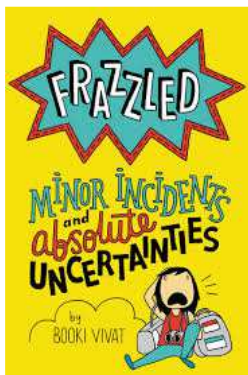
### eBook

Steiger, A. J. [When my heart joins the thousand](#). New York, NY: HarperTeen, 2018.

Alvie Fitz doesn't fit in, and she doesn't care. She's spent years swallowing meds and bad advice from doctors and social workers. Adjust, adapt. Pretend to be normal. It sounds so easy. If she can make it to her eighteenth birthday without any major mishaps, she'll be legally emancipated. Free. But if she fails, she'll become a ward of the state and be sent back to the group home.

Also, in [eAudiobook](#)

Audience: Grade 9 and up



### eBook

Vivat, Booki. [Minor incidents and absolute uncertainties](#). New York: HarperCollins, 2019.

When Abbie Wu goes to "Outdoor School," with her older brother as a counselor, she is torn between excitement and anxiety but decides to make it a life-changing adventure.

Audience: Grade 3 and up



### eBook

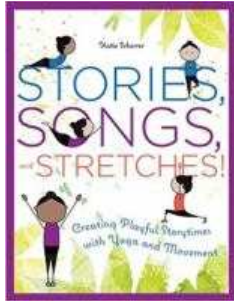
Zappia, Francesca. [Made you up](#). New York, NY: Greenwillow Books, 2015.

"Armed with her camera and a Magic 8-Ball and her only ally (her little sister), Alex wages a war against her schizophrenia, determined to stay sane long enough to get into college"-- Provided by publisher.

Audience: Grade 8 and up



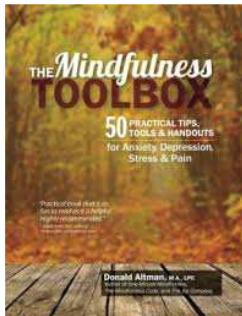
# **BOOKS FOR EDUCATORS**



**027.6251 SCH**

Scherrer, Katie. [Stories, songs, and stretches!: creating playful storytimes with yoga and movement](#). Chicago: ALA Editions, 2017.

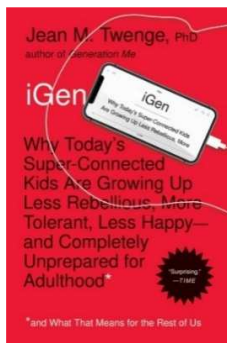
The centuries-old contemplative movement practice known as yoga can offer physical, emotional, and mental benefits to practitioners of all ages, including young children.



**155.512 ALT**

Altman, Donald. [The Mindfulness toolbox: 50 practical mindfulness tips, tools, and handouts for anxiety, depression, stress and pain](#). Eau Claire, WI: PESI Publishing & Media, 2014.

This guidebook offers a means of reappraising and observing negative and anxious thoughts, habits, pain, and stress in fresh ways that produce new insight, positive change, and a sense of hope.

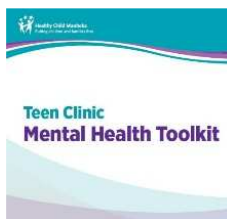


**305.235 TWE**

Twenge, Jean M. [iGen: why today's super-connected kids are growing up less rebellious, more tolerant, less happy -- and completely unprepared for adulthood: and what that means for the rest of us](#). New York: Atria Paperback, 2018.

Dr. Twenge identifies iGen's surprising attitudes toward religion, sexuality, and politics, as well as unprecedented levels of anxiety and loneliness. As this new group of young people grows into adulthood, parents, educators, and employers have an urgent need to understand them. Because where iGen goes, so goes our nation - and the world.

