Everyone deserves peace of mind.

Educate yourself on mental health.

May is Mental Health Awareness Month.
It’s not right, but sometimes mental health is not taken as seriously as it should. Psychological problems, however, are quite real, and can have a huge impact on our overall health. According to this book, “psychological disorders often begin in childhood,” but sharp increases are often seen during adolescence. “It has been estimated that about 20 percent of the U.S. population will have some form of mental disorder sometime during their lifetime. Some disorders occur after severe stress or trauma. Others appear to occur more often in some families and may have a genetic or inherited component. Still other disorders do not seem to be connected to any cause that can yet be identified. The fact that many new and successful treatments are available makes it especially important that we reject old prejudices that consider mental disorders to be untreatable.” Good to know.
Many Views on Mental Health

Mental Health.
Jennifer Hurley, Editor

*Mental Health* is a part of the Current Controversies series and presents various views on how mental illness is perceived and handled in society. Just how serious is mental illness? What is the best way to treat mental illness? Counseling? Drugs? Other types of therapy? Can exercise improve mental health? How should the legal system respond to the mentally ill? Does society have a responsibility to the mentally ill? These are but a few issues that are discussed and debated in this book.
Everyone experiences sadness in life, but depression is an illness when sadness persists for longer than a short time. Depression can cause loss of interest in things you normally enjoy, lack of energy, and feelings of guilt or worthlessness. It can even lead to suicide. Afflicting nearly 20 million adults and 6 million children in this country alone, depression is one of the most common mental illnesses, and left untreated, symptoms can worsen. There is good news, though. Depression is highly treatable, and those suffering from it can find relief.
By definition, teenagers can be moody, and they sleep a lot more than when they were children. This can make it hard to tell the difference between normal adolescent behavior and when a teen is depressed. Both of these books, *Understanding Teenage Depression: A Guide to Diagnosis, Treatment and Management*, by Maureen Empfield and *My Kind of Sad: What It’s Like to be Young and Depressed* by Kate Scowen, specifically focus on how depression affects children and teens and explores ways for these youth and their families to successfully deal with depression.
People suffering from bipolar disorder experience clinical depression, but they also have periods of extreme energy, known as manic episodes. The length of these polar opposite moods varies among individuals, but life for the millions who suffer from it, and their families, can be debilitating. In a manic phase, people can feel super productive, but they can become intensely reckless. The flip side is the depression, where a person has very low energy, sometimes to the point of not getting out of bed, or even suicide. Bipolar disorder cannot get better on its own but can be treated by professionals. What is Bipolar Disorder? by Andrea Nakaya and Bipolar Disorder, edited by Stefan Kiesbye, explain the disease and the types of help available. Personal testimonies also are found in both books.
Schizophrenia is a complex and often disabling mental illness, among the most serious of brain diseases. Because the term literally means “split mind,” it is often confused with a “split” or multiple personality. Schizophrenia is a psychotic disorder that causes severe mental disturbances that disrupt thoughts, speech, and behavior. Needless to say, schizophrenia can be devastating to those who suffer from it as well as frightening and exhausting for their families.

Recent research on schizophrenia provides a more hopeful outlook for those affected. *Schizophrenia* describes the symptoms of this disease and the impact it has on patients and their loved ones. It also examines how scientific studies seek to untangle the multiple causes of schizophrenia and reviews research on how well drug and non-drug treatments work for schizophrenia patients.
Why Do We Hurt Ourselves?

*What is Self-Injury Disorder?*
By Janice M. Yuwiler

Self-injury disorder is what it sounds like—a condition when one intentionally hurts oneself but without the intention of suicide. Self-injury can occur in either gender, in any race of people, and is not limited by education, age, sexual orientation, socio-economic status, or religion. That being said, most people who self-injure are teenagers, and they do so because they feel overwhelmed and have a difficult time dealing with emotional pain.

*What Is Self-Injury Disorder?* explains the details of the disorder, its causes, what it is like to live with it, and how or whether it can be treated or cured.
Being Me with OCD: How I Learned to Obsess Less and Live My Life. By Alison Dotson

Part memoir, part self-help for teens, Being Me with OCD tells the story of how obsessive-compulsive disorder (OCD) dragged the author to rock bottom and how she found hope, got help, and eventually climbed back to a fuller, happier life. Using anecdotes, self-reflection, guest essays, and thorough research, Dotson explains what OCD is and how those with OCD can begin to get better. With humor, specific advice, and an inspiring, been-there-beat-that attitude, readers will find the book simultaneously touching and practical.

