



Prevention, Advocacy, Counseling, &  
Education

## RESOURCE MATERIAL – ADULTS

TOPIC	TITLE
<b>Anxiety</b>	<i>Anxiety and the Role of Therapy</i> <i>Anxiety Disorders: Overcoming the Fear</i> <i>Anxiety Disorders (booklet)</i> <i>Facts about Anxiety Disorders</i> <i>Facts about Generalized Anxiety Disorder</i> <i>Generalized Anxiety Disorder (bookmark)</i> <i>Generalized Anxiety Disorder: “A Guide for Clinicians”</i> <i>Generalized Anxiety Disorder:” A Real Illness”</i> <i>Helping a Family Member with Anxiety</i>
<b>Are You Being Abused?</b>	
<b>Bipolar</b>	<i>A Basic Guide to Bipolar Disorder</i> <i>A Story of Bipolar Disorder</i> <i>Bipolar Disorder: “Do You Know It”</i> <i>Bipolar Disorder: “What You Need to Know”</i> <i>Bipolar Emotional Rollercoaster</i> <i>Bipolar Illness and Suicide</i> <i>Let’s Talk about Bipolar Disorder</i> <i>What is Bipolar Disorder?</i>
<b>Coping with Disaster</b>	<i>Tips for Adults</i> <i>Tips for College Students</i> <i>Tips for Primary Care Physicians</i>
<b>Coping with Unemployment</b>	

## **Depression**

*A Basic Guide to Depression*  
*Are Depression Symptoms Keeping You  
from Where You Want To Be*  
*Beyond Sadness*  
*Co-Occurring Disorder*  
*Depression (booklet)*  
*Depression in Women (fact sheet)*  
*Women and Depression*  
*Depression and Manic Depression*  
*Fact Sheet on Depression*  
*Holiday Depression*  
*How Psychotherapy Helps People Recover  
from Depression*  
*Men and Depression*  
*Real Men Real Depression*  
*Signs of Depression*  
*Symptoms of Clinical Depression*  
*(bookmark)*  
*What is Depression?*

## **Depression & Co-Occurring Disorder**

*Depression and Arthritis*  
*Depression and Cancer*  
*Depression and Co-Occurring Illnesses*  
*Depression and Diabetes*  
*Depression and Heart Disease*  
*Depression and HIV*  
*Depression and Intimacy*  
*Depression and Parkinson*  
*Depression and Stroke*

## **Eating Disorder**

*Eating Disorder (agency brochure)*  
*Eating Disorder (booklet)*

## **Elderly**

*10 Warning Signs of Alzheimer's*  
*AARP Inventory*  
*A Prayer for Those Who Work with Elderly*  
*Brain Healthy Diet*  
*Depression and Suicide Facts for Older  
Adults*  
*Taking Care of an Aging Parent*

## **Grief**

*Coping with Loss*  
*Phases of Grief*  
*When a Parent Loses a Spouse*

## **Mental Illness**

*12 Steps to Survival*  
*Fighting Stigma*  
*Finding the Right Care*  
*Get the Facts: "Mental Health Professions"*  
*Good Mental Health Makes Good Sense*  
*Guidelines for Living with Serious Mental Illness*  
*Let's Talk about Mental Illness*  
*Living with Serious Mental Illness*  
*Medications for Mental Illness*  
*Mental Illness a No Casserole Illness*  
*Mood Disorders*  
*Reaching Out to Someone Who Has a Mental Illness*  
*Services Research*  
*Staying Well When You Have a Mental Illness*  
*Supporting Friends and Family Who Have Mental Illnesses*  
*Top 10 Myths for Mental Illness*

## **Obsessive-Compulsive Disorder (OCD)**

*OCD (bookmark)*  
*A Real Illness: OCD (booklet)*  
*Facts about OCD*  
*Get the Facts on OCD*

## **Panic Disorder**

*A Real Illness: Panic Disorder*  
*A Survivor Speaks*  
*Facts about Panic Disorder*  
*Get the Facts of Panic Disorder*  
*Panic Disorder (bookmark)*

## **Postpartum**

*Postpartum Promise*  
*Recognizing Postpartum Depression (fact sheet)*  
*Why am I so Sad?*

## **Post-Trauma Stress Disorder (PTSD)**

*PTSD (bookmark)*  
*PTSD (brochure)*  
*A Real Illness: PTSD (booklet)*  
*Facts about PTSD*  
*Hope for Recovery – Understanding PTSD*  
*Life after Trauma*  
*Trauma: “What is Normal and When to  
Seek Help*

**QPR**

*Suicide Prevention*

**Recovery**

*Making the Journey to Recovery*  
*Recovering Your Mental Health*

**Referral List**

*Spartanburg Area Resources*

**Schizophrenia**

*Schizophrenia (booklet)*  
*Schizophrenia: “What You Need to Know*  
*Schizophrenia Digest: “Giving Hope a  
Home”*

**Seasonal Affective Disorder (SAD)**

*Let’s Talk Facts about SAD*

**Social Phobia**

*Social Phobia (bookmark)*  
*A Real Illness: Social Phobia (booklet)*  
*Facts about Social Phobia*

**Stress**

*101 Ways to Manage Stress*  
*At Your Desk Exercises*  
*Burnout*  
*Finding Your Balance at Work and Home*  
*How Stressed Are You?*  
*Managing Life Challenges*  
*Plain Talk about Handling Stress*  
*Stress: “Coping with Everyday Problems*  
*Stress Reducers*  
*Symptoms of Stress*  
*Top 10 Families Stressors*

## **Substance Abuse and Addiction**

*Drug Information Guide*

## **Suicide**

*Bipolar Illness and Suicide*

*Facts about Suicide*

*Grief after Suicide*

*Link between Depression and Suicide (fact sheet)*

*Should I Be Worried*

*Taking Care of Family Members after an Attempt*

*Taking Care of Yourself after an Attempt*

*Teens and Suicide*

*What to Do If You Suspect a Loved One May Be Contemplating Suicide*

*When It Seems Like There Is No Hope*

## **Therapy**

*Giving Couples Counseling a Try*

*How Psychotherapy Helps People Recover from Depression*

## **Veterans**

*Being a Couple Again*

*Bereavement and Grief*

*Coping with War – Related Stress*

*How to Get Back to “Normal”*

*Reconnecting with Your Children*

*Returning to Work*

*When the Let Down Doesn't Let Up*

*Resources for Veterans and Families*

## **Wellness in the Workplace**

*Coping with Your Job: “Stress and Depression in the Workplace”*

*Depression in the Workplace*

*Mind Your Stress on the Job*

*What to do When an Employee is Depressed*

**\*Some Spanish brochures available upon requests**