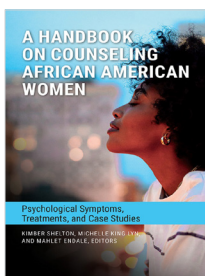


PROMOTE A CULTURE OF SUPPORT

Nine out of 10 college students have struggled with their mental health.¹ From living through a pandemic to coping with ongoing racial violence to increased feelings of isolation and disconnection, students are inheriting a world with unprecedented social, economic, and cultural challenges.

Take an important step toward prioritizing mental health needs while helping faculty and students approach their research with an inclusive lens. Offer this curated collection of eBooks that focuses on a wide range of issues impacting our global community.

GALE eBooks: 25 MENTAL HEALTH TITLES

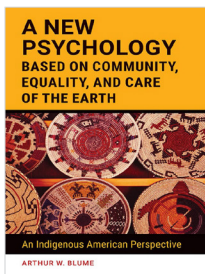


A Handbook on Counseling African American Women: Psychological Symptoms, Treatments, and Case Studies

Kimber Shelton, Michelle King Lyn, and Mahlet Endale, eds. Santa Barbara, CA: Praeger, 2022. 325 pp.
eISBN: 9781440875960

Provide mental health professionals with a detailed intersectional and inclusive overview of mental health issues specific to Black women. This eBook covers culturally competent psychological practices along with historical context to challenge readers to advance their cultural competence while providing culturally and sexual orientation/gender-identity affirming care.

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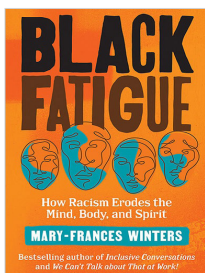


A New Psychology Based on Community, Equality, and Care of the Earth: An Indigenous American Perspective

Arthur W. Blume. Santa Barbara, CA: Praeger, 2020. 261 pp.
eISBN: 9781440869266

Learn how Native American psychology and its perspectives on mind and behavior can heal individual, social, and global disorders. Native American psychologist and author explains that happiness depends on our interdependence rather than individualism, and how we do things is as important as what we accomplish.

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Black Fatigue: How Racism Erodes the Mind, Body, and Spirit

Mary-Frances Winters. Oakland, CA: Berrett-Koehler, 2020. 234 pp.
eISBN: 9781523091324

Black fatigue is the intergenerational impact of systemic racism on the physical and psychological health of Black people. This eBook explains why and how society needs to do more to combat its pernicious effects as it illuminates the consequences of “living while Black” and the current trajectory.

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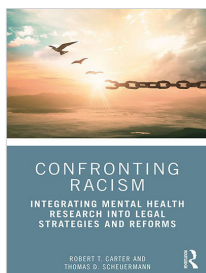
Boys Don't Try? Rethinking Masculinity in Schools

Matt Pinkett and Mark Roberts. New York, NY: Routledge, 2019. 203 pp.
eISBN: 9781351163729

Help teachers address poor behavior and challenge harmful perceptions of masculinity. This eBook highlights key areas of pastoral care; exposes how popular approaches to engaging boys are misguided and damaging; and details how issues like disadvantage, violence, peer pressure, and pornography affect boys.

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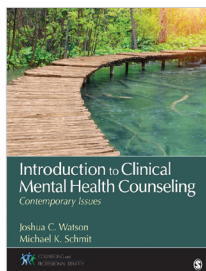


Confronting Racism: Integrating Mental Health Research into Legal Strategies and Reforms

Robert T. Carter and Thomas D. Scheuermann. New York, NY: Routledge, 2020. 279 pp.
eISBN: 9781315148564

Learn how to confront racism through a foundational framework, using practical strategies to correct and reverse the course of the past and catalyze the stalled efforts of the present. This eBook focuses on the specific aspects of law and legal theory that intersect with psychological research and practice.

