



May Is Mental Health Month

Check Out Material with the Teen Seal of Approval

Mid-Hudson Library System's Health Information Project

Borrow videos and books, reviewed and recommended by teens for teens, free of charge at any public library through the Mid-Hudson Library System using a library card; ask for assistance at your local library or **Request-a-Title** from the online library catalog.

Visit the Health Information Project at <http://hip.midhudson.org> for a complete list of materials and helpful websites.

DVDs/VIDEOS

COPING SKILLS & FAMILY HEALTH

Adolescents and Co-Occurring Disorders	VHS	24 min.	2003	9 – A
Codependency, Emotional Violence & Domestic Abuse	DVD/VHS	27 min.	2004	6 – 12
Credit Card Abuse/Gambling Addiction	VHS	21 min.	2002	6 – 12
Teens Dealing with Death	VHS	28 min.	2004	6 – 12

DECISION MAKING & PEER PRESSURE

Bouncing Back (LifeSteps Series)	VHS	30 min.	2003	6 – 12
Reality Matters: Taking Care of Me	DVD/VHS	24 min.	2004	6 – 12

DEPRESSION IN YOUTH (SEE ALSO *SUICIDE*)

Behind the Mask: Depression and Anxiety	DVD/VHS	22 min.	2005	6+
Eternal High: A Teenager's Experience with Depression and Suicide ...	DVD	30 min.	2006	6 – 12
From Depression to Discovery: A Teenager's Guidebook	DVD/VHS	25 min.	2005	7+
Teen Depression (Real Life Teens Series)	VHS	22 min.	2002	8 – 12

SELF-ESTEEM

Learning to Like Yourself (Skills for Healthy Living Series)	DVD/VHS	30 min.	2006	9 – 12
Self-Esteem: Building Strengths	VHS	30 min.	2002	7 – 12
Taking Care of Me (Reality Matters Series)	DVD/VHS	25 min.	2004	6 – 12
Uphill All the Way	VHS	79 min.	2000	9 – 12

SELF-INJURY

Hidden Scars, Silent Wounds: Understanding Self-Injury	VHS	25 min.	2002	8 – 12
Skin Deep: Understanding Self-Injury	VHS	15 min.	2001	6 – 12

SUICIDE

Adolescents and Co-Occurring Disorders	VHS	24 min.	2003	9+
College Reality 101: Nod and a Smile (Peers Influence Peers)	DVD	NA	2006	9 - C
Identifying Warning Signs and Preventing Suicide	VHS	20 min.	2001	9 – 12
It's Never Too Late	DVD/VHS	28 min.	2005	7+
Sometimes the Silence Can Seem So Loud	VHS	19 min.	2005	9 – 12
Suicide Awareness and Prevention	VHS	16 min.	2003	6 – 12
Suicide and Depression (Real People Series)	VHS	27 min.	2002	7 – 12

NONFICTION BOOKS (For FICTION titles go to http://hip.midhudson.org/hip_fictiontitles.htm)

COPING SKILLS/DECISION MAKING/PEER PRESSURE

Bouncing Back: Dealing with the Stuff Life Throws at You. By Jami L. Jones.

Too Stressed to Think? A Teen Guide to Staying Sane When Life Makes You Crazy. By Fox & Kirschner.

DEATH AND GRIEF

The Barefoot Serpent (GRAPHIC FORMAT). By Scott Morse.

Grief Girl: My True Story. By Erin Vincent.

The Grieving Teen: A Guide for Teenagers and Their Friends. By Helen Fitzgerald.

I Will Remember You: What to Do When Someone You Love Dies. By Laura Dower.

Straight Talk About Death and Dying. By Robert DiGiulio.
When a Friend Dies: A Book for Teens About Grieving & Healing. By Marilyn Gootman.
You Are Not Alone: Teens Talk About Life After the Loss of a Parent. By Lynne B. Hughes.

