



Healthy Minds - January 16th, 2014
Passport to Health - Teacher Development Workshop Series
uOttawa BEd Comprehensive School Health Cohort

Resource List

- *Almost Anorexic* by Jenni Schaefer and Jennifer J. Thomas, Ph.D.
- *Anger Management Games for Children* by Deborah M. Plummer
- British Columbia Friends for Life program, http://www.mcf.gov.bc.ca/mental_health/friends.htm
- *But Inside I'm Screaming* by Elizabeth Flock
- Canadian Mental Health Association, <http://www.cmha.ca/>
- Child and Youth Mental Health Information Network, www.cymhin.ca
- *Counseling Skills for Teachers*, by Jeffrey A. Kottler and Ellen Kottler
- Do It For Daron, www.difd.com
- *Freeing Your Child From Anxiety* by Tamar E. Chansky, Ph.D.
- *Goodbye Ed, Hello Me* and *Life Without Ed* by Jenni Schaefer
- Joint Consortium for School Health <http://www.jcsh-cces.ca/>
- *Making a Difference: An Educator's Guide Child and Youth Mental Health Problems*, a PDF document available through CYMHIN
- Mind Your Mind, www.mindyourmind.ca
- OPHEA Healthy Schools Healthy Communities, <http://www.ophea.net/>
- *Perfect Girls, Starving Daughters* by Courtney E. Martin
- *Reinventing Your Life: The Breakthrough Program to End Negative Behaviour* by Jeffrey E. Young, Ph.D. and Janet S. Klosko, Ph.D.
- *School-Based Mental Health, A Framework for Intervention* by Debra S. Lean and Vincent A. Colucci
- *Teaching Students with Mental Health Disorders, Resource for Teachers, Volume 1, Eating Disorders* by the British Columbia Ministry of Education, Special Programs Branch (<http://www.bced.gov.bc.ca/specialed/ed1/ed1.pdf>)
- *Teaching Students with Mental Health Disorders, Resource for Teachers, Volume 2, Depression* by the British Columbia Ministry of Education, Special Programs Branch (http://www.bced.gov.bc.ca/specialed/docs/depression_resource.pdf)
- *The school Counselor's Mental Health Sourcebook, Strategies to Help Students Succeed* by Rick Auger
- *Why People Die By Suicide* by Thomas Joiner