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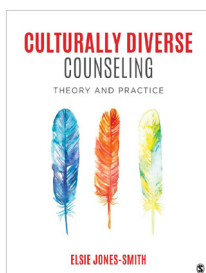


Introduction to Clinical Mental Health Counseling: Contemporary Issues

Joshua C. Watson and Michael K. Schmit. *Counseling and Professional Identity* Los Angeles, CA: SAGE, 2020. 454 pp.
eISBN: 9781506323749

Discover a broad overview of the field of clinical mental health and provide students with the knowledge and skills to successfully put theory into practice. This eBook covers the foundations of clinical mental health counseling along with current issues, trends, and population-specific considerations.

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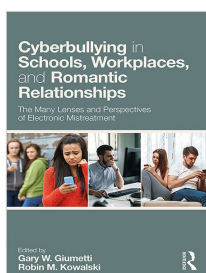


Culturally Diverse Counseling: Theory and Practice

Elsie Jones-Smith. Thousand Oaks, CA: SAGE, 2019. 631 pp.
eISBN: 9781483388250

Introduce students to a unique strengths-based approach to counseling. This comprehensive text teaches students to focus on the positive attributes of individual clients and incorporate those strengths, along with other essential cultural considerations, into their diagnosis and treatment.

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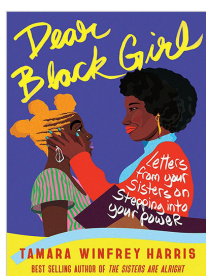


Cyberbullying in Schools, Workplaces, and Romantic Relationships: The Many Lenses and Perspectives of Electronic Mistreatment

Gary W. Giumetti and Robin M. Kowalski, eds. New York, NY: Routledge, 2019. 227 pp.
eISBN: 9781315110554

Research the causes and effects of cyberbullying across schools, workplaces, and romantic relationships. This eBook provides a unique synthesis of life-span contexts and presents research on the predictors and outcomes of cyberbullying, a cross-cultural review, and a developmental perspective that examines age-related differences.

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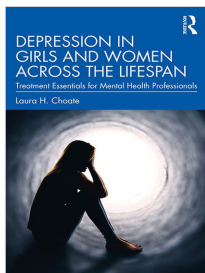
Dear Black Girl: Letters from Your Sisters on Stepping into Your Power

Tamara Winfrey Harris. Oakland, CA: Berrett-Koehler, 2021. 185 pp.
eISBN: 9781523092314

Discover a selection of letters written by Black women who offer honest, open, and inspiring support to young Black girls. Each chapter ends with a prompt encouraging girls to write a letter to themselves, teaching the art of self-love and self-nurturing.

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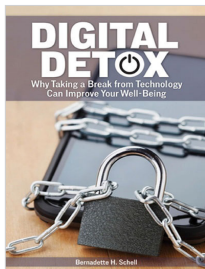


Depression in Girls and Women Across the Lifespan: Treatment Essentials for Mental Health Professionals

Laura H. Choate. New York, NY: Routledge, 2020. 189 pp.
eISBN: 9781315208046

Take a broad biopsychosocial approach to understanding depression in women during four major life transitions: puberty and the transition to adolescence; Premenstrual Dysphoric Disorder and monthly cycles; pregnancy, postpartum, and the transition to motherhood; and perimenopause and menopause.

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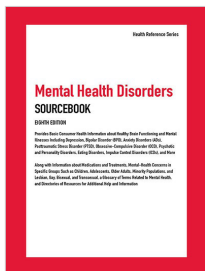


Digital Detox: Why Taking a Break from Technology Can Improve Your Well-Being

Bernadette H. Schell. Santa Barbara, CA: Greenwood, 2022. 255 pp.
eISBN: 9781440878121

Explore the dark side of technology's ever-present existence and what individuals can do to find balance in their digital lives. This eBook examines the impact of the internet on self-esteem and relationships and how support groups, programs, and retreats can help conquer digital addictions.