Also, in [eBook](#) and [Audiobook](#)

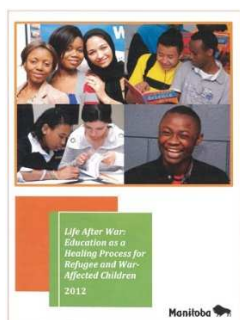


**362.2 TEE**

[Teen clinic: mental health toolkit](#). Winnipeg, Manitoba: Healthy Child Manitoba, 2016.

This toolkit is meant to provide support to frontline staff who work with youth with mental health concerns.



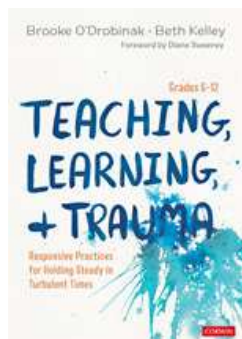


### 371.826 LIF

[Life after war: education as a healing process for refugee and war-affected children.](#)

Winnipeg, Manitoba: Manitoba Education, School Programs Division, 2012.

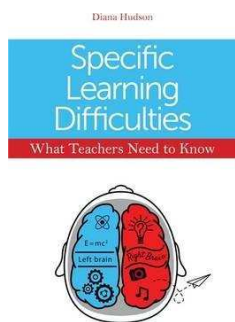
A resource that seeks to help strengthen the capacity of school communities at all levels (early, middle, and senior years) to provide an appropriate and supportive school environment for refugee and war-affected learners and their families: an environment that will nurture their mental health and well-being, and that will enhance their educational and life outcomes



### 371.826 ODR

O'Drobinak, Brooke. [Teaching, learning, and trauma: responsive practices for holding steady in turbulent times, grades 6-12.](#) Thousand Oaks, California: Corwin Press, 2021.

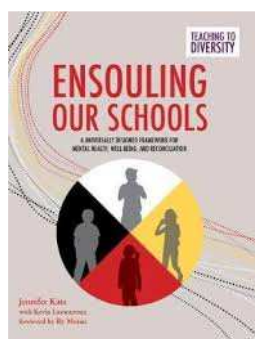
Provides teachers and administrators with the tools to create predictable, healthy, relationship-based school cultures, to effectively increase student learning and bring joy back to their vocation.



### 371.9 HUD

Hudson, Diana. [Specific learning difficulties: what teachers need to know.](#) London: Jessica Kingsley Publishers, 2016.

Provides an overview of the strengths and weaknesses of students with Specific Learning Difficulties, including dyslexia, dyspraxia, dyscalculia, dysgraphia, Autism Spectrum Disorder, ADHD, OCD, and more. With practical suggestions for modifying teaching materials and methods, learning will be more enjoyable for all students.



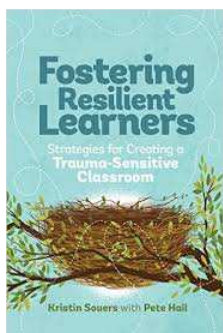
### 371.9046 KAT

Katz, Jennifer. [Ensouling our schools: a universally designed framework for mental health, well-being, and reconciliation.](#) Winnipeg, Manitoba: Portage & Main Press, 2018.

"Jennifer Katz weaves together methods of creating schools that engender mental, spiritual, and emotional health while developing intellectual thought and critical analysis. Kevin Lamoureux contributes his wisdom regarding Indigenous approaches to mental and spiritual health that benefits all students and addresses the TRC calls to action" -- Provided by publisher.

Also, in [eBook](#)





### 371.94 SOU

Souers, Kristin. [Fostering resilient learners: strategies for creating a trauma-sensitive classroom](#). Alexandria, Virginia: ASCD, 2016.

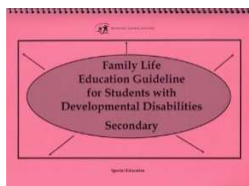
Trauma in young people dramatically affects learning. Cultivating a trauma-sensitive learning environment supports optimal growth for students across all content areas, grade levels, and educational settings. Understanding trauma's effects, and adopting a strengths-based approach to learning, enables educators to change how they view destructive student behaviours, and help students break negative cycles.



