

# Mental Health & Addictions

## Depression

### **Depression – Video (30 min.)**

Time Life Medical -- New York, NY: Patient Education Media, 1996.  
(At time of diagnosis)

### **Depression and mania – DVD (50 min.)**

Discovery Health Channel -- Taipei, TW : King's International Multimedia, 2005.  
(Fires of the mind - Discovery Health Channel)

DVD can be played in Chinese or English with Chinese and English subtitles.

### **Finding a way out of depression - Video**

SmithKline Beecham Pharma.

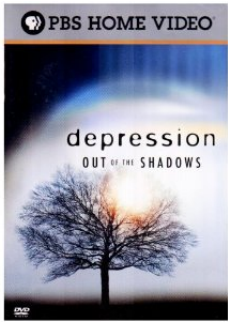
### **Through the darkness – Video (24 min.)**

1996.



### **Men get depression – DVD (60 min.)**

produced, written & directed by Grady Watts – State of the Art, 2008



**Depression: out of the shadows – DVD (90 min.)**

St. Paul, MN -- Twin Cities Public Television, 2007.

# Eating Disorders

**Eating disorders: : new approaches to treatment – Video (28 min.)**

# Schizophrenia

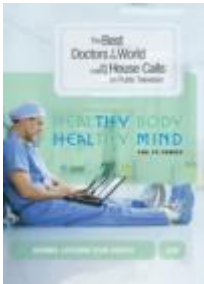
## **Preventing relapse in schizophrenia – Video (18 min.)**

Princeton, NJ : Films for the Humanities & Sciences, 1997.

As of now, there is no cure for schizophrenia, but with a combination of proper medication, therapy, and group support, sufferers can gain more control over their lives. In this program, two psychiatric experts discuss the illusive nature of this devastating illness, as well as the various treatments available to prevent relapse. Both the benefits and side effects of new antipsychotic drugs are weighed by doctors. Schizophrenia victims offer personal insights into how they avoid relapse, and how new treatment options, including the new medications, are helping them lead relatively normal lives.

## **Schizophrenia – Video (68 min.)**

Los Angeles, CA : National Health Video, 1996.



## **Understanding mental illness and schizophrenia – DVD (30 min.)**

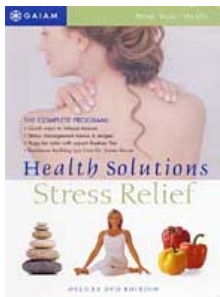
Information Television Network -- Boca Raton, FL: Information Television Network, 2006.

# Stress & Anxiety

## **Anxiety disorders - DVD (50 min.)**

Discovery Health Channel -- Taipei, TW: King's International Multimedia, 2005.

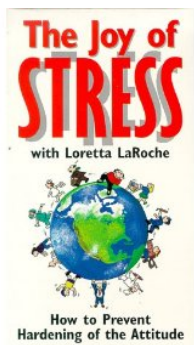
DVD can be played in Chinese or English with Chinese and English subtitles.



## **Health solutions: : stress relief – DVD (100 min.)**

GAIAM, 2003.

Includes information on quick ways to release tension, stress-management menus & recipes, yoga for calm, resilience-building tips.



## **The joy of stress: how to prevent hardening of the attitude – DVD (56 min.) (Also available on Video tape (56 min.))**

Toronto, ON: Kineticvideo.

Stress is an individual reaction; it can be fantastic or it can be fatal. The choice of how we respond is ultimately up to each of us. In this program, you will explore the concept of stress and how it affects your body, mind, and spirit. You will learn how you can use humor to break the negative and irrational thought patterns that cause stress and reframe them into positive, powerful and productive tools for change.

The role of humor has long been recognized as an indispensable tool for maintaining good health and a sense of well-being. Current medical research suggests that this aged-old remedy is physically and mentally beneficial. The video explains how humor helps strengthen our immune system, reduces stress, and prevents "hardening of the attitude."

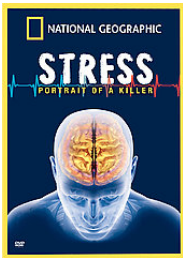
## **Stress & anxiety – Video (30 min.)**

Time Life Medical -- New York, NY : Patient Education Media, 1996.  
(At time of diagnosis)

## **Stress & Anxiety: a complete workout for better living – Video (75 min.)**

Time Life Medical -- New York, NY : Patient Education Media, 1996.  
(At time of diagnosis)

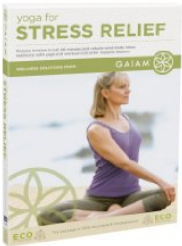
## **What you really need to know about anxiety, phobias & panic attacks – Video (43 min.)**



## **Stress – portrait of killer – DVD (52 min.)**

National Geographic Channel, 2008

This video shows how stress affects human body and ways to combat stress to ensure good mental and physical health.

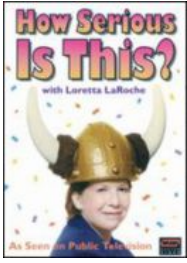


## **Yoga for stress relief – DVD (65 min.)**

This workout helps reduce the effects of stress and renew vitality. It also includes 20-minute yoga practice of gentle stretches and deep relaxation.

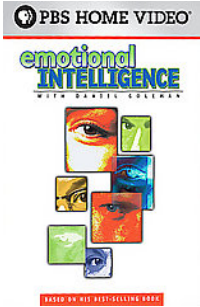


## **Humor your stress: jest for the fun of it (with Loretta LaRoche) – - DVD (60 min.)**



**How serious is this? With Loretta LaRoche – DVD (75 min.)**

# Self-Concept



## **Emotional intelligence with Daniel Goleman – DVD (70 min.)**

Artwork PBS, 2007.

# Addictions

## **Everyday addictions – DVD (50 min.)**

Discovery Health Channel. -- Taipei, TW: King's International Multimedia, 2005.

(Body invaders - Discovery Health Channel)

DVD can be played in Chinese or English with Chinese and English subtitles.

## **Gambling: the chance of a lifetime – Video (28 min.)**

The lure of gambling is the belief that a little money, well placed, will surely bring a significant return - although the belief rarely coincides with reality. This program examines gambling both as a harmless social activity and as an addiction. How some people allow gambling to consume their lives, and why they do it, is discussed by a treatment expert and a compulsive gambler. The effect of gambling on both individuals and their families is also examined.