



Haliburton County Public Library

Connection, Collaboration, Community

Mental Health & Wellbeing

Helpful resources at HCPL



Haliburton Highlands

Family Health Team



Haliburton County Public Library

Connection, Collaboration, Community





Haliburton County Public Library

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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 is a pause --
the space between stimulus
and response: that's where
choice lies."



--Tara Brach

**Mindfulness-Based Chronic Pain
Management Program TM**
**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
MBCPMTM Certified Affiliate
455 - 9220 ext 312**

 **Haliburton Highlands**
Family Health Team



Friends of the Haliburton County Public Library

- 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



Haliburton County Public Library

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Haliburton County Public Library

Connection, Collaboration, Community



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HALIBURTON > HL Readers' Advisory > Mental Health and Wellbeing

HL Readers' Advisory

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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:

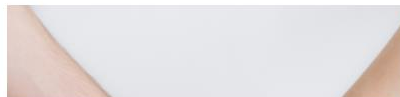
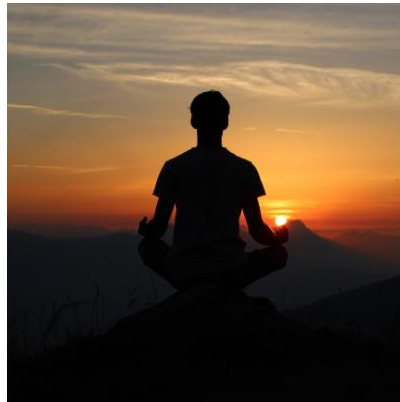


Anxiety and Depression

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



any questions?
Contact Us



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

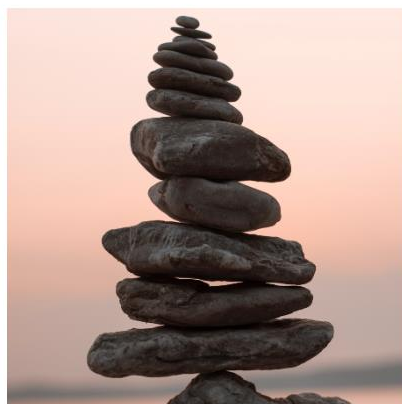
Sometimes relationships are fulfilling, loving and supportive and other times



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

libraryAware™

Newsletters for libraries

Mental Health and Wellbeing Relationships

Relationships



After The Affair : healing the pain and rebuilding

After The Affair : healing the pain and rebuilding

Mental Health and Wellbeing Grief

Grief

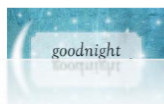
A Grief Observed

by C. S. Lewis

A Grief Observed

Mental Health and Wellbeing Sleep

Sleep



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

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

Mental Health & Wellbeing 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

Anxiety and Depression



Climbing Out Of Depression : a practical guide

Climbing Out Of Depression : a practical guide

Mental Health and Wellbeing Mindfulness and Meditation

Mindfulness and Meditation



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

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

Meditation and Wellbeing Stress and Relaxation

Stress and Relaxation



Progressive Relaxation and Breathing

by Matthew McKay

Progressive Relaxation and Breathing

Mental Health and Wellbeing 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.

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Author

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☐ Brach, Tara (1)

☐ Brach, Tara. (1)

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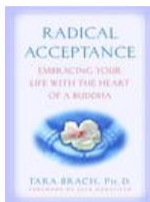
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Did You Mean:

medical Acceptance

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↓ eBook

Radical Acceptance

by Brach, Tara

Electronic Format: ADOBE EPUB, HTML

Excerpt: Radical Acceptance Brach, Tara

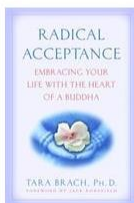
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Book

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

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Excerpt: Radical acceptance : embracing your life with the heart of a Buddha / Tara Brach ; [foreword by

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Mental Health & Wellbeing

Helpful resources at HCPL

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

If you are in crisis and need help right away, please visit your nearest Emergency Department or call the 24-hour emergency line for

Privacy

What you check out at HCPL is private, and as such we will not discuss your checkouts with anyone but you.

We are committed to patron privacy.





Bell Let's Talk ✓
@Bell_LetsTalk



Find out how [@HaliburtonCPL](#) is promoting better [#MentalHealth](#) and wellbeing with a new book collection. [#BellLetsTalk](#)
ow.ly/FjEp50xGJgR



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