

Type	Title	Author	Location Terrace - T Bulkley - B Haida Gwaii - H
Book	A Brilliant Madness – Living with Manic Depressive Illness	Duke, Patty & Hochman, Gloria	B
Book	A Hole in the World	Rhodes, Richard	B
Book	A Mood Apart - A Thinkers Guide to Emotion and Its Disorders	Whybrow, Peter C	B
DVD	Aboriginal Journeys in Mental Health		H
Book	Am I OK		B
Book	An Unquiet Mind: A Memoir of Moods and Madness (a Professor of Psychiatry tells her story of her own diagnosis of bipolar)	Jamison, Kay R.	T, B, H
Book - Youth - Fiction	Best Friends Don't Tell Lies	Barr, Linda	B
DVD-56 mins	Beyond The Blues: Child and Youth Depression	National Film Board of Canada	T
Book	Bipolar Disorder	Mondimore, Francis Mark, MD	B
Book	Bipolar Disorder Survival Guide, The	Miklowitz, D.J.	T
Book	Bipolar Disorders- A Guide to Helping Children and Adolescents	Waltz, Mitzi	B
Video	Bipolars & Their Children "Call Me Anna"	MDA of BC	B
Book	Bodies Under Seige	Favazza, Armando R., MD	B
Book - Youth - Fiction	Breakdown	Wilson, Budge	B
Video 004	Breaking the Dark Horse		B
Book	Burden of Sympathy, The: How Families cope with Mental Illness	Karp, D.A.	T
Book	Call Me Anna	Duke, Patty & Turan, Kenneth	B
Book - Childrens	Can I Catch It Like a Cold? A story to help children understand a parent's depression	Kelbaugh, Gretchen	B
Book - Childrens	Catch a Falling Star	Grass, Gayle	B
Video	Changing Minds -EPI	Twenty First Century	B
DVD	Child and Youth Mental Health Series		H
Book	Conquering Schizophrenia	Wyden, Peter	B
Book	Coping with Schizophrenia - A Guide for Families	Mueser, Kim T. & Gingerich, Susan	B
Book	Coping with Teenage Depression - A Parents' Guide	McCoy, Kathleen	B

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Book	Counting My Blessings (her story of coping with alcoholism and schizophrenia in the family)	Kardamylakis, E. T.	T
Video	Courage Among Us		B
Book	Cutting, Understanding and Overcoming Self-Mutilation	Levenkron, Steven	H
Book	Darkness Visible – a Memoir of Madness	Styron, William	B
Book	Daughter of the Queen of Sheba	Lyden, Jacki	B
Video	Dead Blue	Wallace, Mike	B
Book	Dealing with Depression Naturally	Baumel, Syd	H
Video	Depression & Substance Abuse with Dr. Ali	MDA of BC	B
Video	Depression and MDA & Patty Duke Interview	MDA of BC	B
Video	Depression- Beyond the Darkness.	Downs, Hugh	B
Video	Deprssion on Campus - Don't let it cut into your life		B
Book	Diagnosis: Schizophrenia	Miller, Rachel - Mason, Susan	H, T ,B
Video	Dr. Long & Ed Rogers on Depression	MDA of BC	B
Manual	DSM-IV		B
VHS	Dual Diagnosis		H
Book	Essential Guide to Depression	American Medical Association	B
Video	Fall 1993 - Mood Disorders - Ups & Downs/Current Trends/Diagnosis	MDA of BC	B
Video	Fall 1994 - Mood Disorders - Panic Attacks/Panel Discussion/Who Turned out the Lights?	MDA of BC	B
Video	Families Coping with Mental Illness	The Mental Illness Education Project	B
DVD-43 mins	Families Coping with Mental Illness	The Mental Illness Education Project	T
Book	Family Secrets	Bradshaw, John	B
DVD -56 mins	Fighting Their Fears: Child and Youth Anxiety	National Film Board of Canada	T
DVD -50 mins	First Break		H, T
Video	First Break		B
Video	Four Lives - A Portrait of Manic Depression	MDA of BC	B
Video	Genes of Mood Disorders & The Family with Dr. Ron A Remick	MDA of BC	B
Book	Girl, Interrupted	Susanna Kaysen	B
Book	Grieving Mental Illness - A Guide for Patents and Their Caregivers	Virginia Lafond	B
DVD-30 mins	Hearing Our Voices (People with schizophrenia investigate housing for people with psychiatric disabilities)	University of Calgary	T, B
Book	Helping Someone with Mental Illness	Carter, R.	T, B, H

