

Help Guide

John C. Norcross

Authoritative Guide to Self-help Resources in Mental Health John C. Norcross,2003 Self-help materials have become a prime source of psychological advice for millions of Americans. While many self-help resources provide high-quality information and support, others may be misleading, inaccurate, or even harmful. This indispensable volume reveals which are the good ones, which are the bad ones, and why. Based on the results of 5 national studies involving over 2,500 mental health professionals, the book reviews and rates 600+ self-help books, autobiographies, and popular films. In addition, hundreds of helpful Internet sites are described and evaluated by a clinical psychologist, and valuable listings are provided of national and online support groups. The concluding chapter presents practical guidelines for selecting an effective self-help resource. Addressing 28 of the most prevalent clinical disorders and life challenges--from ADHD, Alzheimer's, and anxiety disorders, to marital problems and mood disorders, to weight management and women's issues--this timely book will be tremendously useful to consumers and professionals alike.

Getting Help Jeffrey Wood,2007-02-02 A Complete, Definitive Guide to Mental Health Care Do you have questions about mental health care? You're not alone. Despite solid proof that good mental health care can greatly improve both physical health and quality of life, managed care systems have made mental health care a low priority. Without easy access to professional advice from psychologists and psychiatrists, most of us turn to the Internet or the news media for information about mental health-and what a confusing, seemingly endless jumble that can be! Now, at last, you can stop guessing about mental health care. Getting Help is a clear and comprehensive guide that will answer all of your questions about mental health conditions, practitioners, and treatments. Equipped with this resource, you'll be in a powerful position to take control of your own mental health care and the care of the people you love. Everything you need to know about: •The symptoms and characteristic of common mental health conditions •Different types of mental health professionals and the services they offer •Psychotherapeutic and medical treatment methods •How to choose an approach that is just right for a particular mental health issue

Facilitated Self-Help Guide Stephen G. Wartel,2023-03-04 The Facilitated Self-Help Guide describes a helping model for use by professionals during the challenging times. A professionally-facilitated model, it utilizes technologies like secure videoconferencing, to deliver a range of stress reduction and behavioral health strategies based on cognitive-behavioral principles. Minimalist in orientation, this stepped care model promotes self-reliance and builds on resilience. Help is assessed by a professional facilitator who collaboratively adapts and designs strategies, relying when possible on trying self-administered self-help first. The guide applies the model across a range of presenting issues encountered during these challenging times. Illustrated examples, flowcharts and protocols are included. The guide has a detailed table of contents to aid navigation, a glossary and resource list for additional information and extensive referencing to document sources. The Facilitated Self-Help Guide describes a helping model for use by professionals during the pandemic and beyond. A professionally-facilitated model, it respects social distancing by utilizing technologies like secure videoconferencing, to deliver a range of stress reduction and behavioral health strategies based on cognitive-behavioral principles and informed by neuroscience breakthroughs like memory reconsolidation. Minimalist in orientation, this stepped care model promotes self-reliance and builds on resilience. Help is assessed by a professional facilitator who collaboratively adapts and designs strategies, relying when possible on trying self-administered self-help first. The guide applies the model across a range of presenting issues encountered during the pandemic as well as beyond. Illustrated examples, flowcharts and protocols are included. The guide has a detailed table of contents to aid navigation, a glossary and resource list for additional information and extensive referencing to document sources.

Overcoming Social Anxiety and Shyness Gillian Butler,2009-07-30 A Books on Prescription Title Overcoming Social Anxiety and Shyness is a self-help manual for this common problem, which explains why it happens and sets out practical methods of resolving it. Don't let shyness ruin your life Everyone feels foolish, embarrassed, judged or criticised at times, but this becomes a problem when it undermines your confidence and prevents you from doing what you want to do. At its most extreme, shyness can be crippling but it is easily treated using Cognitive Behavioural Therapy. Using real-life examples, Professor Gillian Butler sets out a practical, easy-to-use self-help course which will be invaluable for those suffering from all degrees of social anxiety. Indispensable for those affected by shyness and social anxiety Excellent resource for therapists, psychologists and doctors Contains a complete self-help program and work sheets

