



**FEBRUARY 2010 is**  
**PSYCHOLOGY MONTH**  
*"Psychology is for Everyone"*



## RESOURCE LIST

The following materials, organized by topic, are available to you by contacting the OPA office at 416-961-5552.

We encourage you explore and download "online" materials directly from the publisher's websites (see below). Many other topics are available through these websites.

- **Canadian Psychological Association:** <http://www.cpa.ca/publications/yourhealthpsychologyworksheets>
- **Psychology Foundation:** <http://www.psychologyfoundation.org/order.php>
- **American Psychological Association:** <http://www.apa.org/topics>

### Addictions

Psychology Works for: Gambling	Fact sheet (online)	Canadian Psychological Association
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### Alcohol

Alcohol and Related Disorders: Psychotherapy's Role in Effective Treatment	Fact sheet	American Psychological Association
Psychology Works for: Alcoholism	Fact sheet (online)	Canadian Psychological Association
Alcohol and Health, Where do you Draw the Line?	Video (13 minutes.)	Mental Health, Inc

## Anxiety

Resilience In a Time Of War: Tips for Parents and Teachers of Elementary School	Brochure	American Psychological Association
Resilience In a Time of War: Adapting to Wartime Stress	Brochure	American Psychological Association
Mind/Body Health: For a Healthy Mind & Body, Talk to a Psychologist: Job Stress	Fact sheet	American Psychological Association
Mind/Body Health: For a Healthy Mind & Body, Talk to a Psychologist: Stress	Fact sheet	American Psychological Association
Anxiety Disorders: The Role of Psychotherapy in Effective Treatment	Fact sheet	National Mental Health Association
Anxiety Disorders: Social Phobia	Fact sheet	National Mental Health Association
Managing Traumatic Stress: Tips for Recovering From Disasters and other Traumatic Events	Fact sheet	American Psychological Association
Managing Traumatic Stress: Dealing with Hurricane Katrina from Afar	Fact sheet	American Psychological Association
Anxiety Disorders: GAD	Fact sheet	National Mental Health Association
Anxiety Disorders: Obsessive Compulsive Disorder	Fact sheet	National Mental Health Association
Anxiety Disorders: Post Traumatic Stress Disorder	Fact sheet	National Mental Health Association
Anxiety Disorders (description)	Fact sheet	National Mental Health Association
Psychology Works for: Generalized Anxiety Disorder (GAD)	Fact sheet (online)	Canadian Psychological Association
Psychology Works for: Panic Disorder	Fact sheet (online)	Canadian Psychological Association
Psychology Works for: Phobias	Fact sheet (online)	Canadian Psychological Association
Aftermath: The Road to Resilience	Video (20 mins.)	American Psychological Association

## Behaviour

Psychology Works for: Attention-Deficit Hyperactivity Disorder (ADHD)	Fact sheet (online)	Canadian Psychological Association
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Tourette Syndrome	Fact sheet (online)	Canadian Psychological Association
Psychology Works for: Autism	Fact sheet (online)	Canadian Psychological Association
Psychology Works for: Obsessive Compulsive Disorder (OCD)	Fact sheet (online)	Canadian Psychological Association
Psychology Works for: Parenting <b>Challenges</b>	Fact sheet (online)	Canadian Psychological Association
Psychology Works for: Perfectionism	Fact sheet (online)	Canadian Psychological Association
Healing the Scattered Mind - Gabor Mate	Video (54 mins.)	Adler Professional Schools

## Depression

Depression	Fact sheet <b>(photocopies)</b>	Ontario Psychological Association
How Psychotherapy Helps People Recover From Depression	Fact sheet <b>(8)</b>	American Psychological Association
Psychology Works for: Postpartum Depression (PPD)	Fact sheet (online)	Canadian Psychological Association

## Disability

Psychology Works for: Caregivers <b>and Caring for Persons in Need</b>	Fact sheet (online)	Canadian Psychological Association
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## Disaster Response

APA Guide to Cultural Awareness for Public Education Campaign and Disaster Response Network Members	Fold out brochure	American Psychological Association
Helping Communities in Times of Crisis	Brochure	American Psychological Association

## Eating Disorders

Mind/Body Health: For a Healthy Mind & Body, Talk to a Psychologist: Obesity	Fact sheet	American Psychological Association
Facts About Eating Disorders	Fact sheet	American Psychological Association
Eating Disorders: Psychotherapy's Role in Effective Treatment	Fact sheet	American Psychological Association
Normal Eating Nurtures Good Health and Well Being/I Think She Has an Eating Disorder, Now What Do I Do? (Reprinted From "Afraid to Eat")	Fact sheet	Healthy Weight Network
Guide For Family and Friends of a Person Experiencing Food and Weight Problems	Fact sheet	National Eating Disorder Information Centre
Psychology Works for: Eating Disorders	Fact sheet (online)	Canadian Psychological Association