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Book	Helping your Anxious Child	Rappe, Spence, Cogham, Wignall	B
Book	How To Cope With Depression	DePaulo/Ablow	B
Book	How to Cope with Mental Illness in your Family- a Self-care Guide for Siblings, Offspring, and Parents	Marsh, Diane T. , Ph.D., & Dickens, Rex	B, T
Book	How to Live with A Mentally Ill Person - Day to Day Strategies	Adamec, Christine	B
Book	How to Live with Schizophrenia	Hoffer, Abram & Osmond, Humphry	B
Book	I Am Not Sick I Don't Need Help!	Amador, Xavier	B, T
Book	I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression	Real, T.	T
Video	I Love You Like Crazy - Being a Parent with Mental Illness	Mental Illness Education Project	B
DVD -27 mins	I love you like crazy: Being a Parent with Mental Illness	Mental Illness Project Videos	T
Book	If I Played My Life - Poems by people with Schizophrenia	Goldsmith, Kate - Editor	B
Video & Manual	In the Mix - For Teens by Teens - Depression	PBS	B
Video	Interviews on Manic Depression, Anxiety and Depression	MDA of BC	B
Book	It's Nobody's Fault- New hope and Help for Difficult Children	Koplewicz, Harold S., M.D.	B, H, T
Book	Learning About Schizophrenia: Rays of Hope	Rylant, Cynthia - The Alliance Program	B, H
Book - Youth - Fiction	Lisa, Bright and Dark	Neufeld, John	B
Video	Listen to Me - Teenage Suicide	Canadian Mental Health BC Div	B
Book	Living & Working with Schizophrenia	Jefferies et al	B
Video	Living With Schizophrenia	MacPhee, Bill	B
Book	Loving Someone With OCD, Help for you and your family	Landsman, K. - Rupertus, K. - Pedrick, C.	H
Video	Manic Depression	MDA of BC	B
Book	Manic Depression - How to Live while Loving A Manic Depressive	Bradley, Lynn	B
Video	Manic Depressive Illness Public Forum	MDA of BC	B
Video	MDA Spring 1995	MDA of BC	B
Manual	Mental Health Promotional Tool Kit		B
Video	Mental Illness in the Family	Bonnie Tapes	B,H
Book	Midfulness-Based Cognitive Therapy for Depression: A new approach for preventing relapse	Segal, Zindel V. et	H
Book	Missing May	Papolos, Janice	B

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Video	Mood Disorder TV Education	MDA of BC	B
Video	Mood Disorders with Dr. Bright, Ed Rogers & Linda Fraser	MDA of BC	B
Video	My Sister is Mentally Ill	Bonnie Tapes	B, H
DVD -22 mins	My Sister is Mentally Ill: the Bonnie Tapes	Mental Illness Project Videos	T
Book - Childrens	My Sister, Then and Now	Kroll, Virginia	B
Book	Neurobiological Disorders in Children and Adolescents	Peschel, Enid & Peschel, Richard - Howe, Carol W. & Howe, James W. - Editors	B
Book	New Hope for People with Bipolar Disorder	Fawcett, Jan, M.D., - Golden, Bernard, Ph.D., & Rosenfeld, Nancy	B
Book	Night Falls Fast - Understanding Suicide	Redfield Jamison, Kay	B
Book	Noonday Demon, The: An Atlas of Depression	Solomon, A.	T
DVD -70 mins	OCD: The War Inside	National Film Board of Canada	T
Book	On the Edge of Darkness		B
DVD	Out of the Shadow High School		H
DVD	Out of the Shadows		B, H
Book	Overcoming Depression	Papolos, Demitri, M.D.	B
Book	Overcoming Obsessive Thoughts	Purdon, C. - Clark, D.	H
Book	Parenting a Bi-Polar Child, What to do and why	Faedda, G. - Austin, N.	H
DVD	Pieces of a Dream: a Story of Gambling		H
Book	Please, Listen to Me! - Your guide to Understanding Teenagers and Suicide	Crook, Marion	B
Audio Cassette	Post Partum Depression with Dr. Shaila Misri & Victoria Roger	MDA of BC	B
Book	Preventing Physical and Emotional Abuse of Children	Wolfe, David A.	B
Book	Raising a Child with Autism	Richman, Shira	B
Book	Rays of Hope	Schizophrenia Society of Canada	H
Video	Reaching Out (Physician)	BCSS	B
Video	Recovering from a Mental Illness	Bonnie Tapes	B, H
DVD -27 mins	Recovering from Mental Illness, The Bonnie Tapes (one individuals story of having schizophrenia and coping with the illness)	Mental Illness Education Project Videos	T
Book	Riding the Roller coaster	Bergen, Marja	B

