




-  Tobert, N. (2017) *Cultural perspectives on mental wellbeing: spiritual interpretations of symptoms in medical practice*. London: Jessica Kingsley. **WM31.1 (Warneford)**
-  White, J. (2017) *Stress control: a mind, body, life approach to boosting your well-being*. London: Robinson. **WLM228 Wellbeing Collection (Littlemore, Warneford, Whiteleaf)**
-  Williams, C. (2018) *Living life to the full: key life skills to change your life*. Five Areas. **WM505 Wellbeing Collection (Littlemore, Warneford, Whiteleaf)**

#### Useful Websites

-  MIND - <https://www.mind.org.uk/>
-  Mental Health Foundation - <https://www.mentalhealth.org.uk/>
-  World Health Organisation - <https://www.who.int/campaigns/world-mental-health-day/2021>

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October 2021



# World Mental Health Day

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*This guide is not intended to be a comprehensive list.*

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NHS OpenAthens login required for Electronic Books.

-  World Federation for Mental Health (2021) *Mental health in an unequal world: together we can make a difference*. **Freely available to download at:** [http://wmhd2021.com/wmhd2021\\_educationa-material.pdf](http://wmhd2021.com/wmhd2021_educationa-material.pdf)
-  Betton, V. & Woollard, J. (2018) *Teen mental health in an online world: supporting young people around their use of social media, apps, gaming, texting and the rest*. London: Jessica Kingsley. **WS850 (Warneford)**
-  Bowling, A. (2017) *Measuring health: a review of subjective health, well-being and quality of life measurement scales*. 4<sup>th</sup> edn. London: Open University Press. **W270 (Warneford)**
-  Brown, J.S., Learmonth, A.M. & Mackereth, C.J. (2015) *Promoting public mental health and well-being: principles into practice*. London: Jessica Kingsley. **WM27 (Whiteleaf)**
-  Burton, N. (2017) *Growing from depression*. 2<sup>nd</sup> edn. Acheron Press. **WM171 (Littlemore)**
-  Butler, G., Grey, N. & Hope, T. (2018) *Manage your mind: the mental fitness guide*. Oxford: Oxford University Press. **WLM305 Wellbeing Collection (Warneford)**
-  Clift, S. & Camic, P.M. (2016) *Oxford textbook of creative arts, health, and wellbeing: international perspectives on practice, policy, and research*. Oxford: Oxford University Press. **W4 (Warneford)**
-  Dynes, R. (2017) *Positive communication: activities to reduce isolation and improve the wellbeing of older adults*. London: Jessica Kingsley. **WT120 (Warneford)**
-  Eastham, C. (2017) *We're all mad here: the no-nonsense guide to living with social anxiety*. London: Jessica Kingsley. **WLM228 Wellbeing Collection (Littlemore, Warneford, Whiteleaf)**
-  Fanning, A.T. (2019) *Mind on fire: a memoir of madness and recovery*. Penguin. **WM75 Wellbeing Collection (Warneford)**
-  Fish, J. & Karban, K. (eds.) (2015) *Lesbian, gay, bisexual and trans health inequalities: international perspectives in social work*. Bristol: Policy Press. **HQ300 (Warneford)**
-  Fletcher, J. (ed) (2019) *Chaplaincy and spiritual care in mental health settings*. London: Jessica Kingsley. **WA40 (Whiteleaf)**
-  Hasson, G. & Butler, D. (2020) *Mental health and wellbeing in the workplace: a practical guide for employers and employees*. Chichester: Capstone. **Electronic Book**.
-  Hogan, B. & Brosan, L. (2017) *An introduction to coping with anxiety*. 2<sup>nd</sup> edn. London: Robinson. **WM172 Wellbeing Collection (Littlemore, Warneford, Whiteleaf)**
-  Kauth, M.R. & Shipherd, J.C. (2018) *Adult transgender care: an interdisciplinary approach for training mental health professionals*. New York: Routledge. **WM31 (Warneford)**
-  Moreno, M.A. & Radovic, A. (2018) *Technology and adolescent mental health*. Cham, Switzerland: Springer. **WS850 (Warneford)**
-  Nagoski, E. & Nagoski A. (2019) *Burnout: the secret to solving the stress cycle*. London: Vermilion. **WLM228 (Warneford)**
-  Segal, D.L., Qualls, S.H. & Smyer, M.A. (2018) *Aging and mental health*. 3<sup>rd</sup> edn. Chichester: John Wiley. **WT220 (Whiteleaf)**
-  Slade, M., Oades, L.G. & Jarden, A. (eds) (2017) *Wellbeing, recovery and mental health*. Cambridge: Cambridge University Press. **WM670 (Whiteleaf)**
-  Theodosiou, L. et al. (2019) *Children and young people's mental health: early intervention, ongoing support and flexible evidence-based care*. 2<sup>nd</sup> edn. Pavilion Publishing and Media. **WS700 (Warneford, Whiteleaf)**
-  Thompson, N. (2019) *Mental health and well-being: alternatives to the medical model*. New York: Routledge. **WM31 (Warneford)**