

Mental Health Resources For Students

Books/Self-Help Resources:

Self-Care for Clinicians

- Carter, L. A., & Barnett, J. E. (2014). *Self-care for clinicians in training: A guide to psychological wellness for graduate students in psychology*. Oxford University Press, USA.
 - o <https://ebookcentral-proquest-com.ezproxy.lib.ucalgary.ca/lib/ucalgary-ebooks/detail.action?pq-origsite=primo&docID=1695932>

**Two copies of this book are available to borrow from the test library, and is available online, free of cost, at the above link

Mental Health - General

- Greenberger, D., & Padesky, C.A. (2016). *Mind over mood*, 2nd ed. New York: Guilford Press.
- Myles, P., & Shafran, R. (2015). *The CBT handbook: A comprehensive guide to using CBT to overcome depression, anxiety, stress, low self-esteem and anger*. London, UK: Little Brown Book Group.

Depression

- Gilbert, P. (2009). *Overcoming depression: A self-help guide using cognitive-behavioural techniques*. London, UK: Little Brown Book Group.
- Teasdale, J., Williams, M., & Segal, Z. (2014). *The mindful way workbook: An 8-week program to free yourself from depression and emotional distress*. New York: Guilford Press.

Anxiety

- Antony, M.M., & Norton, P.J. (2009). *The anti-anxiety workbook: Proven strategies to overcome worry, panic, phobias, and obsessions*. New York: Guilford Press.
- Clark, D.A., & Beck, A.T. (2012). *The anxiety and worry workbook: The cognitive-behavioral solution*. New York: Guilford Press.
- Kennerley, H. (2014). *Overcoming anxiety: A self-help guide using cognitive-behavioural techniques*, 2nd edition. London, UK: Little Brown Book Group.
- Meares, K., & Freeston, M. (2015). *Overcoming worry and generalised anxiety disorder*, 2nd edition. London, UK: Little Brown Book Group.
- Robichaud, M.R., & Buhr, K. (2018). *The Worry Workbook: CBT skills to overcome worry and anxiety by facing the fear of uncertainty*. Oakland, CA: New Harbinger Publications.

Panic

- Manicavasagar, V., & Silove, D. (2017). *Overcoming panic: A self-help guide using cognitive-behavioural techniques*, 2nd edition. London, UK: Little Brown Book Group.

Health Anxiety

- Veale, D., & Wilson, R. (2009). *Overcoming health anxiety: A self-help guide using cognitive-behavioural techniques*. London, UK: Little Brown Book Group.
- Owens, K.M.B., & Antony, M.M. (2011). *Overcoming health anxiety: Letting go of your fear of illness*. Oakland, CA: New Harbinger Publications.
- Asmundson, G.J.G., & Taylor, S. (2005). *It's not all in your head: How worrying about your health could be making you sick – and what you can do about it*. New York: Guilford Press.

OCD

- Abramowitz, J.S. (2018). *Getting over OCD: A 10-step workbook for taking back your life*, 2nd ed. New York: Guilford Press.
- Challacombe, F., Oldfield, V.B., & Salkovskis, P. (2011). *Break free from OCD: Overcoming obsessive compulsive disorder with CBT*. London, UK: Vermilion.

Eating and Food-Related

- Fairburn, C. G. (2013). *Overcoming binge eating (2nd ed.)*. New York, NY: Guilford Press.
- Safer, D. L., Adler, S., & Masson, P. C. (2018). *The DBT solution for emotional eating*. New York, NY: Guilford Press.