

Finding Emotional Wellbeing Information



Books to Look For:

Lessons From the Fat-o-sphere; quit dieting and declare a truce with your body, Kate Harding, 2009

The Pregnancy and Postpartum Anxiety Workbook, Pamela Wiegartz, 2009

You'd Be So Pretty If... Teaching Our Daughters to Love Their Bodies – Even When We Don't Love Our Own, Dana Chadwick, 2009

Stolen Tomorrows: Understanding and Treating Women's Childhood Sexual Abuse, Steven Levenkron, 2008

Daily Meditations for Calming Your Anxious Mind, Jeffrey Brantley, 2008

The Body Image Workbook, Thomas F. Cash, 2008

Will I Ever Be Good Enough?: Healing the Daughters of Narcissistic Mothers, Karyl McBride, 2008

The Shyness & Social Anxiety Workbook, Martin M. Antony, 2008

The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse, 4th Ed., Ellen Bass, 2008

Calming Your Anxious Mind, Jeffrey Brantley, 2007

Living a Healthy Life with Chronic Conditions: for ongoing physical and mental health conditions, Kate Lorig, 2007

Understanding Your Moods When You're Expecting, Lucy J. Puryear, 2007

The Mindful Way through Depression, Mark Williams, 2007

The Assertiveness Handbook, Mary Hartley, 2006

CRAZYBUSY, Edward M Hallowell, 2006

You Mean I'm Not Lazy, Stupid or Crazy? The Classic Self-Help Book for Adults with ADD, Kate Kelly, 2006

The Anxiety and Phobia Workbook, 4th Ed., Edmund J. Bourne, 2005

The Anger Workbook for Women, Laura J. Petracek, 2004

Liberating Losses: When Death Brings Relief, Jennifer Elison, 2004

The PTSD Workbook, Mary Beth Williams, 2002

The Last Taboo: A Survival Guide to Mental Health Care in Canada, Scott Simmie, 2002

Also: see resource lists at the websites in the Internet section



Libraries

Search library catalogues for books, videos and more about stress, anxiety, depression, and other subjects. Check out their websites to connect to online databases and other resources.

For public libraries - keep in mind that you will only be able to borrow directly for free from your local one, however your local public library can borrow books from other libraries for you.

Women's Health Care Centre – Resource Centre

<http://www.librarything.com/home/WomensHealthPtbo>

Brighton Public Library

<http://www.brighton.library.on.ca/>

City of Kawartha Lakes Public Library

<http://www.kawarthalakes.canlib.ca/>

Cobourg Public Library

<http://www.cobourg.library.on.ca/>

Douro-Dummer Public Library

<http://library.dourodummer.on.ca/cgi-bin/libsearch.cgi?dbNum=1&action=3>

Haliburton County Public Library

<http://www.libris.ca/hali/>

Havelock-Belmont-Methuen Public Library

<http://www.hbmlibrary.on.ca/>

Peterborough Public Library

<http://www.peterborough.library.on.ca/>

Port Hope Public Library

<http://www.phpl.ca/>

Smith-Ennismore-Lakefield Library

<http://www.mypubliclibrary.ca/>

FourInfo's Public Library listings

<http://fourinfo.cioc.ca/results.asp?STerms=library&SType=O&CMType=S&GHID=&NUM>

You may find that your Public Library isn't listed here. That doesn't mean that they don't have anything or that you don't have one; either they didn't have an online catalogue or I missed them. I apologize for any omissions. You can look up your local library in your phone book, or local services directory.



Some Local Programs, Groups and Associations

4 County Crisis; Community Mental Crisis Response Program

Office / Crisis: (705)745-6484
Toll Free: 1-866-995-9933
www.4countycisis.com

Four Counties Addiction Services Team, Inc. (4CAST) - Peterborough

Office: (705)876-1292
Toll Free: 1-800-461-1909
Fax: (705)876-9125
Email: fourcast@fourcast.ca

Anxiety Disorders Association of Ontario

Office: (613)729-6761
Toll Free: 1-877-308-3843
Email: info@anxietydisordersontario.ca
www.anxietydisordersontario.ca

Canadian Mental Health Association

Kawartha Lakes Branch - Main Office

2 Kent Street West, 2nd Floor
Lindsay, ON K9V 2Y1
Phone: (705) 328-2704
Fax: (705) 328-2456
info.cmha@cmhakawarthalakes.ca
<http://www.cmhakawarthalakes.ca/>

Peterborough Branch

466 George St. N.
Peterborough, ON K9H 3R7
Phone: 705 - 748 6711
Fax: 705 - 748 2577
info@peterborough.cmha.on.ca
<http://www.peterborough.cmha.on.ca>

Peterborough Regional Health Centre – Mental Health Services

Office: (705)876-5002
Fax: (705)876-5013
www.prhc.on.ca

Women's Health Care Centre

Sexual Assault, Domestic Violence, Body Image, Eating Disorders, Child Sexual Assault
157 Charlotte Street,
Peterborough, ON, K9J 2T7
Email: whcc@prhc.on.ca
Phone: (705)743-4132
Toll Free: 1-800-419-3111
www.prhc.on.ca/WomensHealth/

Body Image Coalition of Peterborough

Peterborough County-City Health Unit
10 Hospital Drive,
Peterborough, ON, K9J 8M1
Office: (705)743-1000 x 261
Fax: (705)741-4261
Email: info@pcchu.ca
www.pcchu.ca

Centre for Addiction and Mental Health

Toll Free: 1-800-463-6273
Peterborough: (705) 745-4248
(Serving Victoria, Durham, Peterborough, Northumberland and Haliburton)
www.camh.net/

Community Counselling and Resource Centre

459 Reid Street, 2nd Floor,
Peterborough, ON, K9H 4G7
Office: (705)742-4258
Fax: (705)741-1734
www.ccrc-ptbo.com

Kinark Child and Family Services

Office: (705)742-3803
Intake: 1-888-454-6275
Toll Free: 1-800-386-6561
Fax: (705)743-4144
Email: alan.vallillee@kinark.on.ca
www.kinark.on.ca



On the Internet

About Face – body image, media, eating disorders and more

www.about-face.org/

Canadian Mental Health Association

www.cmha.ca/

Canadian Mental Health Association – Ontario

www.ontario.cmha.ca/

Centre for Addiction and Mental Health

www.camh.net/

Medline Plus – Child Sexual Abuse

www.nlm.nih.gov/medlineplus/childsexualabuse.html

Medline Plus – Mental Health

www.nlm.nih.gov/medlineplus/mentalhealth.html

Medline Plus – Stress

www.nlm.nih.gov/medlineplus/stress.html

Mental Health Service Information Ontario

www.mhsio.on.ca/

National Clearinghouse on Family Violence

www.phac-aspc.gc.ca/ncfv-cnivf/index-eng.php

National Eating Disorder Information Centre

<http://www.nedic.ca/>

Pacific Post Partum Support Society

www.postpartum.org/

Public Health Agency of Canada – Mental Health

www.phac-aspc.gc.ca/mh-sm/index-eng.php

Women’s Health Matters – Health A-Z Basic Search.

www.womenshealthmatters.ca/resources/index.cfm

Search for books, websites, etc. in the WHM resource database.

Women’s Mental Health – Massachusetts General Hospital

www.womensmentalhealth.org/