

eBooks in our eLibrary

Social Media and Mental Health:

Handbook for Parents and Teachers by Claire Edwards

Written by Claire Edwards, a clinical psychologist experienced in the field of adolescent mental health, it will highlight the challenges of parenting in the digital age, and offer tips and advice on how to keep your children safe online. [ePlatform eBook](#)

30 Days 30 Ways To Overcome Anxiety

Bev Aisbett

From Australia's bestselling anxiety expert, Bev Aisbett, comes a proven and practical workbook to help people manage their anxiety, with simple daily strategies for work and for home. [BorrowBox eAudiobook](#)

Stop Surviving Start Fighting

Jazz Thornton

Jazz Thornton first attempted to take her own life at the age of 12. Multiple attempts followed and she spent time in psychiatric wards and under medical supervision as she rode the rollercoaster of depression and anxiety through her teenage years - yet the attempts continued. Find out what Jazz learned about how her negative thought patterns came to be, and how she turned those thoughts - and her life - around. Who and what helped, and what didn't help. The insights she gives will help create greater understanding of those grappling with mental illness, and those around them who desperately want to help.

[ePlatform eBook](#)

Move The Body, Heal The Mind: Overcome Anxiety, Depression, and Dementia and Improve Focus, Creativity, and Sleep by Jennifer Heisz

A noted neuroscientist reveals groundbreaking research on how fitness and exercise can combat mental health conditions such as anxiety, dementia, ADHD, and depression, and offers a plan for improving focus, creativity, and sleep.

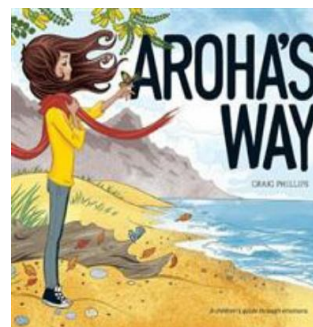
[ePlatform eBook](#)

For Children & Teens

Aroha's Way : A Children's Guide Through Emotions

Craig Phillips

Come along on a journey with Aroha as she wards off nervousness, fear, worrying thoughts and apprehension, with simple, yet effective tools that everyone can use. [In Children's Picture Books "P"](#)



What is Mental Health? Where Does It Come From? And Other Big Questions by Lucy Maddox

Having a mental health problem is part of the range of human experiences that any of us could have, and the book includes pieces from a range of contributors who share their experiences relating to mental health.

[616.89 MAD in Children's Non-Fiction](#)

In My Head : A Young Person's Guide to Understanding Mental Health by Louise Baty

This accessible guide for 11-15-year-olds will help young people to understand and manage their mental health. Whether you want to understand your thoughts and emotions a little better, or learn some handy tips to help you to de-stress, it's filled with information on how to look after your well-being and stay feeling good.

[616.89 BAT in Teens Non-Fiction](#)

 1127 Haupapa Street, Rotorua

 www.rotorualibrary.govt.nz

 library@rotorualc.nz

 www.facebook.com/rotorualibrary

 (07) 348 4177

MENTAL HEALTH



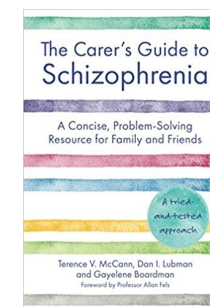
a Library Pathfinder

This Pathfinder is intended to support those with or caring for someone with a mental health illness by showing some resources that are available in Rotorua Library. We are not health professionals. If you or someone you know needs professional advice or treatment, please see your doctor or in an emergency, dial 111

The carer's guide to schizophrenia: a concise, problem-solving resource for family and friends by Terrence McCann et al.

This book will equip carers, family members and friends with the skills to support a person with schizophrenia or other psychoses. Concise language and practical problem-solving exercises throughout make this an ideal resource to easily digest and dip in and out of as needed.

[616.898 MCC in Adult Non Fiction](#)



Useful websites

Mental Health - Public Hospital Services

www.healthpoint.co.nz/public/mental-health-specialty/lakes/rotorua

Te Ngako Rotorua - Adult Mental Health & Addiction Services

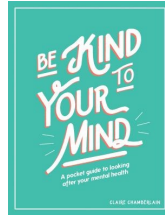
www.lakesdhub.govt.nz/our-services/mental-health/mental-health-te-ngako

Ministry of Health

www.health.govt.nz/your-health/services-and-support/health-care-services/mental-health-services/mental-health-and-wellbeing-where-get-help