## Grief

Psychology Works for: Grief	Fact sheet (online)	Canadian Psychological Association
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## Relationships

Psychology Works for: Relationships	Fact sheet (online)	Canadian Psychological Association
Separation and Divorce: Talk to Someone Who Can Help	Brochure	Ontario Psychological Association

## Finding a Psychologist & About Psychology

What is the OPA?	Brochure	Ontario Psychological Association
Reaching Out – Ontario Psychological Association's Referral Service	Brochure	Ontario Psychological Association
Talk to Someone Who Can Help	Brochure	American Psychological Association
Building Resilience	Brochure	Ontario Psychological Association
Is Your Mind Keeping Your Body Healthy?	Brochure	American Psychological Association
For a Healthy Mind and Body...Talk to a Psychologist	Brochure	American Psychological Association
The Road to Resilience	Brochure	American Psychological Association
Legal, Ethical & Professional Issues in Psychology	DVD	Ontario Psychological Association
How to Find Help Through Psychotherapy	Fact sheet	American Psychological Association
Psychology Month Poster	Poster	Council of Provincial Associations of Psychologists
Psychologists and You : Talk to Someone Who Can Help	Reference	Canadian Register of Health Service Providers in Psychology
Talk to Someone Who Can Help	Video	American Psychological Association

## Health

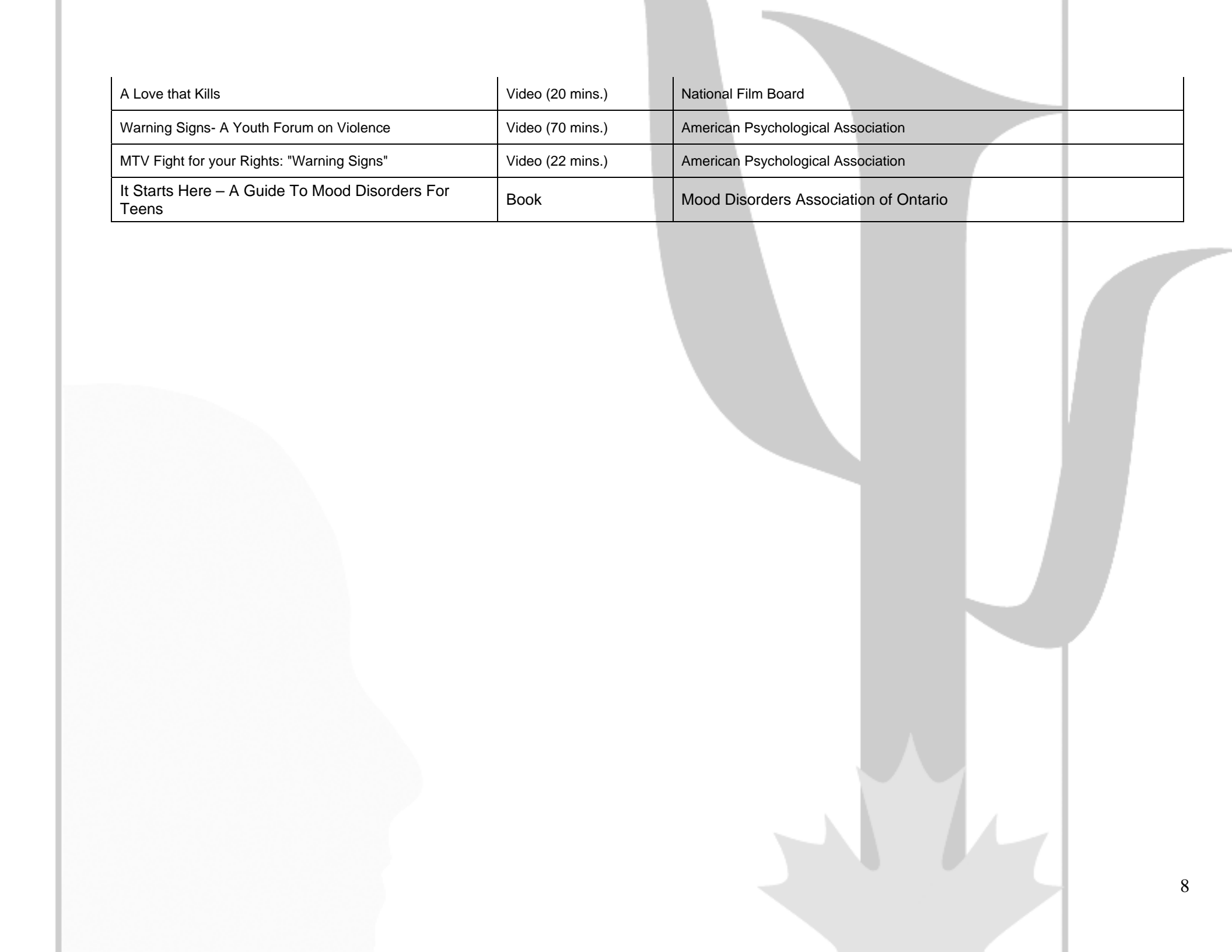
Serious Illness: Talk to Someone Who Can Help	Brochure	Ontario Psychological Association
Breast Cancer: Talk to Someone Who Can Help	Brochure	Ontario Psychological Association
Heart Disease: Talk to Someone Who Can Help	Brochure	Ontario Psychological Association
SSRI Antidepressants : Their Place in Women's Lives – Women and Health Research	Brochure	Women and Health Protection
Women's Mental Health: Psychiatric Medication and Weight Gain	Brochure	Canadian Mental Health Association
Questions to Ask Your Doctor	Wallet card	American Psychological Association
Mind/Body Health: For a Healthy Mind & Body, Talk to a Psychologist: Heart Disease	Fact sheet	American Psychological Association
Arthritis	Fact Sheet (on line)	Canadian Psychological Association
Pediatric Oncology	Fact Sheet (on line)	Canadian Psychological Association
Pediatric Palliative Care	Fact Sheet (on line)	Canadian Psychological Association
Physical Activity	Fact Sheet (on line)	Canadian Psychological Association
Breast cancer: How your mind can help your body	Fact sheet	American Psychological Association
Psychology Works for: Acute Postsurgical Pain	Fact sheet (online)	Canadian Psychological Association
Psychology Works for: Chronic Pain	Fact sheet (online)	Canadian Psychological Association
Psychology Works for: Diabetes	Fact sheet (online)	Canadian Psychological Association
Psychology Works for: End of Life	Fact sheet (online)	Canadian Psychological Association
Psychology Works for: Health Anxiety	Fact sheet (online)	Canadian Psychological Association
Psychology Works for: Insomnia	Fact sheet (online)	Canadian Psychological Association
Psychology Works for: Irritable Bowel Syndrome (IBS)	Fact sheet (online)	Canadian Psychological Association
Psychology Works for: Pre-surgical Preparation	Fact sheet (online)	Canadian Psychological Association
Strategies for Survival in the Changing Healthcare Marketplace	Video Conference	American Psychological Association