When Worry Rules Your Life

People suffering from anxiety disorder experience excessive anxiety and worry, often expecting the worst, even when there is no apparent reason for concern. Nearly 7 million people have this disorder, and doctors diagnose it when a person finds it difficult not to worry more days than not for at least six months. Studies have shown that this heightened level of stress has negative impacts on the body as well. *What is Anxiety Disorder?* by Carla Mooney and *Freaking Out: Real Life Stories About Anxiety*, edited by Polly Wells, explain the disorder in detail and give personal accounts of living and coping with this mental illness.
By Jennifer Shannon

For teens, feeling independent is critical for building self-confidence. But for anxious teens, fears and worries are heightened about milestones that lead to independence--such as socializing, dating, academic success, or taking on more mature responsibilities. Based in cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT), The Anxious Teen Survival Guide is an engaging, illustrated resource to help teens skillfully work through situations that cause anxiety so they can focus on their goals. By identifying their "monkey mind"--the part of their brain where anxious thoughts arise--teens will start to feel more independent, more confident, and ready to take on the world.

This book can be downloaded in eBook format for FREE at OverDrive: http://hammond.lib.overdrive.com.
What is Panic Disorder? By Carla Mooney

Panic and anxiety have similarities, but both disorders do differ from each other. People suffering anxiety disorder have a general, overwhelming sense of worry, but those with panic disorder experience seemingly out-of-the-blue panic attacks. About 6 million American adults per year experience panic disorder, and these attacks occur unexpectedly, sometimes even during sleep. During an episode, many experience very real, physical feelings, such as severe chest pain, shortness of breath, excessive sweating and dizziness. Fortunately, with professional help, most people can find relief from this disorder.

What is Panic Disorder? explains the disorder in detail and gives personal accounts of living and coping with this mental illness.
Help Needed With Food Issues

**Teen Eating Disorders.** By Elizabeth Weiss Vollstadt

An eating disorder is when a person uses food to work out emotional problems and tries to get rid of bad feelings by eating or dieting. After a while, these types of behaviors become addictive, similar to people becoming addicted to alcohol or drugs.

*Anorexia nervosa* is when a person begins eating very little to nothing at all. Despite noticeable weight loss, sufferers have the distorted view that they are fat. *Bulimia* is similar to anorexia, except individuals deprive themselves of nutrition by binge eating and then throwing up. *Compulsive eating, or binge eating,* is when people overeat, becoming morbidly obese.

People suffering from these disorders need medical and psychological help to return to and maintain a healthy weight. These disorders can be tough to overcome, even with proper intervention and support, and people can die from them. These disorders should be taken seriously and not considered a phase someone may be going through.
“Post-traumatic stress disorder, or PTSD, can result from a person experiencing an unusual and frightening event that simply overwhelms his or her ability to cope with it,” according to *Coping with Post-Traumatic Stress Disorder* by Carolyn Simpson and Dwain Simpson. Military personnel, victims of a crime, abuse, or a natural disaster--anyone who has lived through or witnessed the horrific can suffer from PTSD. Even after the danger is over, sights, smells, sounds-- anything--can place that person back in crisis mode. Symptoms can include a racing heart, chest pain, difficulty sleeping, stomach problems, fatigue, and emotional numbness, to name a few. PTSD is a treatable condition, and professional help is advised to help someone best deal with the memories of the event. Our minds are complex, though, so ignoring the PTSD-event(s) will not make painful memories go away. It may take weeks, months or years, but PTSD symptoms will eventually surface, if not treated.
More Resources for PTSD

*Faces of Combat PTSD & TBI* by Eric Newhouse explains how war can lead to post-traumatic stress disorder and traumatic brain injury.

*Post-Traumatic Stress Disorder*, edited by Carrie Fredericks, presents articles on the many aspects of PTSD.
Suicide. By Ron Salomon, M.D.

Suicide is the third leading cause of death among young people and the 11th leading cause of death for people of all ages. Family conflicts, legal or work problems, difficulty in school or social situations, and other stressful life events can all contribute to someone's choice to commit suicide. Physical or mental illnesses can also be significant factors. But the reasons behind suicide never justify the act. With treatment and help, all these problems can be faced and overcome. Suicide explores the root causes of suicidal behavior, how to recognize it, and how those at risk can find relief.
Stop by the MHS Library Media Center with your Student ID to check out any of these books.

or

Download FREE eBooks and audiobooks from our OverDrive digital library by clicking on http://hammond.lib.overdrive.com
In addition to these books, there are many other resources to help individuals and families dealing with mental illness. The following site contains numerous links to mental health services, most of which are located in Northwest Indiana and surrounding communities:

https://goo.gl/2lc1a3