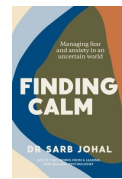
Books in the Library

Be Kind to Your Mind : A Pocket Guide to Looking After Your Mental Health by Claire Chamberlain



With bite-sized tips and practical advice, this book makes self-care simple and achievable. From finding calm and thinking positively, to stress-busting and balancing your life, everything you need to know about taking care of you is wrapped up in this handy pocket guide, and will give you the tools to help you feel your best.
613 CHA in Adult Non-Fiction

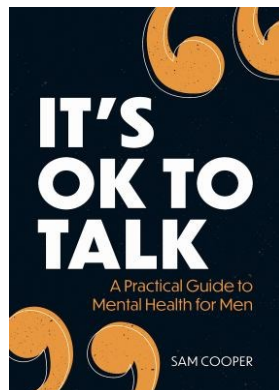
Finding Calm : Managing Fear and Anxiety in an Uncertain World by Sarb Johal



This book gives a range of practical skills to help anyone come to terms with feelings of anxiety and learn to thrive. Dr Sarb Johal is an expert in emergency management and disaster psychology. Full of easy-to-follow, practical tools and tips, Finding Calm can help you get through any crisis or change of circumstance with your mental health intact.

155.24 JOH NZ in Adult Non-Fiction

It's OK to Talk : A Practical Guide to Mental Health for Men by Sam Cooper



The most powerful thing we can do to support our mental health is to talk about it. From tips on navigating mental-health issues to advice on reaching out to others, this book is packed with guidance on how to look out for your well-being as well as how you can help those around you.

616.89 COO in Adult Non-Fiction

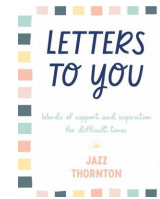
The Changing Man : A Mental Health Manual by Cate Howell & Alex Barnard



This title explores a range of issues affecting men's emotional health and wellbeing, and provides a collection of tried and tested tools to ensure no man suffers in silence again, from dealing with addiction, to bettering relationships, overcoming depression, working through sexuality concerns and realising that it is okay not to be okay.

616.89 HOW in Adult Non-Fiction

Letters to You : Words of Support and Inspiration for Difficult Times by Jazz Thornton



This book is based on something that helped Jazz Thornton on her own journey towards mental health. A good friend wrote her a set of letters each in a separate labelled envelope. Every letter was specifically designed to help fight a particular feeling or situation, and Jazz read them all many times."

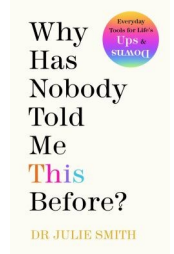
150.1988 THO NZ in Adult Non-Fiction

Mind Kind : Your Child's Mental Health by Joanna North



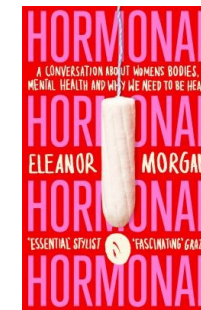
Gives vital insight into the world of mental health and provides a value based system to help parents and caregivers to connect with their children and support them towards positive mental health and wellbeing. As a practising psychotherapist, Dr Joanna North is an expert in the field and has helped many parents to grow strong and healthy minds.
649.4 NOR in Nurturing Children

Why Has Nobody Told Me This Before? by Julie Smith



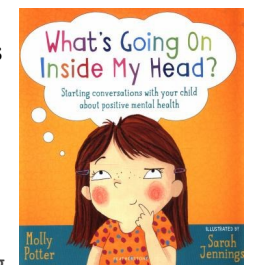
Filled with secrets from a therapist's toolkit, clinical psychologist Dr. Julie Smith teaches you how to fortify and maintain your mental health. Dr. Smith tackles everyday issues and offers practical solutions in bite-sized, easy-to-digest entries which make it easy to quickly find specific information and guidance.
616.89 SMI in Adult Non-Fiction

Hormonal : A Conversation About Women's Bodies, Mental Health and Why We Need to be Heard



By Eleanor Morgan
Combining her own experiences with extensive research and expert contributions, Eleanor Morgan explores the relationship between the female body, the female mind and the ways in which women's bodies are being medicalised.
613.0424 MOR in Adult Non-Fiction

What's Going on Inside My Head? : Starting Conversations with Your Child About Positive Mental Health by Molly Potter



A book for children that explores practical ways we can keep our minds in good shape as well as our bodies. By talking about positive self-image, emotional intelligence, relationships and mindfulness, this book will help children develop healthy habits and good coping strategies from the start.
362.2 POT in Nurturing Children