### 372.21 SPO

[Spotlight on young children: social and emotional development](#). Washington, D.C.: National Association for the Education of Young Children, 2017.

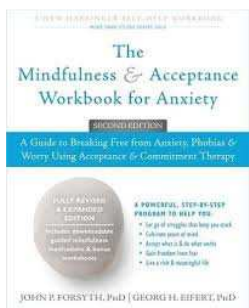
Issues covered are: how to prevent and address aggression and bullying behaviors, guide children to recognize and understand diverse cultural practices, encourage children to form and sustain meaningful social interactions, support children who have experienced trauma. Using the guidance in this resource, help children develop the social and emotional skills essential to their future well-being and success.



### 613.9071 FAM

[Family life education guideline for students with developmental disabilities: secondary](#). Winnipeg: Winnipeg School Division, Special Education, 2012.

Provides secondary teachers of students with developmental disabilities with information, suggested resources and learning activities. Guideline is divided in four domains: human growth and development; hygiene and self care; healthy lifestyle and safety; relationships and responsibilities.

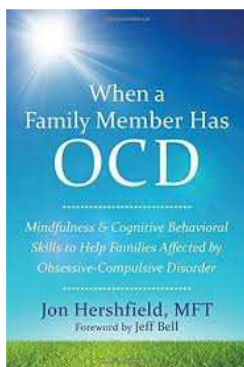


### 616.8522 FOR

Forsyth, John P. [The mindfulness and acceptance workbook for anxiety: a guide to breaking free from anxiety, phobias, & worry using acceptance & commitment therapy](#). Oakland, CA: New Harbinger Publications, 2016.

Based on acceptance and commitment therapy (ACT), this book offers compelling new exercises to help you create the conditions for your own genuine happiness and peace of mind. You'll learn how your mind can trap you, keeping you stuck and struggling in anxiety and fear. You'll discover ways to nurture your capacity for acceptance, mindfulness, kindness, and compassion, and use these qualities to weaken the power of anxiety and fear so you can gain the space to do what truly matters to you.

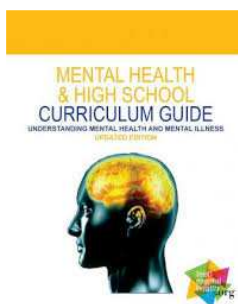




#### 616.85227 HER

Hershfield, Jon. [When a family member has OCD: mindfulness & cognitive behavioral skills to help families affected by obsessive-compulsive disorder](#). Oakland, CA: New Harbinger Publications, Inc., 2015.

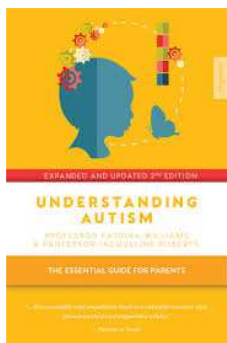
A guide to help family members cope with their loved one's compulsive behaviors, obsessions, and constant need for reassurance.



#### 616.89 KUT

Kutcher, Stanley P. [Mental health & high school curriculum guide: understanding mental health and mental illness](#). Canada: TeenMentalHealth.org, 2015.

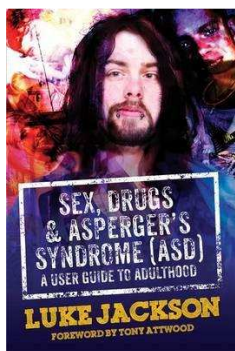
A guide developed to help enhance the mental health literacy of students and targeted to be used in grades nine and ten.



#### 618.9285882 WIL

Williams, Katrina. [Understanding autism: the essential guide for parents](#). Wollombi, NSW, Australia: Exisle Publishing, 2018.

The essential reference for parents and carers. Covers the causes of autism, how it manifests at various stages of childhood, and coping with common problematic behaviour.