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Book	Scattered Minds - A New Look at the Origins and Healing of Attention Deficit Disorder	Mate, Gabor	B, H
Video	Schizophrenia – A Family Crisis		B
Video	Schizophrenia – One In A Hundred	BCSS	B
Book	Schizophrenia Genesis: The Origins of Madness	Gottesman, I.I.	T, B, H
Book	Schizophrenia Revealed- From Neurons to Social Interactions	Foster Green, Michael	B
Book	Self-Care for Caregivers	Samples, Pat, - Larsen, D. - Larsen, M	H
video	Sentenced to Life		B
DVD-70 mins	Sentenced to Life (one individual's story about being a prisoner with a mental illness)	National Film Board of Canada	T, H
DVD	Shameless: The ART of Disability		H
Manual Childrens	Someone in my Family has a Mental Illness	Lyne Brindamour	B
DVD-57 mins	Struggle for Control: Child and Youth Behaviour Disorders	National Film Board of Canada	T
Book	Survival Strategies for parenting Children with Bipolar Disorder	George T. Lynn	B
Book	Surviving Manic Depression	E. Fuller Torrey	B, H
Book	Surviving Mental Illness: Stress, Coping, and Adaptation	Hatfield, A.B. & Lefley, H.P.	T, B
Book	Surviving Schizophrenia: A manual for families, patients, and	Torrey, E. Fuller, M.D.	B, H, T
Video	Taking Control of Depression- Mending the Mind.	Xenakis, Dr. Alan	B
Book	Telling is a Risky Business: Children and Adolescents with Mental illness	Mcelroy, Evelyn, Ph.d	B
Book	The Bipolar Child- The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder	Papolos, Demitre, M.D., & Papolos, Janice	B
Book	The Broken Brain - the Biological Revolution in Psychiatry	Andreasen, Nancy C.	B
Book	The Burden of Sympathy	Karp, David A.	B, H
Book	The Care of the Soul	Moore, Thomas	B
Book	The Complete Family Guide to Schizophrenia: helping your loved one get the most out of life	Mueser, Kim T., - Gingerich, Susan	B, H, T
Book	The Depression Sourcebook	Quinn, Brian P., CSW, PHD	B
Book	The Depression Workbook	Copeland, Mary Ellen	B
Book	The Disappearing Girl	Machoian, Lisa	H
Book	The Explosive Child	Greene, Ross W., Ph.D.	B
Book	The Family Face of Schizophrenia	Backlar, Patricia	B
Book	The Ghosts Behind Him	Ray, Doris	B

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Book	The Imp of the Mind	Baer, Lee, Ph.D.	B
Book	The Inner World of Mental Illness	Kaplan, Bert	B
Book	The Invulnerable Child	Anthony, E. James & Cohle, Bertram J	B
Book	The Last Taboo- A Survival Guide to Mental Health Care in Canada	Simmie, Scott & Nunes, Julia	B
Book	The Life of a Bipolar Child	Carlson, Trudy	B
Book	The Mind/Mood Pill Book	Hales, Robert E & Diane	H
Book	The Noonday Demon - An Atlas of Depression	Solomon, Andrew	B
Book	The Quiet Room – A Journey Out of the Torment of Madness	Schiller, Lori & Bennett, Amanda	B
Book	The Secret Language of Eating Disorders	Claude-Pierre, Peggy	B
DVD	The Secret Life of the Brain		B, H
Book	The Secret Life of the Brain	Restak, R.	B, H, T
Book	The Skipping Stone	Wason, Mona	B
Video	The Treatment of Mood & Anxiety Disorders with Dr. Long & Ed Roger	MDA of BC	B
Book	The Trick is to Keep Breathing	Galloway, Janice	B
DVD-65 mins	This Beggar's Description (one man's story of living with schizophrenia)	National Film Board of Canada	T, B, H
Book	Tormenting Thoughts and Secret Rituals	Osborn, Ian, M.D.	B
Book	Toxic Psychiatry	Breggin, P.	H
Video	Trouble in Mind- Bipolar Personality Disorder	Jackson, Kate	B
Book	Troubled Journey - Coming to terms with the Mental Illness of a Sibling or Parent	Marsh, Diane T., Ph.D., & Dickens, Rex	B
DVD-52 mins	Unbreakable Minds - dual Diagnosis		B, H, T
Book	Understanding Mental and Substance Use Disorders: A Toolkit for Families	BC Partners for Mental Health and Addictions Information	T
Book	Understanding Schizophrenia	Keefe, Richard S.E. & Harvey, Philip D.	B
Book	Walking your Blues Away	Hartmann, Thom	B
Book	We fly, We Cry - Our Lives with Manic Depression	Sakals, BettyAnne	B
Book	We heard the Angels of Madness: A Family guide to Coping with Manic Depression	Berger, D. & Berger, L.	T, B
Video	Welcome Riverview Hospital	Riverview	B
Book	What to Do When Someone You Love is Depressed, A practical compassionate and helpful guide	Golant, M. - Golant, S.	H

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Book	When Someone You Love has a Mental Illness - A Handbook for Family, Friends and Caregivers	Woolis, Rebecca	B, H, T
Book	When Something's Wrong - Ideas for Teachers with Troubled Students	Canadian Psychiatric Research Foundation	B
Book	Why Am I Up, Why Am I Down?	Granet, Roger, M.D., & Ferber, Elizabeth	B
Book	Win The Battle - The 3-Step Lifesaving Formula to Conquer Depression and Bipolar Disorder	Olson, Bob & Olson, Melissa	B
Book	Winning Against Relapse	Copeland, Mary Ellen	B
Book	Without Conscience, the disturbing world of the psychopaths among us	Hare, Robert D.	H
DVD	Working Like Crazy		H