

## **Pathfinder series: Mental health / cancer**

### **Websites:**

#### **American Cancer Society – Coping Tools and Checklists**

[http://www.cancer.org/docroot/MBC/MBC\\_5.asp](http://www.cancer.org/docroot/MBC/MBC_5.asp)

Through a series of questions and checklists, this tool from the ACS is designed to help patients and caregivers determine how they are coping with cancer, treatment, side effects and more. The site also offers tips and healthy coping strategies, and includes links to other resources for more information.

#### **Anxiety Disorders association of Canada <http://www.anxietycanada.ca/>**

The site describes symptoms for the anxiety disorders including obsessive compulsive, panic, post-traumatic stress, and others. The resources section offers downloadable publications and links for further information and help. "Student Zone" is aimed at young people concerned about anxiety and anxiety disorders.

#### **Anxiety Disorders Clinic <http://anxiety.stjoes.ca/>**

The website of the clinic located at McMaster University offers a good overview of anxiety disorders, provides a recommended reading and resource list, lists to other sources of information, including how to find a specialist or get involved with a study, and much more.

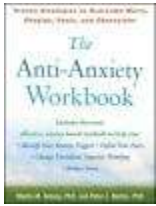
#### **Canadian Mental Health Association <http://www.cmha.ca/>**

CMHA's website is well-designed and user-friendly, with online tutorials and guides to learning about mood, anxiety, bipolar, panic and obsessive-compulsive disorders as well as the role addiction can play in these illnesses. Fact sheets are available in multiple languages, and tips on maintaining good mental health are also included in this excellent resource.

#### **Centre for Addiction and Mental Health <http://www.camh.net/>**

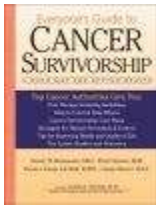
CAMH has one of the most comprehensive websites for mental health information. Find details on programs, disorders and treatments, community services, educational materials, a library of resources, how to ask for and find help, and other useful information for patients, family members, and the general public.

## Books available from Central library, St. Catharines:



**The anti-anxiety workbook : proven strategies to overcome worry, phobias, panic, and obsessions / Martin M. Antony, Peter J. Norton,** Guilford Press, Pub. date: c2009, **Call No.: 616.8522 Ant**

A book to help you understand what anxiety is and how it can get out of control, identify your own anxiety triggers, develop a plan for confronting anxiety-causing situations, learn about medications and find the right professional help if you need it.



**Everyone's guide to cancer survivorship : a road map for better health / Ernest H. Rosenbaum ... [et al.] ; with Louise Maffitt ; foreword by Sandra Horning,** Andrews McMeel Pub., Pub. date: c2007, **Call No.: 616.99406 Eve**

A comprehensive guide for cancer survivors, with information on long term side effects of treatment including infertility, fatigue, depression, and many other relevant topics. It aims to help survivors improve and maintain their overall health.

**Cancer is a word, not a sentence : a practical guide to help you through the first few weeks / Robert Buckman ; with major contributions by Pamela Catton and the medical staff of the Princess Margaret Hospital,** key porter Books, Pub. date: 2005, **Call No.: 616.994 Buc**

Designed to help you regain your balance after reeling from a cancer diagnosis, it is an extremely practical guide that includes factual information and offers comfort to patients, family members and friends.

## Books/videos they may be able to help you find:

**The Cancer survivor's guide: the essential handbook to life after cancer / Michael Feuerstein**

Cancer survivors often face the physical and emotional repercussions of their illness long after treatment ends. This book provides the crucial information survivors need, in order to manage both their physical and mental health.

**Mayo Clinic on depression**

Reliable, practical, and easy to understand information on how to recognise, treat and manage depression, this book includes information on factors that can increase the risk of becoming depressed, indications that you may be depressed, self-care strategies and much more.

**The ease of being: guided meditations for centering and healing / Mary and Richard Maddux (CD ROM)**

Three guided meditations that aim to help restore a centred state of awareness and facilitate healing both physically and emotionally.

**Meditation & relaxation in plain English / Bob Sharples**

This book introduces the practice of meditation to people facing a cancer diagnosis, and helps patients and survivors in using meditation as a tool for physical and psychological healing.

**Breathing: the master key to self healing / Andrew Weil**

Following the belief that proper breathing is crucial to the body's ability to heal and sustain itself, the author provides a complete course of breathing exercises based on yoga and other Eastern traditions.

