

Teen Mental Health

Selected video and print titles on teens and their mental health issues.
These titles can be found in the video and nonfiction book collections at the Appleton Public Library.

Videos

Between the Lines 21 minutes 616.8582 Bet

A documentary about women who deliberately inflict injury by cutting themselves.

Body Dysmorphic Disorder 15 minutes 616.8522 Bod

Highlights people with this illness, their treatments, and features leading experts in each field.

David's Story: A Teen Suicide 30 minutes 362.28 Dav

Presents an in-depth study to help teens recognize the critical warning signals of suicidal behavior.

Day For Night - Recognizing Teenage Depression 26 minutes 616.8527 Day

Created to save lives by helping teens better understand depression.

Depression and Manic Depression 28 minutes 616.8527 Dep

Famous people share their experiences with depression and manic depression.

Eating Disorders: The Hunger Within 42 minutes 616.85 Eat

Profiles a counseling center that offers an alternative treatment for anorexia and bulimia.

Eating Disorders: When Food Hurts 18 minutes 616.8526 Eat

People recovering from anorexia and bulimia discuss their experiences.

First Break 50 minutes 616.89 Fir

Explores the impact of the "first break" of mental illness on people in their late teens and early twenties.

Hills and Valleys: Teen Depression 16 minutes 616.8527 Hil

Symptoms of depression are discussed and a distinction is made between normal depression and clinical depression.

Hope & Solutions for OCD 60 minutes 616.8522 Hop

Describes the neurobiological basis of obsessive-compulsive disorder and treatment options.

In the Shadows: Coping with Multiple Personality Disorder 24 minutes 616.85236 In

Looks at the origins, symptoms, diagnosis and treatment of MPD.

Panic! 26 minutes 616.8522 Pan

Explanations of panic attacks, phobias and their biological cause.

Recognition and Intervention: Serious Mental Illness 33 minutes 362.2 Rec

The symptoms of serious mental illness are reviewed, with a focus on schizophrenia.

Step on a Crack 28 minutes 616.85227 Ste

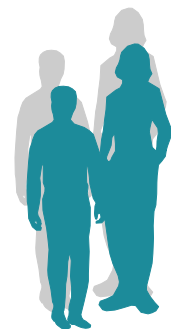
Discussion by six individuals on how OCD has affected their lives.

Stranger in the House: Schizophrenia and the Family 24 minutes 616.8982 Str

How two families are coping with schizophrenia.

When the Brain Goes Wrong 45 minutes 616.8 Whe

Series of portraits of individuals with a range of brain dysfunctions.



Nonfiction Books

Antisocial/Oppositional

Black, Donald W.
Bad Boys, Bad Men: Confronting Antisocial Personality Disorder 1999
616.8582 Bla

Bustamante, Eduardo
Treating the Disruptive Adolescent 2000
616.89 Bus

Bipolar

Mondimore, Francis Mark
Bipolar Disorders: A Guide for Patients and Families 1999
616.895 Mon

Waltz, Mitzi
Bipolar Disorders: A Guide to Helping Children & Adolescents 2000
618.9289 Wal

Depression

Cobain, Bev
When Nothing Matters Anymore 1998
155.5 Cob

Quinn, Brian
The Depression Sourcebook 2000
616.8527 Qui

Stewart, Gail
Teens & Depression 1998
616.8527 Ste

Eating Disorders

Berg, Frances M.
Afraid to Eat: Children and Teens in Weight Crisis 1997
616.8526 Ber

Graff, Cynthia Stamper
BodyPride: An Action Plan for Teens: Seeking Self-esteem and Building Better Bodies 1997
613.25 Gra

Eating Disorders (con't)

Chiu, Christina
Eating Disorder Survivors Tell Their Stories 1999
616.8526 Chi

Davis, Brangien
What's Real, What's Ideal: Overcoming a Negative Body Image 1999
616.8526 Dav

Friedman, Sandra Susan
When Girls Feel Fat: Helping Girls Through Adolescence 2000
649.125 Fri



Obsessive/Compulsive

Baer, Lee
Getting Control: Overcoming Your Obsessions and Compulsions 2000
616.85227 Bae