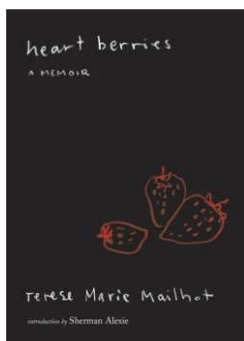


#### 618.92858832 JAC

Jackson, Luke. [Sex, drugs and Asperger's syndrome \(ASD\): a user guide to adulthood](#). London: Jessica Kingsley Publishers, 2016.

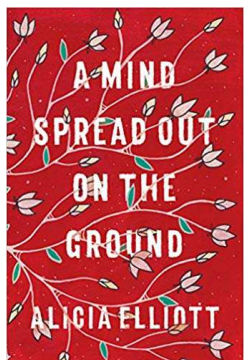
Discusses the challenges faced by adolescents with Asperger's syndrome as they approach adulthood.





## 921 MAI

Mailhot, Terese Marie. [Heart berries: a memoir](#). Toronto: Doubleday Canada, 2018. Heart Berries is a powerful, poetic memoir of a woman's coming of age on the Seabird Island Indian Reservation in British Columbia. Having survived a dysfunctional upbringing only to find herself hospitalized and facing a dual diagnosis of Post Traumatic Stress Disorder and Bipolar II, Terese Mailhot is given a notebook and begins to write her way out of trauma.

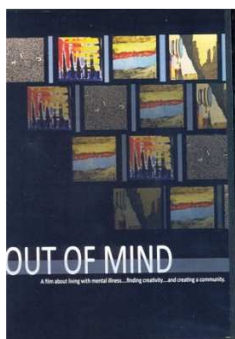


## 971.00497 ELL

Elliott, Alicia. [A mind spread out on the ground](#). Toronto: Doubleday Canada, 2019. Elliott engages with such wide-ranging topics as race, parenthood, love, mental illness, poverty, sexual assault, gentrification, writing and representation past and present.



# MULTIMEDIA



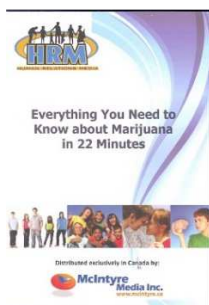
DVD1236

616.89 (35 minutes)

[Out of mind: a film about living with mental illness--finding creativity--and creating a community.](#) Winnipeg: Moore Films Please, 2012.

Artbeat Studio Inc., Winnipeg, Manitoba offers a unique program for artists that struggle with mental illness, this documentary follows four artists going through Artbeat's six-month residency. The film offers powerful personal stories about the power of art to heal and to build community.

Audience: Adult



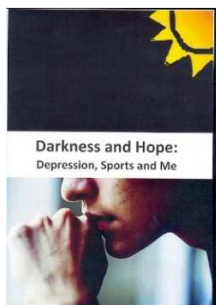
DVD1245

362.29 (22 minutes)

[Everything you need to know about marijuana in 22 minutes.](#) Orangville, ON: McIntyre Media Inc., 2012.

Doctors illustrate how pot can permanently damage the teen brain and contribute to mental illness. Viewers learn how marijuana use seriously impacts driver alertness, reflexes and perception skills.

Audience: Grades 7 to 12



DVD1248

616.85 (43 minutes)

[Darkness and hope: depression, sports & me.](#) Toronto: See See Three Entertainment, 2012.

TSN Broadcaster host Michael Landsberg discusses depression in the context of the world of sports. The documentary features candid interviews with Olympian Clara Hughes, two-time Stanley Cup champion Stéphane Richer, and four-time World Series winner Darryl Strawberry.

Audience: Grades 9 to 12.



5 servings of fruits and vegetables

4 glasses of water

10 good laughs

2 hours less screen time

1 hour physical activity

10 hours of more sleep

**Countdown to Your HEALTH for Kids**

DVD

**Learning Zone** *Learning. Anytime. Anywhere.*

1-888-455-7003  
www.learningzone.com

[54321+10: countdown to your health for kids](#). Owatonna, MN: Learning ZoneXpress, 2012.