## Seniors

Psychology Works for: Chronic Pain Among Seniors	Fact sheet (online)	Canadian Psychological Association
Psychology Works for: Cognitive Disorders & Dementia	Fact sheet (online)	Canadian Psychological Association
Psychology Works for: Dementia in Seniors	Fact sheet (online)	Canadian Psychological Association
Psychology Works for: Depression Among Seniors	Fact sheet (online)	Canadian Psychological Association
Psychology Works for: Environmental Adaptation to Dementia	Fact sheet (online)	Canadian Psychological Association

## Youth & Children

Let's Play – A Child's Road To Learning – Parenting For Life Series	Booklet (online)	Psychology Foundation of Canada
You and Your Preteen, Getting Ready For Independence – Parenting For Life Series	Booklet (online)	Psychology Foundation of Canada
Communication Tips for Parents	Brochure	American Psychological Association
Change Your Mind ( About Mental Health)- A Get Help Guide For Teens and Young Adults	Brochure	American Psychological Association
Warning Signs- Fight For Your Rights: Take A Stand Against Violence	Brochure	American Psychological Association
Psychotherapy With Children and Adolescents , Talk To Someone Who Can Help	Brochure	Ontario Psychological Association
For Children and Adolescents with Problems- A Psychologist Can Help	Brochure	Ontario Psychological Association
Managing Difficult Behaviour in Children	Brochure	Ontario Psychological Association
My Child Has Learning Problems: Who Can Help? A Parent's Guide to Psychoeducational Assessments	Brochure	Ontario Psychological Association



A Love that Kills	Video (20 mins.)	National Film Board
Warning Signs- A Youth Forum on Violence	Video (70 mins.)	American Psychological Association
MTV Fight for your Rights: "Warning Signs"	Video (22 mins.)	American Psychological Association
It Starts Here – A Guide To Mood Disorders For Teens	Book	Mood Disorders Association of Ontario