Waltz, Mitzi
Obsessive-Compulsive Disorder: Help for Children and Adolescents 2000
616.85227 Wal

Penzel, Fred
Obsessive-Compulsive Disorders: A Complete Guide to Getting Well and Staying Well 2000
616.85227 Pen

Panic/Anxiety

Zuercher-White, Elke
An End to Panic: Breakthrough Techniques for Overcoming Panic Disorder 1998
616.85223 Zue

Feniger, Mani
Journey from Anxiety to Freedom: Moving Beyond Panic and Phobias and Learning to Trust Yourself 1997
616.8522 Fen

Dacey, John S.
Your Anxious Child: How Parents and Teachers Can Relieve Anxiety in Children 2000
649.1 Dac

Schizophrenia

Renee
Autobiography of a Schizophrenic Girl: The True Story of "Renee" 1994
362.26 Ren

Self Injury

Conterio, Karen
Bodily Harm: The Breakthrough Healing Program for Self Injurers 1998
616.8582 Con

Holmes, Ann
Cutting the Pain Away: Understanding Self-mutilization 2000
616.8582 Hol

Ng, Gina
Everything You Need to Know About Self-Mutilation: A Helping Book for Teens Who Hurt Themselves 1998
616.8582 Ng

Substance Abuse

Babbit, Nikki
Adolescent Drug & Alcohol Abuse: How to Spot It, Stop It, and Get Help for Your Family 2000
649.4 Bab

Substance Abuse (con't)

Forrest, Gary G.
How to Cope With a Teenage Drinker: Changing Adolescent Alcohol Abuse 1997
649.4 For

Pickhardt, Carl E.
Keys to Raising a Drug-Free Child 1999
649.4 Pic

Nolen, Darrell Billy James
Parents, Teens, and Drugs 2000
362.29 Nol

Rahrer, J. Stuart
Seven Sensible Strategies for Drug-Free Kids 1999
649.4 Rah

What Parents Must Know and Can Do About Teenage Alcohol and Drug Abuse 1997
649.4 Wha

Suicide

Grollman, Earl A.
Living When a Young Friend Commits Suicide, or Even Starts Talking About It 1999
362.28 Gro

General

Taublieb, Amy Beth
A-Z Handbook of Child and Adolescent Issues 2000
155.4 Tau

Levy-Warren, Marsha
The Adolescent Journey: Development, Identity, Formation, and Psychotherapy 1996
616.89 Lev

Salt, J. S.
Always Accept Me for Who I Am: Instructions From Teens on Raising the Perfect Parent 1999
649.125 Alw

Alderman, Tracy
Amongst Ourselves: A Self-Help Guide to Living with Dissociative Identity Disorder 1998
616.85236 Ald

General (con't)

Zvirin, Stephanie
***Best Years of Their Lives: A Resource Guide
for Teenagers in Crisis*** 1996
649.125 Zvi

Horn, Wade F.
New Teen Book
1999
649.125 Hor

Cicala, Roger
The Brain Disorders Sourcebook 1999
616.8 Cic

Morgan, Robin K.
***Case Studies in Child and Adolescent
Psychopathology*** 1999
618.9289 Mor

***The Company They Keep: Friendships in
Childhood and Adolescence*** 1998
302.34 Com

Ryglewicz, Hilary
***Lives at Risk: Understanding and Treating
Young People With Dual Disorders*** 1996
616.89 Ryg

Ponton, Lynn E.
***The Romance of Risk: Why Teenagers Do the
Things They Do*** 1997
305.235 Pon

Wilens, Timothy E.
***Straight Talk About Psychiatric Medications
for Kids*** 1999
618.9289 Wil

McNamara, Sarah
***Stress in Young People: What's New and
What Can We Do*** 2000
155.418 MacN

***Your Adolescent: Emotional, Behavioral, and
Cognitive Development From Early Adoles-
cence Through the Teen Years*** 2000
155.5 You

Reasonable accommodations for persons with
disabilities will be made upon request and if feasible.

Funding for these materials was provided by a Library Services and Construction Act
grant project of the Outagamie Waupaca Library System.



Prepared by Reference and Information Services Staff

5/01