Audience: Grades 1 to 6

**HIRM**

**Reasons for Hope,  
Reasons to Live:  
Preventing Youth Suicide**

David L. Croteau

Over 100 pages of  
inspiration and  
information  
to help you  
prevent youth  
suicide

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**Mcintyre  
Media Inc.**  
www.mintyresmedia.com

[Reasons for Hope, Reasons to Live: Preventing Youth Suicide](#). NY: Human Relations Media, 2015.

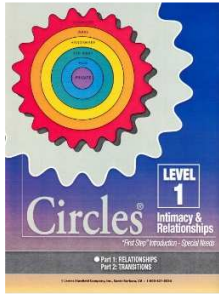
Audience: Grades 7 and up

A collage of educational materials for 'Navigating the Zones'. At the top center is a large graphic with four colored quadrants: yellow (top-left, 'Red Zone'), green (top-right, 'Orange Zone'), blue (bottom-right, 'Blue Zone'), and purple (bottom-left, 'Green Zone'). Each quadrant contains a diagram of a classroom layout. Below this is a book titled 'NAVIGATING THE ZONES' with a colorful cover. To the right of the book is a 'Classroom Zones Visual' poster showing a classroom layout with numbered zones. Below the poster are several smaller cards or worksheets, some with diagrams and text, and a small circular logo in the bottom right corner.

[Navigating the zones of regulation: a pathway to self-regulation](#). Santa Clara, CA: Think Social Publishing, Inc., 2017.

Audience: Kindergarten to Grade 6





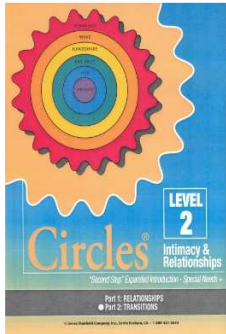
### KIT1616

302.087

[Circles. Level 1: intimacy & relationships.](#) Santa Barbara, California: James Stanfield & Company, Inc., 2018.

The CIRCLES program incorporate special educational techniques to teach students with intellectual disabilities, those on the autism spectrum, and those with mental health issues the social-sexual concepts of personal space, social distance, and relationship building. Social Distance. Relationship Building. Sexuality Education

Audience: For use by teachers with students in grade 7 and up.



### KIT1617

302.087

[Circles. Level 2: intimacy & relationships.](#) Santa Barbara, California: James Stanfield & Company, Inc., 2018.

The CIRCLES program incorporates special educational techniques to teach students with intellectual disabilities, those on the autism spectrum, and those with mental health issues the social-sexual concepts of personal space, social distance, and relationship building. Social Distance. Relationship Building.

Audience: For use by teachers with students in grade 7 and up.



## JOURNAL ARTICLES

Alam, Hina. Man guilty of murder, aggravated assault in B.C. high school stabbings. Canadian Press, The. Canadian Reference Centre. 06, Mar, 2020.

Anderson, Curt. Florida school shooting trauma affects young witness. Canadian Press, The. Canadian Reference Centre. 22, Jan, 2020.

Anderson, Curt. Secret Service goes on the road to help curb school violence. Canadian Press, The. Canadian Reference Centre. 18, Feb, 2020.

Bains, Camille. Researchers call on B.C. to ditch plan to switch to permanent daylight time. Canadian Press, The. Canadian Reference Centre. 06, Mar, 2020.

Bolster mental, physical health when cognition declines. Mind, Mood & Memory, 17.7, Pp. 1. MasterFILE Complete. Jul2021.

Braden-Perry, Megan. Guiding Them Through the Big Return. Parents. Vol. 96 Issue 7, Pp. 15-20. MasterFILE Complete. July 2021.

Climate activist's award money used to create foundation. Canadian Press, The. Canadian Reference Centre. 20, Feb, 2020.

