Mental Health & Wellbeing
Helpful resources at HCPL
By the numbers (2019 unless otherwise specified):

**Haliburton County Public Library**
7 branches
1 library depot
8,358 cardholders
52,130 items in our collection
157,083 items circulated
8,685 people attended our programs and events (2018)
People accessed the internet through HCPL 41,487 times.

**Haliburton County**
4,025 square kilometers
18,062 year-round residents
4.4 people per square kilometer
63.25% are over the age of 50
45,167 people in the County during the summer months
$25,688 median income (2011 NHS)
9.3% unemployment rate (2011 NHS)
Mindfulness-Based Chronic Pain Management Program™
An evidence-based course teaching Mindfulness and Meditation over 13 Weeks to better cope and live with Chronic Pain, Anxiety and Stress

Haliburton Highlands Family Health Team
Haliburton Office
DATES: Wednesdays Sept 18–Dec 18 2019
Fee: $100 for Book The Mindfulness Solution to Pain and Home Practice Meditations

For Information and to Register Call:
Barb Fraser, Social Worker
MBCPM™ Certified Affiliate
455 - 9220 ext 312
• Anxiety and Depression
• Grief
• Relationships
• Sleep
• Stress and Relaxation
• Mindfulness and Meditation

Books in print
Books on CD
Ebooks from Overdrive - if you are logged in, you can hold, download, and preview from our website
Audiobooks from Overdrive - if you are logged in, you can hold, download, and preview from our website
Mental Health & Wellbeing Collection

The Mental Health and Wellbeing resource list was developed and compiled collaboratively with the professionals of Haliburton Highlands Family Health Team and Haliburton County Public Library.

Please note these resources do not replace the support and intervention which is beneficial and available by engaging with a medical professional, social worker, counsellor, crisis worker or other competent mental health practitioner. Additionally, it is not an exhaustive list of the library collection or other resources, but rather a helpful starting point.

If you are in crisis and need help right away, please visit the nearest Emergency Department or call the 24/7 Four County Crisis Line at 1-866-995-9933.

Click on the following topics to see what resources are available for you:

Anxiety and Depression

Mood and anxiety disorders are among the most common types of mental disorders in Canada and have been shown to have a major impact on the daily lives of those affected. In 2013, an estimated 3 million Canadians (11.6%) aged 18 years or older reported that they had a mood and/or anxiety disorder. Mood
Grief
100% of the population will face grief and bereavement because loss is inevitable across the lifespan. It takes time to move with the feelings that arise when one is grieving. People who are grieving need understanding, support and patience for it is a unique journey for all.
The books and resources listed in this collection provide various perspectives on grief and bereavement from which people may find comfort and care as they move with and adapt to the death of a loved one. Read more...

Mindfulness and Meditation
Mindfulness has enjoyed a surge in popularity over the last several years. It has moved from an Eastern religious or spiritual practice to a mainstream secular intervention available and helpful to many. Mindfulness and meditation has been shown to be an effective practice to manage a range of health conditions.
The books and resources listed in this collection provide an introduction to the attitudes of mindfulness and the practice of meditation. Read more...

Relationships
Sometimes relationships are fulfilling, loving and supportive and other times
Sleep

It is not uncommon to experience sleep difficulties from time to time. It is estimated that about 25% of adults are dissatisfied with their sleep, 10% to 15% report symptoms of insomnia associated with daytime consequences, and 6% to 10% meet criteria for an insomnia disorder.

The books and resources listed in this collection provide a description of sleep problems and strategies for intervention. Read more...

Stress and Relaxation

Stress is a fact of life. We all talk about stress, but we are not always clear about what it is. This is because stress comes from both the good and the bad things that happen to us. Some stress can be a good thing. When stress is unhelpful, people may feel overwhelmed or feel like they can't possibly fix the problem. Many people experience physical sensations like sweating, a racing heart, or tense muscles. Over time, stress can also have a big impact on physical health.

The books and resources listed in this collection provide a range of materials to help understand stress and strategies to better manage stressors in life. Read more...

Apps for Mental Health and Wellbeing

There are a variety of apps for use on your mobile device that can help you in...
Newsletters for libraries

Mental Health and Wellbeing

Relationships
- After The Affair: healing the pain and rebuilding

Grief
- A Grief Observed by C. S. Lewis

Sleep
- Goodnight Mind: turn off your noisy thoughts & get a good night's sleep

Apps
- 10% Happier
  A clear, simple approach to meditation with bestselling author Dan Harris and the most respected teachers and scientists on the planet.

Mental Health and Wellbeing

Anxiety and Depression
- Climbing Out Of Depression: a practical guide

Mindfulness and Meditation
- 10% Happier: how I tamed the voice in my head, reduced stress without losing my edge.

Meditation and Wellbeing

Stress and Relaxation
- Progressive Relaxation and Breathing
  by Matthew McKay

Websites
- Black Dog Institute myCompass
  myCompass is a free online self-help program for people with mild to moderate depression, anxiety and stress. It's also appropriate for people who simply want to build good mental health.
Did You Mean: medical Acceptance

1. eBook
   Radical Acceptance
   by Brach, Tara
   Electronic Format: ADOBE EPUB, HTML
   Excerpt: Radical Acceptance  Brach, Tara
   Available: 0

2. Book
   Title Radical acceptance : embracing your life with the heart of a Buddha / Tara Brach ; [foreword by Jack Kornfield].
   Author Brach, Tara  Brach, Tara.
   Call Number 294.34 BRA
   Branch Dysart Branch
   Excerpt: Radical acceptance : embracing your life with the heart of a Buddha / Tara Brach ; [foreword by
   Available: 1
   Holds: 0
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The Mental Health and Wellbeing resource list was developed and compiled collaboratively with the professionals of Haliburton Highlands Family Health Team and Haliburton County Public Library.

Find trustworthy information on topics such as anxiety & depression, grief, relationships, sleep, stress & relaxation, and mindfulness & meditation.

It's easy to find the Mental Health & Wellbeing Collection!
Visit haliburtonlibrary.ca

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