

Pathfinder Series: Mental Health

This pathfinder provides information about resources available in the JCC Patient & Family Resource Centre and on the internet.

Books

The 10 Best-Ever Anxiety Management Techniques / Margaret Wehrenberg

Call number: 5.8.7 2008

- strategy-filled handbook to understand, manage, and conquer your own stress.
- practical, effective tips to manage anxiety on a day-to-day basis.

Anti-Anxiety Workbook: Proven Strategies to Overcome Worry, Phobias, Panic, and Obsessions / Martin M. Antony and Peter J. Norton

Call number: 5.8.6 2009

- understand what anxiety is and how it can get out of control.
- identify your own anxiety triggers, develop a plan for confronting anxiety-causing situations, learn about medications and find the right professional help if you need it.

The Big Ordeal: Understanding and Managing the Psychological Turmoil of Cancer / Cynthia Hayes

Call number: 5.8.5 2021

- tackles the emotional side of the cancer experience head-on to help newly diagnosed patients and their loved ones anticipate, understand, and deal with the psychological turmoil ahead.
- interviews with scores of patients and experts across a variety of fields.

Coping with Cancer: DBT Skills to Manage Your Emotions – and Balance Uncertainty with Hope / Elizabeth Cohn Stuntz

Call number: 5.6.0 2021

- learn powerful DBT (dialectical behavior therapy) skills that can help you make difficult treatment decisions, manage overwhelming emotions and speak up for your needs.
- includes stories and collective wisdom of cancer patients and survivors.

Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness / Jon Kabat-Zinn

Call number: 5.8.2 2013

- based on the author's renowned mindfulness-based stress reduction program.
- use medically proven mind-body approaches derived from meditation and yoga to counteract stress, establish greater balance of body and mind, and stimulate well-being and healing.

Websites

American Cancer Society – Coping and Living Well During Cancer Treatment

<https://www.cancer.org/treatment/survivorship-during-and-after-treatment/coping.html>

- learn about how to prepare for treatment and adjust to life with cancer.
- what to eat, how to stay active and resources to manage stress.



Anxiety Canada

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

- provide accessible, science-based anxiety relief.
- Get Help tab lists group therapy, online courses, no-cost counselling, podcast, anxiety app, videos, PDFs/downloadables and more.



Anxiety Treatment and Research Clinic (ATRC) – St. Joseph’s Hospital, Hamilton

<http://www.stjoes.ca/health-services/mental-health-addiction-services/mental-health-services/anxiety-treatment-and-research-clinic-atrc>

- offer comprehensive evaluations and proven treatments.
- physician referral required.



CAMH (Centre for Addiction and Mental Health)

<http://www.camh.net/>

- one of the most comprehensive websites for mental health information.
- programs & services, guides & publications, online tutorials, library of resources, etc.
- Canada’s largest mental health teaching hospital and one of the world’s leading research centres in its field.



Canadian Cancer Society – Coping When You Have Cancer

https://cancer.ca/en/cancer-information/resources/publications/coping-when-you-have-cancer?_gl=1*19qih3d*_up*MQ..&qclid=eaiaiqobchmi3ymlmu2t2qivrb6gch2dvwj4eaaya_saaeq123fd_bwe

- booklet includes sections about coping when you are first diagnosed, coping with emotions, physical changes, relationships, life changes, and life after treatment.
- available in English, French, and Chinese.



Canadian Mental Health Association

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

- mental health resources, mental health meter, stress index, national events calendar, and more.



National Cancer Institute – Coping with Cancer

<http://www.cancer.gov/cancertopics/coping>

- emotions and cancer, adjusting to cancer, how cancer affects your self-image and sexuality, daily life during cancer, survivorship and more.

