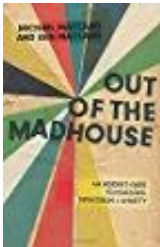


## Library and Knowledge Services

# Depression

## A selection of books from the four Trust libraries

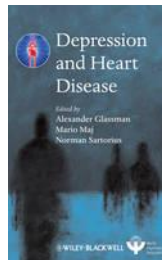
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### **Out of the madhouse: a self-help guide for managing depression, anxiety and related issues**

Maitland, Michael

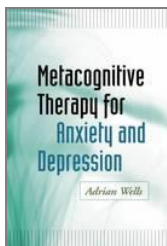
Told with humour and frankness through Michael's diary entries and Iain's own reflections, *Out of the Madhouse* charts Michael's journey to recovery from entering the Priory and returning home, to becoming a mental health ambassador for young people.



### **Depression and Heart Disease**

Glassman, Alexander

Recently, there has been a growing awareness of the multiple interrelationships between depression and various physical diseases. Patients with psychiatric problems, particularly depression, may be more susceptible to cardiovascular disorders.



### **Metacognitive Therapy for Anxiety and Depression**

Wells, Adrian

This book explains the "whats" and "how-tos" of Metacognitive Therapy (MCT), an innovative form of Cognitive-Behavioral Therapy with a growing empirical evidence base.

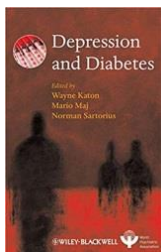


### **Depression in later life**

Baldwin, Robert

Highlights areas of depression which are of special relevance to later life, how to diagnose depression in an older person, the overlap with dementia and various other physical illnesses, and important pharmacological and psychological considerations.

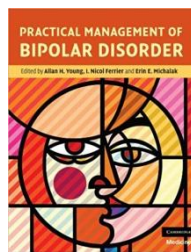
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## Depression and Diabetes

Katon Wayne, Maj Mario, Sartorius Norman

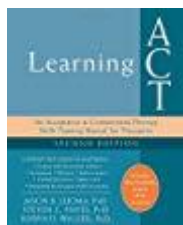
World leaders in diabetes, depression and public health synthesize current evidence. They give an overview of the implications of the comorbidity between depression and diabetes.



## Practical Management of Bipolar Disorder

Young Allan

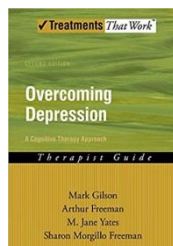
This practical guide provides an overview of the disorder and guidelines for treating the illness, from authors internationally renowned for their work in bipolar disorder.



## Learning ACT: an acceptance and commitment therapy skills training manual for therapists

Luoma, Jason et al

This second edition of the pioneering ACT skills-training manual for clinicians provides a comprehensive update-essential for both experienced practitioners and those new to using ACT and its applications.



## Overcoming Depression: Therapist Guide

Gilson, Mark

This therapist guide is designed to give mental health professionals the necessary tools to assess and treat a broad range of mood disorders, particularly depression.



## An introduction to coping with depression

Brosan, Lee

Acceptance and commitment therapy (ACT) is among the most

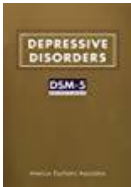
remarkable developments in contemporary psychotherapy. This second edition of the pioneering ACT skills-training manual for clinicians provides a comprehensive update-essential for both experienced practitioners and those new to using ACT and its applications.



## The recovery letters : addressed to people experiencing depression

Withey, James

In 2012, The Recovery Letters was launched to host a series of letters online written by people recovering from depression, addressed to those currently affected by a mental health condition. This powerful collection of personal letters from people with first-hand experiences of depression will serve as a comforting resource for anyone on the journey to recovery.

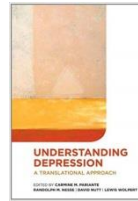


## Depressive disorders

American Psychiatric Association

Crafted around a specific disorder cited in DSM-5(R).

