

## **List of Mental Health Resources**

*Compiled by Bethany Butzer, Ph.D.*

[www.bethanybutzer.com](http://www.bethanybutzer.com)

### **Therapists:**

- Directory of therapists in the U.S. and Canada: [www.therapists.psychologytoday.com](http://www.therapists.psychologytoday.com).
- Directory of Canadian psychologists: [www.crhspp.ca/findlist.php](http://www.crhspp.ca/findlist.php)

### **Crisis Resources:**

#### U.S.

- Mental Health Hotline Numbers and Referral Resources: <http://www.healthypace.com/other-info/resources/mental-health-hotline-numbers-and-referral-resources/menu-id-200/>
- Suicide Hotlines: <http://suicidehotlines.com/>

#### Canada:

- Crisis Centers Across Canada: <http://www.suicideprevention.ca/in-crisis-now/find-a-crisis-centre-now/>

### **Associations:**

These associations provide large lists of resources for people (and families) who are struggling with mental health issues.

#### U.S.

- National Alliance on Mental Illness (NAMI): <http://www.nami.org/>
- National Institute of Mental Health (NIMH): <http://www.nimh.nih.gov>
- Depression and Bipolar Support Alliance: <http://www.dbsalliance.org>
- Anxiety Disorders Association of America: <http://www.adaa.org/>

#### Canada:

- Canadian Mental Health Association (CMHA): <http://www.cmha.ca/bins/index.asp>
- Mood Disorders Society of Canada: <http://www.mooddorderscanada.ca/>
- Anxiety Disorders Association of Canada: <http://www.anxietycanada.ca/>

## **Books:**

- *The Antidepressant Antidote: Five Steps To Get Off Antidepressants Safely and Effectively* by Bethany Butzer, Ph.D.
- *Prozac Backlash* by Joseph Glenmullen, M.D.
- *The Antidepressant Solution* by Joseph Glenmullen, M.D.
- Daily checklist of antidepressant withdrawal symptoms available at: [www.drglenmullen.com/AS Appendix 1.pdf](http://www.drglenmullen.com/AS_Appendix_1.pdf).
- *Mind Over Mood: Change How You Feel By Changing the Way You Think* by Dennis Greenberger, Ph.D. and Christine Padesky, Ph.D.
- *Beat the Blues Before They Beat You: How to Overcome Depression* by Robert L. Leahy, Ph.D.
- *Unstuck: Your Guide to the Seven-Stage Journey Out of Depression* by James S. Gordon, M.D.
- *Healing Depression the Mind-Body Way: Creating Happiness with Meditation, Yoga, and Ayurveda* by Nancy Liebler, Ph.D. and Sandra Moss, M.S.P.H.
- *Yoga for Emotional Balance: Simple Practices to Help Relieve Anxiety and Depression* by Bo Forbes, PsyD.
- *Yoga for Anxiety: Meditations and Practices for Calming the Body and Mind* by Mary and Rick NurrieStearns
- *Yoga for Depression: A Compassionate Guide to Relieve Suffering Through Yoga* by Amy Weintraub.
- *Happy for No Reason: 7 Steps to Being Happy from the Inside Out* by Marci Shimoff.
- *The Art of Extreme Self-Care* by Cheryl Richardson.