

FINDING HOPE IN THE AGE OF ANXIETY Recognise it, acknowledge it and take your power back

Dr Claire Hayes, Gill Books, 2017

- Hope for people who experience anxiety
- Helps to recognise and take control of the unhelpful thoughts, beliefs and actions

PROTECTING MENTAL HEALTH

Dr Keith Gaynor, Veritas Publications, 2016

- How we can nurture positive mental health
- Reduce negative emotions like anxiety or depression

HOW TO COPE Welcoming Approach to Life's Challenges: How You Can Turn Distress into Helpful Action

Dr Claire Hayes, Gill Books, 2015

- Using cognitive behavioural principles to help us cope
- For anyone who experiences stress, anxiety or depression, and for their friends and family

FLAGGING DEPRESSION A practical guide

Dr Harry Barry, Liberties Press, 2012

- Explains depression is & how it can be treated
- Practical advice on how to feel better, get better, and stay well

COMING THROUGH DEPRESSION

Dr Tony Bates, New Leaf, 2011

- Guidance for both depression sufferers and their families
- Written by Dr Tony Bates, psychologist & founder of Headstrong

FLAGGING STRESS Toxic stress and how to avoid it

Dr Harry Barry, Liberties Press, 2010

- Practical handbook to deal with toxic stress
- Offers advice & support to combat causes of stress

OVERCOMING DEPRESSION AND LOW MOOD A five areas approach

Chris Williams, Arnold (UK), 2009

- Manage feelings of depression
- Self-help with practical tips and exercises

OVERCOMING ANXIETY, STRESS & PANIC A five areas approach

Chris Williams, Arnold (UK), 2009

- Manage feelings of anxiousness or panic
- Self-help with practical tips and exercises

THE HAPPINESS TRAP

Russ Harris, Constable and Robinson (UK), 2008

- Based on ACT, mindfulness
- Six-step approach

LIVING WITH A BLACK DOG

Matthew and Ainsley Johnstone, 2008

- Comic book style series
- Aimed at friends and relatives of someone who experiences depression

THE MINDFUL WAY THROUGH DEPRESSION Freeing yourself from chronic unhappiness

Mark Williams, John Teasdale, Zindel Segal & John Kabat-Zinn, GuilfordPress (New York), 2007

- Mindfulness approach
- Use of meditation as a clinical tool

COPING WITH DEPRESSION IN YOUNG PEOPLE A Guide for Parents

Carol Fitzpatrick & John Sharry, Wiley, 2004

- Practical guide for parents
- Differentiate depression from normal mood swings

I HAD A BLACK DOG

Matthew Johnstone, 1998

- Comic book style series
- What it is to have depression

AN UNQUIET MIND: A MEMOIR OF MOODS AND MADNESS

Kay Redfield Jamison, 1997

- A memoir
- Examines bipolar disorder the dual perspectives of the doctor and the patient