

## For further help and support contact:

**Crisis Assessment Team (CAT TEAM)** - 0800 50 50 50 24hrs, 7 days a week, free and confidential. Provides the main point of access to Adult Mental Health Services for those with mental illness, deterioration in mental state, suicidal intent or ideation and severe situational stress. Covering Hauraki/Thames/Coromandel and Waikato regions.

**Lifeline Services** - 0800 543 354 24hrs, 7 days a week - free and confidential.  
**Depression Support Line** - 0800 111 757

**Resources in this booklet (and many other similar books) are all FREE to borrow from the libraries listed below.**



**Waikato**  
DISTRICT COUNCIL

**Website Address:**  
[www.waikatodistrict.govt.nz/Facilities/Library.aspx](http://www.waikatodistrict.govt.nz/Facilities/Library.aspx)

Huntly	142 Main St	07 828 8539
Ngaruawahia	4 Jesmond St	07 824 5905
Raglan	7 Bow St	07 825 8929
Meremere	Te Puea Ave	09 232 6562
Te Kauwhata	1 Main Road	07 826 4820
Tuakau	72 George Street	09 236 9823

**WAIK-Resources this District Holds**



**Hamilton City Libraries**  
TE OHOMAURI O KIRIKIROA

**Website Address:**  
[www.hamiltonlibraries.co.nz](http://www.hamiltonlibraries.co.nz)

Hamilton	9 Garden Place	07 838 6826
Chartwell	Lynden Court	07 838 6844
Dinsdale	Whatawhata Rd	07 838 6855
Glenview	Macdonald Rd	07 838 6821
Hillcrest	Masters Ave	07 838 6849
St Andrews	Braid Road	07 838 6847

**HC-Resources this District Holds**



**matamata piako**  
district council

**Website Address:**  
[www.mpdcc.govt.nz/our-facilities/libraries.html](http://www.mpdcc.govt.nz/our-facilities/libraries.html)

Matamata	Tui St	07 888 7157
Morrinsville	Cnr Canada & Thames Sts	07 889 8388
Te Aroha	Rewi St	07 884 7047

**MAT-PIA-Resources this District Holds**



**South Waikato District Libraries**

**Website Address:**  
[www.southwaikato.govt.nz/our-services/community-facilities/libraries/Pages/default.aspx](http://www.southwaikato.govt.nz/our-services/community-facilities/libraries/Pages/default.aspx)

Tokoroa	Manning St	07 886 6574
Putaruru	Overdale St	07 883 7187
Tirau	Station St	07 883 1208

**SW-Resources this District Holds**




**OTOROHANGA**  
DISTRICT COUNCIL  
*make the kiwi connection*

**Website Address:**  
<http://www.otorohangalibraries.org.nz>

Otorohanga	27 Turongo St	07 873 7175
Kawhia	Pouewe St	07 871 0248

**OTO-Resources this District Holds**

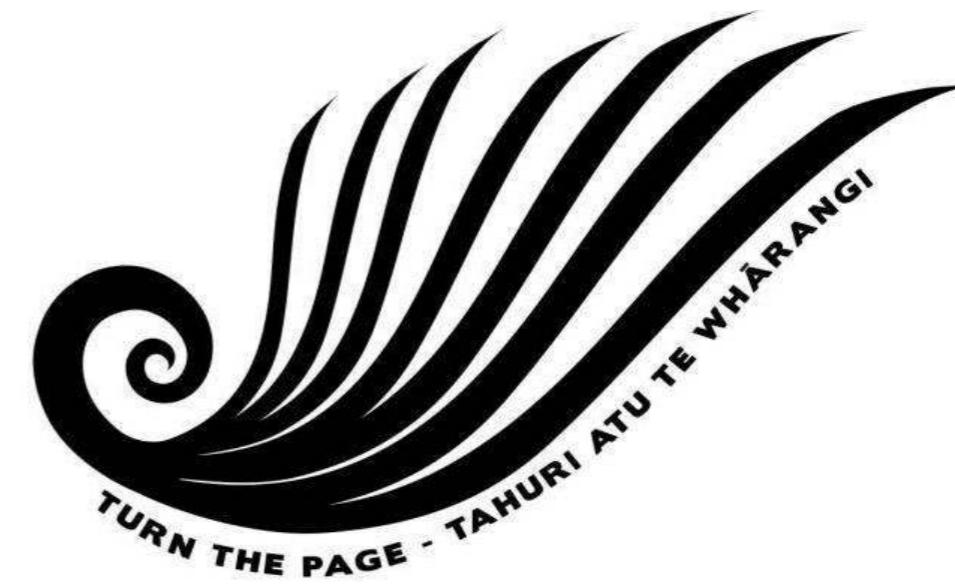


**Waitomo**  
District Council

**Website Address:**  
[www.waitomo.govt.nz/library](http://www.waitomo.govt.nz/library)

Te Kuiti	Taupiri St	07 878 1028
Awakino	Main Road	
Bennydale	Mine Road	
Mokau	Main Road	
Piopia	Aria Road	

**WAIT-Resources this District Holds**



# TURN THE PAGE TO MENTAL HEALTH & WELLNESS Booklist

Together we can  
 reduce stigma and discrimination  
 associated with mental illness



**Acknowledgements** - We would like to acknowledge the following for developing Turn the Page project and allowing us to implement this initiative in our region: Like Minds Taranaki, Puke Ariki, Midlands Mental Health Network and Matua Tony Waru, Like Minds Like Mine Te Korowai Hauora o Hauraki, Thames-Coromandel District and Hauraki District Libraries.