Dilello, Ty. The quad town forum. Local Journalism Initiative report, Canadian Press, The. Canadian Reference Centre. 15, April, 2020.

Eaton-Robb, Pat. Teacher unions: Children terrified by active shooter drills. Canadian Press, The. Canadian Reference Centre. 13, Feb, 2020.

Epp, Aaron. Helping turn heartbreak into triumph at crucial time. Winnipeg Free Press. Canadian Reference Centre. 11, Jan, 2020



Genevieve, Gannon; Trenoweth, Samantha; Dunk, Tiffany. *Our health crisis heroes.* Australian Women's Weekly. Pp. 26-31. MasterFILE Complete. May 2020.

Gregory Strong. *The math ain't working: Online schooling not a smooth transition for parents.* Canadian Press, The. Canadian Reference Centre. 16, April, 2020.

Jeffords, Shawn. *Youth mental health service wait-lists double, report says.* The Canadian Press, Toronto Star (Canada). Canadian Reference Centre. 28, Jan 2020.

Kramer, Jillian. *An Alcoholic Parent Can Affect How a Child's Brain Switches Tasks.* Scientific American Mind. Psychology and Behavioral Sciences Collection. Vol. 31, no. 3, pp. 9-11. May/Jun2020.

Kusch, Larry. *Online counselling program launched.* Winnipeg Free Press. Canadian Reference Centre. 28. Mar, 2020.

Malone, Kelly Geraldine. *Many cracks in youth health services: Manitoba children's advocate.* Canadian Press, The. Canadian Reference Centre. 27, Feb, 2020.

Perkel, Colin. *Calls to distress lines jump as COVID-19 sparks dislocation and anxiety.* Canadian Press. Canadian Reference Centre. 16, Mar, 2020.

*Persons with 'mental disorder' allowed to open account.* Dawn (Pakistan)., Database: Newspaper Source Plus. June 2021.

*School officials criticized after 7-year-old handcuffed.* Canadian Press, The. Canadian Reference Centre. 09 Mar, 2020.

Schreiner, Bruce. *Bills seek to end 'conversion therapy' in Kentucky.* Canadian Press, The. Canadian Reference Centre. 14, Jan, 2020.

Ting Liu; Capistran, Jaclyn; *Fine and Gross Motor Competence in Children With Autism Spectrum Disorder.* ElGarhy, Sayed. Physical Educator. Vol. 78 Issue 3, p227-241. 15p. DOI: 10.18666/TPE-2021-V78-I3-9644., Database: MasterFILE Complete. 2021.



Ward, Michelle. *Child abuse a big concern during COVID-19 outbreak.* Canadian Press, The. Canadian Reference Centre. 20, Mar 2020.

*What I know now: Dascha Polanco.* Health. Jul/Aug2021, Vol. 35, Issue 6. MasterFILE Complete.



## Related PATHFINDERS and WSD Resources



[Anxiety & depression.](#) Winnipeg: Winnipeg School Division, Library Support Services, [2016].

This is a guide to information currently available at the Library Resource Centre, Library Support Services on "anxiety and depression".



[Mindfulness.](#) Winnipeg: Winnipeg School Division, Library Support Services, [2017].

This is a guide to information currently available at the Library Resource Centre, Library Support Services on "Mindfulness".



[Winnipeg School Division on Healthy minds mental health and wellness resource guide.](#)



## Teens 101: Educational Mental Health series:

The second resource is one we have purchased **streaming rights to, for 5 years**. We will post it soon on the LSS portal page website. It's from Magic Lantern Media and is a series of 13 videos called **Teens 101: Educational Mental Health series**. Here's the write-up from the catalogue:

**Teens 101** is a multi media initiative towards reaching, guiding, empowering, inspiring youth through the issues that can affect their mental health and well being. The series communicates, from a youth's perspective, topics such as: depression and anxiety, addiction, self harm. mental illness, bullying, body image, self worth, family dysfunction, racism, sexuality, and LGBTQ. (info at <https://www.magiclanternmedia.com/catalogue/54013>)

It's a Canadian made series, and was filmed in 2016/2017.