The Ultimate Help Guide For Low-Income Americans , Every day, Americans work hard to obtain the prized American Dream. Obtaining a well-paying job, permanent housing, healthcare, making sure the bills are paid, and providing consistent, healthy meals for those we love are key steps along the road to making The American Dream a reality. Yet, millions of Americans continue to struggle when it comes to affording the most basic and essential needs. We understand how difficult it can be to support yourself and your family while on a low-income. The truth is, finding immediate help isn't easy. Contacting and visiting aid offices for general information can be time-consuming. So is sorting through webpages with conflicting and confusing information. That's why our team of researchers have spent countless hours gathering all the necessary resources you need to find help right away! Simply put, we've done all the research for you! The Ultimate Help Guide For Low-Income Americans is an easy-to-follow guide specifically designed to point you and your family in the direction of FREE and LOWCOST help and assistance from a variety of reputable sources! In this book, you will find five helpful sections: Emergency Food & Housing Help, Low-Income Food Help For Families, Children and Seniors, Housing Assistance Programs & Resources, Low-Income Medical Assistance & Healthcare Options, and Unemployment Support & Job Search Strategies. Plus, we've added a final Bonuses & Extras section with great tips & tricks to help you start saving (and keep saving) money now! In this comprehensive guide, you'll discover invaluable information such as program eligibility requirements, application processes, links to key website you need to instantly locate top government and private aid programs, help-based organizations, and private charities. Our mission is to help you find immediate relief and to show how you can benefit from existing programs to break the low-income cycle and improve your life today!

Chronic Pain: a Self-Help Guide Steven W. Pollard,2011-07-01 Chronic Pain: A Self-Help Guide offers a practical program for coping with chronic pain. Dr. Steven W. Pollard appraises the current methods for managing chronic pain and presents his program for a down-to-earth, flexible menu of coping strategies for fellow sufferers of chronic pain. Walking step-by-step through the stages of pain from denial, anger, bartering, and depression to acceptance, Dr. Pollard leads the sufferer gently on the route towards a clear and simple set of guidelines to enable them to live with, cope with, and take control of their own lives in the midst of chronic pain. In approximately August of 2008, he began developing his own severe chronic lower back pain and suffered with it for the next three years. His experience with severe chronic pain gave him the impetus to develop a program to help him cope with the pain. While he still has some severe pain, he has regained new purpose in his life to help others learn how to cope with their pain. With his professional training in treating severe chronic pain and the added advantage of experiencing severe pain himself, he was able to develop the effective method for managing chronic pain. Now he presents both his story and his methods in hopes of helping others overcome their suffering and build new lives.

The Long Covid Self-Help Guide The Specialists from the Post-Covid Clinic, Oxford,2022-03-17 The first practical, accessible self-help guide to managing symptoms of Long Covid More than 1 million people suffer from Long Covid in the UK (with 400,000 people suffering symptoms for over a year), and many more globally. Yet there is no clear guidance available to the general public, and lots of misinformation out there. This handbook cuts through the confusing advice. Written by the medical experts working with Long Covid patients at one of the first specialist clinics set up, it

is filled with helpful case studies and was written with the involvement of real Long Covid sufferers. The focus is on self-management with a simple, consistent message about improving symptoms. Each chapter takes a different issue in turn and offers clear, friendly guidance on key areas such as breathlessness, psychological aspects, brain fog, fatigue, returning to exercise and returning to work.

The Cybersecurity Self-Help Guide Arun Soni,2021-10-18 Cybercrime is increasing at an exponential rate. Every day, new hacking techniques and tools are being developed by threat actors to bypass security systems and access private data. Most people do not know how to secure themselves, their devices, and their media shared online. Especially now, cybercriminals appear to be ahead of cybersecurity experts across cyberspace. During the coronavirus pandemic, we witnessed the peak of cybercrime, which is likely to be sustained even after the pandemic. This book is an up-to-date self-help guide for everyone who connects to the Internet and uses technology. It is designed to spread awareness about cybersecurity by explaining techniques and methods that should be implemented practically by readers. Arun Soni is an international award-winning author who has written 159 books on information technology. He is also a Certified Ethical Hacker (CEH v8) from the EC-Council US. His achievements have been covered by major newspapers and portals, such as Business Standard, The Economic Times, Indian Express, The Tribune, Times of India, Yahoo News, and Rediff.com. He is the recipient of multiple international records for this incomparable feat. His vast international exposure in cybersecurity and writing make this book special. This book will be a tremendous help to everybody and will be considered a bible on cybersecurity.