# Top Recommended Readings

Turn the Page gives people with mild to moderate mental health issues access to self-help books, CDs, and DVDs that have been recommended by psychologists, counsellors, and people with experience of mental illness. Turn the Page Resources in all libraries can also be found by looking on the spines for this logo:



## Inter-loan System

If your library doesn't stock the resource, ask about the inter-loan system.

## ADDICTIONS

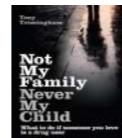
**Cleaning Up: How I Gave Up Drinking and Lived by Tania Glyde**



**Hannah: My True Story of Drugs, Cutting and Mental Illness by Hannah Westberg**



**Not my Family, Never my Child: What to do if someone you love is a Drug User by Tony Trimmingham**



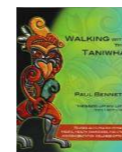
**Pokies: Even When I Win: My journey through Problem Gambling by Lynette Whale**



**Sane: Mental Illness, Addiction & the Twelve Steps by Marya Hornbacher**



**Walking with the Taniwha by Paul Bennett**

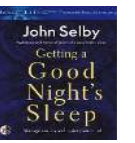


## RELATIONSHIPS

**Fathers who Dare Win - 30 Ways to be an awesome Dad by Ian Grant**



**Getting a Good Night's Sleep: A handbook for people who have trouble sleeping by Fiona Johnston**



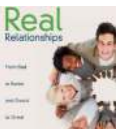
**Men Alone, Men Together by Mark Beehre**



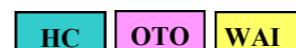
**Raising Teens Today: Dealing with Sex, Drugs & Homework by Ian Lambie**



**Real Relationships: From Bad to Better, and Good to Great by Les Parrott**



**When our Children Come Out: How to Support Gay, Lesbian, Transgendered Young People by Maria Pallotta-Chiarolli**

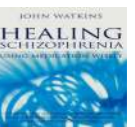


## SCHIZOPHRENIA

**100 Questions & Answers about Schizophrenia: Painful Minds by Lynn DeLisi**



**Healing Schizophrenia: Using Medication Wisely by John Watkins**



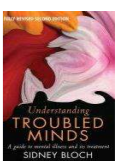
**The Centre Cannot Hold: A Memoir of my Schizophrenia by Elyn Saks**



**The Quiet Room: A Journey out of the Torment of Madness by Lori Schiller**



**Understanding Troubled Minds: A guide to mental illness and its treatment by Sidney Bloch**



## OTHER

**Insatiable Moon by Mike Riddell (DVD) NZ**

WAI HC MAT-PIA OTO WAI

**Mental Illness by Roman Espejo**

HC OTO

**Relax for Health (CD)**

HC OTO

**What Happens Next?: Support and Information for Parents, Caregivers and Family/Whanau of Young People who have a Mental Illness by Wendy Lyons & Tricia Irving Hendry**

WAI HC MAT-PIA OTO

## PERSONAL STORIES OF HOPE & RECOVERY

**A Gift of Stories by Julie Leibrich**

SW OTO

**Open Door: It's a mad mad world (DVD)**

WAI

**Nga Tapuwae o Nga Tupuna by Egan Bidios (DVD)**

WAI OTO

**Seems I might be Human by Sam RB Hanna (CD)**

WAI

**Stepping out of the Shadows: Insight into Self-Stigma & Madness by Dr Debbie Peterson & Sarah Gordon**

WAI OTO

**Songs of the Street by Johnny Matheson (CD)**

OTO



## ANXIETY & STRESS

**Anxiety, Phobias & Panic: A Step by Step Programme for Regaining Control of your life by Reneau Peurifoy**

WAI HC SW OTO

**Coolmind by David Keefe**

WAI HC SW OTO

**From Stress to Success - In just 31 days by John F Demartini**

WAI HC SW OTO

**I've Had it Up to Here: From Stress to Strength: Top Stressbusting Tips by Gaynor Parkin**

WAI HC OTO

**Shock Waves, A practical guide to living with a loved one's Post Traumatic Stress Disorder by Cynthia Orange**

WAI HC SW OTO

**Stress Management for Busy People by Carol Turkington**

HC

## BIPOLAR

**Caught between Sunshine & Shadow: Living with & Managing Bipolar Affective Disorder by Georgie Tutt**

WAI HC SW OTO

**Living with Bipolar: A Guide to Understanding & Managing the Disorder by Lesley Berk**

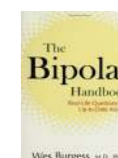
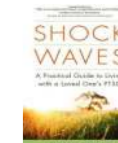
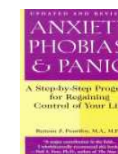
WAI HC OTO WAI