# **WEBSITES**

**AU Reachout.** Australia. 2022.

<https://au.reachout.com/>

ReachOut is Australia's leading online mental health organization for young people and their caregivers. Mental health illnesses.

**Canadian Mental Health Association.** Manitoba and Winnipeg. 2022.

<https://mbwpg.cmha.ca/mental-health-resources-for-winnipeg/>

To honour and promote the mental health of all Manitobans and support individuals who experience mental illness and addiction issues to achieve recovery and well-being within healthy and supportive communities.

**Government of Manitoba.** Manitoba and Winnipeg. 2022.

<https://www.gov.mb.ca/health/mh/crisis.html>

Mental Health Crisis and Non-Crisis Regional Contacts.

**Kids Help Phone.** Manitoba and Winnipeg. 2020

<https://kidshelpphone.ca/>

Kids Help Phone is Canada's only 24/7, national support service. Offering bilingual anonymous professional counselling, information and referrals and volunteer-led, text-based support to young people.

**Mental Health Commission of Canada.** Manitoba and Winnipeg. 2020

<https://mentalhealthcommission.ca/>

Canadians who live with a mental health problem or illness should be able to expect timely access to high-quality services — on par with those available for physical illness — no matter where or when they need them.

**Mental Health Services.** Manitoba and Winnipeg. 2022.

<https://www.ementalhealth.ca/Winnipeg-Regional-Health-Authority/Home/index.php?m=home>

Find Mental Health Help, organizations, resources in Your Area.



**MHERC Manitoba.** Manitoba and Winnipeg. 2020.

<https://www.mherc.mb.ca/>

The Mental Health Education Resource Centre of Manitoba (MHERC) is a provincial resource to promote mental health and educate about mental illness encouraging Manitobans to seek treatment early and reduce the prejudice and discrimination that exists towards people with a mental illness.

**Mood Disorders in Manitoba.** Manitoba and Winnipeg. 2022.

<http://www.mooddordersmanitoba.ca/>

The Mood Disorders Association of Manitoba is a self-help organization dedicated to providing support, education, and advocacy for those living with a mood disorder, co-occurring disorders, or other mental health illnesses.

**Reason to live.** Manitoba and Winnipeg. 2020

<http://reasontolive.ca/>

The Manitoba Suicide Prevention and Support Line is a toll-free, confidential 24-hour crisis line run by trained crisis counsellors from Klinik Community Health <http://klinik.mb.ca/>.

**Stress HACKS.** Manitoba and Winnipeg. 2020

<https://stresshacks.ca/>

Stress Hacks has information to explain stress and help you to manage it!

**Teen Clinic.** Manitoba and Winnipeg. 2020

<http://teenclinic.ca/>

Teen Clinics offer **free** and confidential health/medical services dedicated **for youth**. Teens can speak to a health care provider about any health issue that is important to them.

Teen Clinics are located in schools or community health centres throughout Manitoba.

**Teen Mental Health.** Manitoba and Winnipeg. 2020

<http://teenmentalhealth.org/>

Mental health information for youth, their caregivers, friends and loved ones.



**Teen talk.** Manitoba and Winnipeg. 2020

<http://teentalk.ca/>

**Teen Talk** is a Youth Health Education Program. Providing services for youth from a harm reduction, prevention education perspective. The focus on sexuality, reproductive health, body image, substance use awareness, mental health, issues of diversity and anti-violence issues.

**Victoria General Hospital.** Manitoba and Winnipeg. 2020

<https://vgh.mb.ca/patients/programs/mental-health/>

The Mental Health team specializes in the care of adult and geriatric patients experiencing a variety of mental illnesses, with a focus on the Recovery Model of treatment, which emphasizes that although people may not be able to have full control over their symptoms, they can regain full control over their lives.