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[Popular Mental Health Books - Goodreads](#)
Books shelved as mental-health: It's Kind of a Funny Story by Ned Vizzini, The Bell Jar by Sylvia Plath, All the Bright Places by Jennifer Niven, Turtles
[29 YA Books About Mental Health That Actually Nail It](#)

This is a fantasy novel that just happens to star characters who struggle with mental health issues, particularly PTSD. It creates conflict in the plot, yes, but is never a character's defining

[Mental Health Books | HealthyPlace](#)

Welcome to the HealthyPlace.com Mental Health Bookstore. We have books on ADHD, Anxiety, Depression, Eating Disorders, Personality Disorders, Schizophrenia and many other mental health issues to help people with mental health conditions along with family and friends.

[Mental health and wellness - Canada.ca](#)

Mental health and wellness. Learn about mental health and how to improve it to benefit you. Also get information on mental illness, its risk factors, symptoms, treatment and suicide prevention.

[Mental Health Meter - CMHA National](#)

Take the Mental Health Meter. Now you're ready to take our Mental Health Meter. Please answer every question below as honestly as you can. Read each statement, indicating whether you Agree or Disagree with it.

[I Published A Book About Mental Health - hustle.com](#)

I believe today's teens are changing the discussion about mental health. I saw this over and over. In auditoriums where teens would come up after my talk and ask what they could do about the

[28 Mental Health Activities, Worksheets & Books for Adults ...](#)

Mental health is an important thing to talk about, but it can sometimes feel uncomfortable for people to start discussing. It is an important subject, however, as an increase in societal mental health awareness can have positive outcomes.

[Best Sellers in Mental Health - amazon.com](#)

Discover the best Mental Health in Best Sellers. Find the top 100 most popular items in Amazon Books Best Sellers.

[Understanding Mental Illness - CMHA National](#)

Understanding Mental Illness Mental illnesses can take many forms, just as physical illnesses do. Mental illnesses are still feared and misunderstood by many people, but the fear will disappear as people learn more about them.

[Mental health - Wikipedia](#)

Mental health and mental illness. According to the U.K. surgeon general (1999), mental health is the successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and providing the ability to adapt to change and cope with adversity.

Mental Health First Aid | Mental Health Commission of Canada

Mental Health First Aid (MHFA) www.mhfa.ca, is the help provided to a person developing a mental health problem or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved.

The Silent Patient by Alex Michaelides, Hardcover | Barnes ...

I believe the same is true for most people who go into mental health. We are drawn to this profession because we are damaged we study psychology to heal ourselves. Whether we are prepared to admit this or not is another question.

Mental Health | HealthLink BC

Mental health is an important part of your physical health and personal well-being. According to the Public Health Agency of Canada, mental illnesses are characterized by changes in thinking, mood, or behaviour associated with significant distress and impaired functioning.

eMentalHealth.ca Resource Directory - Official Site

Join a group. We are all social beings so being part of a group with common interests is good for our mental health. Look around in your community and find a club or group that's right for you.

Mental Health Books - Goodreads

Mental Health genre: new releases and popular books, including *The Girls at 17 Swann Street* by Yara Zgheib, *The Rosie Result* by Graeme Simsion, *The Colle*