**Mastering Bipolar Disorder: An Insider's Guide to Managing Mood Swings and finding balance by Kerrie Eyers**

WAI HC OTO

**The Bipolar Handbook: Real-Life Questions with up-to-date answers by Wes Burgess**

WAI HC SW OTO



## DEPRESSION

**All Blacks Don't Cry: A Story of Hope by John Kirwan**

WAI HC MAT-PIA SW OTO WAI

**Beyond the Baby Blues: The Complete Perinatal Anxiety & Depression Handbook by Catherine Knox**

WAI HC SW OTO WAI

**Living with a Black Dog: How to take care of someone with Depression while looking after yourself by Matthew Johnstone**

WAI HC MAT-PIA OTO WAI

**Living Well with Depression and Bipolar Disorder: What your Doctor doesn't tell you that you need to know by John McManamy**

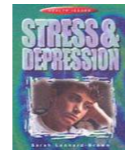
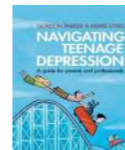
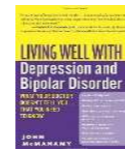
HC OTO

**Navigating Teenage Depression: A Guide for Parents & Professionals by Gordon Parker**

WAI HC MAT-PIA SW OTO

**Stress and Depression by Jane Bingham**

WAI HC OTO



## DISORDERS

**Brave Girl Eating: The Inspirational True Story of one Family's Battle with Anorexia by Harriet Brown**

WAI HC MAT-PIA SW OTO

**Could It Be You? Overcoming Dyslexia, Dyspraxia, ADHD, OCD, Tourette's Syndrome, Autism & Asperger's Syndrome in Adults by Robin Pauc & Carina Norris**

WAI HC OTO

**My Feet Aren't Ugly: A Girl's Guide to loving herself from the inside out by Debra Beck**

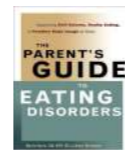
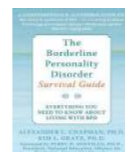
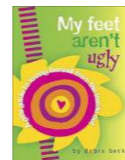
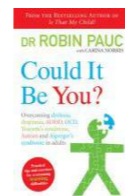
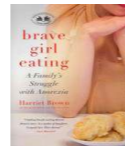
WAI HC SW OTO

**The Borderline Personality Disorder Survival Guide: Everything you need to know about living with BPD by Alexander Chapman**

WAI HC SW OTO

**The parent's guide to eating disorders: Supporting self-esteem, healthy eating and positive body image at home by Marcia Herrin**

WAI HC



## GRIEF

**After a Parent's Suicide: Helping Children Heal by Margo Requarth**

WAI HC SW OTO

**After the Suicide of Someone you Know: Information & Support for Young People by Tricia Irving**

WAI HC MAT-PIA OTO

**Comfort: A Journey through Grief by Ann Hood**

WAI HC OTO

**Death without Warning: Information & support after an unexpected death by Lynne Ewart**

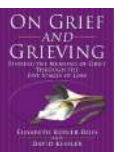
WAI HC MAT-PIA SW OTO

**On Grief & Grieving: Finding the meaning of Grief through the 5 Stages of loss by Elisabeth Kubler-Ross & David Kessler**

WAI HC MAT-PIA OTO

**The Grief Recovery Handbook: The Action Program for moving beyond Death, Divorce & Other Losses including health, career and faith by John James**

WAI HC SW OTO



Useful websites!

- |  |  |
|--|--|
| Mental Health Foundation of NZ           | <a href="http://www.mentalhealth.org.nz">www.mentalhealth.org.nz</a>                 |
| Suicide Prevention Information NZ        | <a href="http://www.spinz.org.nz">www.spinz.org.nz</a>                               |
| Supporting Families in Mental Illness NZ | <a href="http://www.supportingfamiliesnz.org.nz">www.supportingfamiliesnz.org.nz</a> |
| Support, Information for Queer Youth     | <a href="http://www.rainbowyouth.co.nz">www.rainbowyouth.co.nz</a>                   |
| Human Rights Commission NZ               | <a href="http://www.hrc.co.nz">www.hrc.co.nz</a>                                     |
| Like Minds Like Mine                     | <a href="http://www.likeminds.org.nz">www.likeminds.org.nz</a>                       |
| Youth Depression                         | <a href="http://www.thelowdown.co.nz">www.thelowdown.co.nz</a>                       |
| Depression NZ                            | <a href="http://www.depression.org.nz">www.depression.org.nz</a>                     |
| Youthline                                | <a href="http://www.youthline.co.nz">www.youthline.co.nz</a>                         |
| Lifeline                                 | <a href="http://www.lifeline.co.nz">www.lifeline.co.nz</a>                           |