This selection provides an overview of the process of diagnosing sleep-wake disorders and is a reference guide to assist in the diagnosis of individual patients. The disorder-specific resource is an valuable addition to the DSM-5(R) collection and an important contribution to the mental health profession.

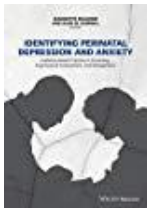


## Understanding Depression: A Translational Approach

Pariante Carmine, Nesse Randolph, Nutt David,

Wolpert Lewis

This book brings together world leaders in research on depression, to discuss, for the first time in an interdisciplinary setting, both classical and innovative ideas to understand this devastating disorder.



## Identifying perinatal depression and anxiety: evidence-based practice in screening, psychosocial assessment and management

Milgrom, Jeanette

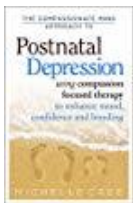
Identifying Perinatal Depression and Anxiety brings together the very latest research and clinical practice on this topic from around the world in one valuable resource.



## Overcoming depression and low mood: a five areas approach

Williams, Chris

Helps you understand why you sometimes feel low, anxious, angry, or guilty. It also teaches proven practical skills to help you change how you feel. By using the clearly described practical tools inside, you can make helpful changes to your life. Ultimately, the hope is that this book will help you to regain a sense of control over how you feel.

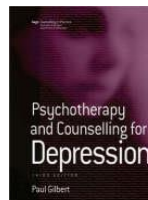


## The compassionate mind approach to postnatal depression

Cree, Michelle

This self-help book based on Compassion Focused

Therapy will help women to recognise some of the symptoms and, where appropriate, to normalise them, thereby alleviating their distress. It will guide mothers-to-be and new mothers through the confusing feelings that can arise.



## Psychotherapy and Counselling for Depression

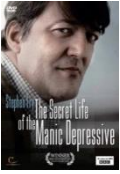
Paul Gilbert

This book takes you gently through the biopsychosocial processes that underpin depression. Excellent worksheets and information sheets are provided as appendices.

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## A small selection of DVDs held in the libraries

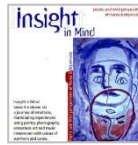
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### **The Secret Life Of The Manic Depressive**

(Manic depression, bipolar disorder)

Stephen Fry's emotional but entertaining journey into the lives of stars, and ordinary people who juggle manic depression with their working lives. He also meets psychiatrists who are trying to help.



### **Insight In Mind**

(Bipolar disorder, depression)

This film gives first hand accounts, art, poems, photos and films by individuals who have experienced altered perceptions that depression and mania can cause, and by some of their carers.



### **Brassed Off**

(Depression, unemployment)

The troubles faced by a brass band in a coal mining community following the closure of their pit. The band struggles in the face of economic repression and emotional turmoil.



### **Sylvia**

(Depression, suicide)

This centres on Plath's relationship with poet Ted Hughes. Their relationship was passionate but rocky; many of Plath's fans blame the depression that led her to suicide on Hughes's infidelity.

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## CWPT Library and Knowledge Services

### **Education Centre Library**

St Michael's Hospital, Warwick

Tel. 01926 406749

[stmichaels.library@covwarkpt.nhs.uk](mailto:stmichaels.library@covwarkpt.nhs.uk)

### **Brian Oliver Library**

Brian Oliver Centre, Brooklands,

Tel. 0121 329 4923

[brooklands.library@covwarkpt.nhs.uk](mailto:brooklands.library@covwarkpt.nhs.uk)

### **Health Sciences Library**

Caludon Centre, Coventry

Tel. 024 7693 2450

[caludon.library@covwarkpt.nhs.uk](mailto:caludon.library@covwarkpt.nhs.uk)

### **Manor Court Library**

Manor Court Avenue, Nuneaton

Tel. 02476 321561

[manorcourt.library@covwarkpt.nhs.uk](mailto:manorcourt.library@covwarkpt.nhs.uk)

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