



MAY IS MENTAL HEALTH AWARENESS MONTH

The materials in this bibliography are just a few of the many resources available from Broward County Library. For additional library materials, please check with a Librarian.

ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD, ADD)

Helping your ADD child: hundreds of practical solutions for parents and teachers of ADD children and teens (with or without hyperactivity), by John F. Taylor. 618.928589 TA

Step-by-step tools for helping your ADD or ADHD child—from an extensive screening for spotting the initial signs of ADD and making a proper diagnosis to the pros and cons of nutritional, psychological, and drug treatments.

A teenager's guide to A.D.D: understanding and treating attention deficit disorders through the teenage years, by Antony J. Amen and Sharon R. Johnson. 616.8589 AM

Two teenagers, who have A.D.D., wrote the book under supervision of a nationally known psychiatrist specializing in A.D.D.

AUTISM

Behind the glass door...Hannah's story. DVD 618.9289 BE

One family's struggle with the mysterious and debilitating disorder of autism and the heartwarming account of a mother determined to break through the glass door that separates their two worlds.

Could it be autism?: a parent's guide to the first signs and next steps, by Nancy D. Wiseman. 616.85882 WI

Writing conversationally, Wiseman covers all the autism bases - symptom detection, diagnosis, treatment options, and redefining parental obligation.

BIPOLAR DISORDER

Bipolar disorder: your questions answered, by Neil Hunt. 616.895 HU

This book provides succinct, expert information on bipolar disorder and its management in primary care.

Living well with bipolar disorder: A new look. VIDEO 616.895 LI

Six individuals describe the impact bipolar disorder has had on their lives and the strategies they have learned for dealing with it.

BORDERLINE PERSONALITY DISORDER

Lost in the mirror: an inside look at borderline personality disorder, by Richard A. Moskowitz. 616.85852 MO

This book explores the origins of borderline personality disorder and offers its sufferers a framework for beginning to heal.

Stop walking on eggshells, by Paul T. Mason and Randi Kreger. 616.85852 MA

A guide for the family and friends of BPD sufferers, this book is designed to help you understand how the disorder affects your loved ones and recognize what you can do to establish your personal limits.

DEPRESSION

***The depressed child: a parent's guide for rescuing kids*, by Douglas A. Riley. 618.928527 RI**

The author tackles the thinking patterns and beliefs that almost always underlie depression in children and teenagers. Includes a discussion of all the professional treatment options, from counseling through medications.

***Depression*, by Wendy Moragne. YA616.8527 MO**

This excellent resource for troubled teens and their friends covers diagnosis, treatment, and how to deal with depression within a family.

***Depression: what you need to know* by Margaret O. Hyde and Elizabeth H. Forsyth. J616.8527HY**

Discusses the causes and symptoms of depression, who suffers from this condition, and how it can be treated.

***Teenage depression and suicide*
DVD J 616.8527 TE**

Students will get the lowdown on the causes, symptoms and treatments available for those suffering from depression, outfitting students with the necessary tools to deal with both friends and themselves.

EATING DISORDERS

***Dying to be thin*. DVD 616.8526 DY**

A Nova production, narrated by Susan Sarandon. Girls wage a deadly battle as they strive for impossible beauty. Go behind the shocking statistics of eating disorders and examine therapies that can help millions.

"I'm, like, SO fat!": helping your teen make healthy choices about eating and exercise in a weight-obsessed world, by Dianne Neumark-Sztainer. 618.928526 NE

How to respond constructively to "fat talk," counteract negative media messages, and give your kids the straight story about nutrition and calories, the dangers of dieting, and eating right when they're away from home.

SCHIZOPHRENIA

***Coping with schizophrenia*, by Evelyn B. Kelly. J 616.8982 KE**

By discussing the history, symptoms, and treatments, this book brings to light many of the myths that surround schizophrenia and shows how wrong they are. After reading this book, teens will have a firm grasp on the facts about the disease and a more sympathetic perception of those who struggle with it.

***Everything you need to know about schizophrenia*, by Michelle S. Friedman. YA 616.8982 FR**

Discusses schizophrenia, its diagnosis and treatment, early warning signs, and how it can affect a teen's life.

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