DEPRESSION IN YOUTH

Adolescent Depression: A Guide for Parents. By Francis Mondimore.
Antidepressants and Social Anxiety: A Pill for Shyness? By Joyce Libel.
Conquering the Beast Within (GRAPHIC FORMAT). By Cait Irwin.
If Your Adolescent Has Depression or Bipolar Disorder. By Dwight Evans and Linda Wasmer Andrews.
My Kind of Sad: What It's Like to Be Young and Depressed. By Kate Scowen.
"Natural" Alternatives to Antidepressants: St. John's Wort, Kava Kava, and Others. By Kenneth McIntosh.
Overcoming Teen Depression: A Guide for Parents. By Miriam Kaufman.
Surviving the Roller Coaster: A Teen's Guide to Coping with Moods. By Jean Ford.
The Truth About Fear and Depression (Truth About Series). By Heather Denkmire.
Unhappy Teenagers: A Way for Parents and Teachers to Reach Them. By William Glasser.

MENTAL HEALTH

Anti-Anxiety Drugs (Drugs: The Straight Facts Series). By Donna Toufexis and Sayamwong Hammack.
Anxiety Disorders (Twenty-First Medical Library Series). By Bruce Hyman and Cherry Pedrick.
The Bipolar Disorder Survival Guide: What You and Your Family Need to Know. By David J. Miklowitz.
Detour: My Bipolar Road Trip in 4-D. By Lizzie Simon.
Everything You Need to Know About Bipolar Disorder and Manic Depressive Illness. By Michael A. Sommers.
The Family Intervention Guide to Mental Illness. By Bodie Morey and Kim T. Mueser.
Field Guide to the American Teenager: A Parent's Companion. By Joseph DiPrisco.
I Don't Want to Be Crazy. By Samantha Schutz. Push/Scholastic, 2006.
If Your Adolescent Has an Anxiety Disorder: An Essential Resource for Parents. By Edna Foa.
If Your Adolescent Has Schizophrenia: An Essential Resource for Parents. By Raquel Gur and Ann Johnson.
Me, Myself, and Them: A Firsthand Account of One Young Person's Experience with Schizophrenia. By Kurt Snyder.
Mental Health Disorders Sourcebook, 3rd Edition. Edited by Karen Bellenir.
Mind Race: A Firsthand Account of One Teenager's Experience with Bipolar Disorder. By Patrick E. Jamieson.
Monochrome Days: A Firsthand Account of One Teenager's Experience with Depression. By Cait Irwin.
Obsessive-Compulsive Disorder. By Bruce Hyman.
One Hundred Demons (GRAPHIC FORMAT). By Lynda Barry.
Stress-Related Disorders Sourcebook, 2nd Edition (Health Reference Series). Edited by Amy L. Sutton.
Stress Relief: The Ultimate Teen Guide. By Mark Powell.
Treating and Preventing Adolescent Mental Health Disorders. Edited by Dwight L. Evans.
What Must You Think of Me: A Firsthand Account of One Teenager's Experience with Social Anxiety Disorder. By Emily Ford.

SELF-INJURY

Cutting and Self-Mutilation: When Teens Injure Themselves (Teen Issues Series). By Kathleen Winkler.
Cutting the Pain Away: Understanding Self-Mutilation. By Ann Holmes.
Go Ask Ogre: Letters from a Deathrock Cutter. By Jolene Siana.
Silent Cry: A Teen's Guide to Escaping Self-Injury and Suicide (Science of Health Series). By Joan Esherick.
Skin Game: A Memoir. By Caroline Kettlewell.

SUICIDE

One in Thirteen: The Silent Epidemic of Teen Suicide. By Jessica Portner.
Suicide Information for Teens (Teen Health Series). Edited by Joyce Brennfleck Shannon.
When Living Hurts: For Teenagers, Young Adults, Their Parents, Leaders and Counselors. By Sol Gordon.
Will's Choice: A Suicidal Teen, A Desperate Mother, and Chronicle of Recovery. By Gail Griffith.

For more information:

Contact Project Coordinator Barbara Clapp: (845) 471-6060 ext. 23 or bclapp@midhudson.org.