A Practical Self-Help Guide to Managing Comfort Eating Liz Blatherwick,2021-09-22 A Practical Self-Help Guide to Comfort Eating is a workbook that helps build understanding and make sense of emotional or comfort eating, and offers new ways to think about and manage relationships with food and weight. Based on a tried and tested ten-week course, the book uses an integrative therapeutic approach, underpinned by a transactional analysis ego-state model. It is intended to help readers work out what they might really be hungry for when they eat emotionally and help them better understand the underlying issues that contribute to their emotional eating. This workbook offers a range of skills and exercises that can help manage uncomfortable feelings without using food, and the reader is encouraged to try as much as they can and then begin to work out what works for them. With a wealth of case studies and exercises, this highly practical book will be helpful to anyone struggling between their emotional eating habits and their body weight.

A SELF HELP GUIDE TO GET WELL FROM COVID-19 Elizabeth Fretty,2023-06-23 The SARS-CoV-2 coronavirus was discovered in Wuhan, China in 2019 and is believed to have spread from animals to humans in a food market. Vaccinations and other interventions are being used to reduce the risk of COVID-19 infection, and social isolation is essential for halting the transmission of the virus. Monoclonal antibody treatments have shown promising results in reducing hospitalizations and mortality rates. Innate immunity is distinct from acquired immunity, which is developed through vaccinations or sickness. Immunocompromised individuals are at higher risk for COVID-19 and may have a limited response to vaccination.

A Self-Help Guide to Managing Depression Philip J. Barker,2013-11-11

The Self-Help Guide for Special Kids and Their Parents James Matthew Williams,Joan Matthews,2000-06 James Williams is an SP or special person - he was diagnosed with autism during early childhood. His mother, Joan Matthews, is an NP or normal person. As James grew up, his different perception of the world and the lack of understanding from NPs created problems. Together, he and his mother met the challenges with ingenuity and humour. One day, while taking a walk, James and Joan decided to write a book of their practical solutions. The Self-Help Guide for Special Kids is that book. Covering everything from eye sensitivity, to knowing how far away to stand from other people, to being polite when someone is crying, James and Joan's book describes the problems that an SP may face, and the solutions which they have found to work successfully. Pervaded by their caustic humour and common sense, The Self-Help Guide for Special Kids will be invaluable to other SPs and their families both as a source of advice and a fresh and witty account of how it feels to be an SP.

The Self-Help Guide for Teens with Dyslexia Alais Winton,2015-06-21 Gold Medal Winner in the Self-Help category of the 2015 Foreword Reviews' INDIEFAB Book of the Year Awards As Alais Winton knows, having dyslexia doesn't mean you're not bright; like her, you might just need a different way of looking at things. In this book, she lets you in on the learning techniques which work for her, and which you may not be taught at school. Offering solutions to common problems students with dyslexia face, Alais describes tried-and-tested techniques for succeeding with reading, spelling, memorising information and time management, and even a simple method to ensure you never misplace your learning tools (such as pencils and books) again. The strategies are ideal for use in the run-up to exams, helping you to become more organised, less stressed and better prepared. This is a must-read pocket guide for students with dyslexia aged 11 to 18, and will also be a helpful source of ideas for teachers, SENCOs and parents of teens with dyslexia.

