

HHFHT MENTAL HEALTH TEAM

BOOK AND RESOURCE RECOMMENDATIONS

This is a list of the Mental Health Team's favourite, and most-commonly used and recommended resources. See below for which of these resources may be helpful for you.

Adults

Books

Self Compassion – Kristen Neff
Honey, I Wrecked the Kids – Alyson Schafer
Mindful Way Through Depression – Williams, Teasdale, Segal and Kabat-Zinn
Mindful Way Through Anxiety – Orsillo and Roemer
Mindfulness Based Stress Reduction Workbook – Stahl & Goldstein
The Insomnia Workbook – Stephanie Silberman
Managing Social Anxiety – Hope, Heimberg, and Turk
Reinventing Your Life – Jeffrey Young
When the Body Says No: The Cost of Hidden Stress – Gabor Mate
Attached – Amir Levine & Rachel S.F. Heller
Hold on to Your Kids: Why Parents Need to Matter More than Peers – Gordon Neufeld
The Attachment Parenting Book: A Commonsense Guide to Understanding and Nurturing Your Baby – William Sears
Feeling Good – David Burns
The Grief Recovery Handbook – James and Friedman
Daring Greatly – Brene Brown
Why Does He Do That? – Lundy Bancroft
Codependent No More: Workbook – Melody Beatty
Attention *Difference* Disorder – Kenny Handelman, M.D.

Apps

Mindshift (anxiety)
Breathe (stress, anxiety, depression)
Calm (stress, anxiety)

Children

Books

What to Do When you Worry Too Much – Dawn Huebner
What to Do When Your Temper Flares – Dawn Huebner
The Worry Wars: An Anxiety Workbook for Kids and Their Helpful Adults – Paris Goodyear-Brown
Creative Interventions for Bereaved Children – Lowenstein
The Divorce Workbook for Children – Lisa Schab

Websites

Youth.anxietyBC.com

Apps

Mindshift (anxiety)
Brili (ADHD Time Management)
CBT4Kids (depression, anxiety, negative emotions)