Immigration Enforcement: ICE Could Improve Controls to Help Guide Alien Removal Decision Making ,2007

A Self Help Guide for Postpartum Depression: Healing, Recovery & Treatment Benjamin James,2021-10-06 Becoming mother brings joy to a family but sometimes due to underlying issues this joy is turned to sadness. Giving birth can trigger anxiety, depression and other underlying psychological ailments. It is quite normal for new mothers to get through this phase for about 2-3 weeks after birth. If an individual is already aware of the problem he/she can handle it better & there are better chances of coping with ppd. This guide has highlighted all the possible treatments to understand ppd better. If you know someone who is dealing with postpartum depression then this guide is for you. Whats included: - Who gets postpartum depression? - Signs & Symptoms of ppd - Risk factors - Statistics & facts - Psychotherapy - Hormone therapy - Medication - Which treatment method is best? - Tips to deal ppd - Can you take supplements to handle ppd? - Natural treatments available - Postpartum depression in men - How to prevent post partum depression in men & women --> Scroll to the top of the page and click add to cart to purchase instantly

The Self Help Guide For Anxiety Relief: Discover 6 Proven Anxiety Relief Techniques That Work Paula Miller,2014-06-26 Is stress killing you day by day? Is your daily work activities affected by stress and what to get out of it? The Self Help Guide for Anxiety Relief is a practical self help guide that can help you manage stress and anxiety. Break free from the unwanted effects of anxiety with simple yet effective anxiety management techniques from professionals in the field of psychology. Break free from worry and start living a healthy life! This practical self help guide will provide you 6 areas of focus to manage anxiety: o Understand how anxiety relief starts from the brain o Learn what mindfulness with shifting awareness is o Learn how breathing can help release anxiety o Learn how to manage your thoughts o Learn how to stop worrying o Learn how to manage your activities to reduce stress Make it easy for yourself. Stress is a silent killer. Overcoming Anxiety is something that we have to learn. While meditation, breathing and yoga can be a very effective technique, there is still more to le

PMS and Women's Health - A Self-help Guide to Manage and Treat Pre-menstrual Syndrome Julie Parker,2013-03-13 Getting all your questions about PMS answered is the first step toward conquering it's control over you and your life, month after month. Just the FAQ Section is a literal gold-mine of information. Take a look: • Exactly what is Premenstrual Syndrome (PMS)? • When did the medical community recognize PMS? • Does every woman experience PMS? • What causes PMS? • What are the common symptoms of PMS? • Are PMS symptoms common to other ailments? • How can PMS symptoms be distinguished from other ailments? • What treatment options are available for PMS? • What dietary changes might provide relief? • What lifestyle changes

might provide relief? • How does exercise help PMS? • How can your family help in reducing PMS effects? • Is there a cure?

12 Step Guide For The Self-Help Book Addict Jen Palko,2020-12-15 This book is a 12-step guide for the self-help book addict (someone who collects and owns bookshelves full of personal development and self-help books yet never feels helped). The basis for this book is about choosing your reality versus it choosing you, taking inspired action versus reading about it all the time. The goal with this book is to make you think about your life, what you want out of your life, and how you're filtering and choosing your reality on a daily basis. By the end of it, you'll have the ability to not only shift your mindset, but choose the life you want, not because a book forces you to do it, but because you DECIDE.

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The Unapologetic Guide to Black Mental Health Rheeda Walker,2020-05-01 An unapologetic exploration of the Black mental health crisis—and a comprehensive road map to getting the care you deserve in an unequal system. We can't deny it any longer: there is a Black mental health crisis in our world today. Black people die at disproportionately high rates due to chronic illness, suffer from poverty, under-education, and the effects of racism. This book is an exploration of Black mental health in today's world, the forces that have undermined mental health progress for African Americans, and what needs to happen for African Americans to heal psychological distress, find community, and undo years of stigma and marginalization in order to access effective mental health care. In The Unapologetic Guide to Black Mental Health, psychologist and African American mental health expert Rheeda Walker offers important information on the mental health crisis in the Black community, how to combat stigma, spot potential mental illness, how to practice emotional wellness, and how to get the best care possible in system steeped in racial bias. This breakthrough book will help you: Recognize mental and emotional health problems Understand the myriad ways in which these problems impact overall health and quality of life and relationships Develop psychological tools to neutralize ongoing stressors and live more fully Navigate a mental health care system that is unequal It's past time to take Black mental health seriously. Whether you suffer yourself, have a loved one who needs help, or are a mental health professional working with the Black community, this book is an essential and much-needed resource.

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