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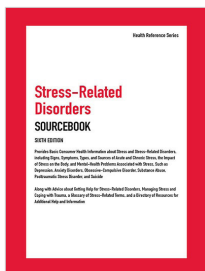


Health Reference Series: Mental Health Disorders Sourcebook

Kevin Hayes, ed. 8th ed. Health Reference Series Detroit, MI: Omnigraphics, 2021. 683 pp.
eISBN: 9780780819719

Provide updated facts about mental and emotional health and associated illnesses, including mood disorders, anxiety disorders, compulsive and impulsive disorders, behavioral disorders, personality disorders, and psychotic disorders.

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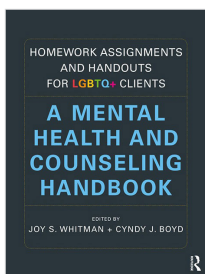


Health Reference Series: Stress-Related Disorders Sourcebook

Kevin Hayes, ed. 6th ed. Health Reference Series Detroit, MI: Omnigraphics, 2022. 551 pp.
eISBN: 9780780819832

Learn about the origins and types of stress-related disorders. Topics include asthma, digestive disorders, infertility, chronic pain, mental health problems, and addiction. This title offers suggestions for managing stressful situations and helping children and teens cope with stress. A glossary and supplemental resources are available.

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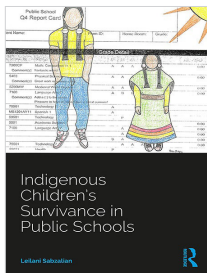
Homework Assignments and Handouts for LGBTQ+ Clients: A Mental Health and Counseling Handbook

Joy S. Whitman and Cyndy J. Boyd, eds. New York, NY: Routledge, 2021. 662 pp.
eISBN: 9781003088639

Featuring over 70 affirming interventions, this comprehensive volume helps novice and experienced counselors support LGBTQ+ community members and their allies. Each chapter includes an objective, indications and contraindications, a case study, suggestions for follow-up, professional resources, and references.

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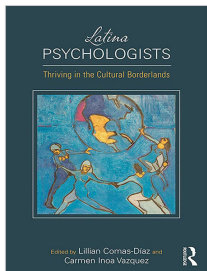


Indigenous Children's Survivance in Public Schools

Leilani Sabzalian. *Indigenous and Decolonizing Studies in Education* New York, NY: Routledge, 2019. 245 pp. eISBN: 9780429427503

Examine the cultural, social, and political terrain of Indigenous education. Learn how Indigenous students and educators creatively navigate colonial dynamics within public schools, including implementation of Native-themed curriculum, how teachers support students in the classroom, and efforts to claim physical and cultural space.

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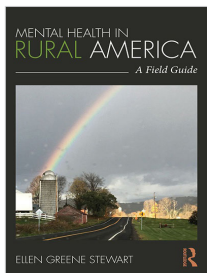


Latina Psychologists: Thriving in the Cultural Borderlands

Lillian Comas-Díaz and Carmen Inoa Vazquez, eds. *Latina Psychologists: Thriving in the Cultural Borderlands* New York, NY: Routledge, 2018. 245 pp. eISBN: 9781315175706

In this eBook, 12 eminent Latina psychologists illustrate how they practice gender- and culture-sensitive psychotherapy, counseling, research, pedagogy, social justice, and mentoring. They share how they create their own path in the midst of oppression and liberate themselves and those who seek their services.

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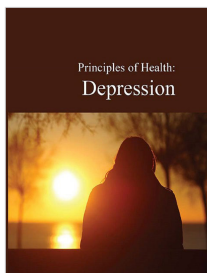


Mental Health in Rural America: A Field Guide

Ellen Greene Stewart. *Mental Health in Rural America: A Field Guide* New York, NY: Routledge, 2018. 226 pp. eISBN: 9781315189857

Gain a comprehensive overview of mental health in rural America. This eBook explains the history and structure of rural mental health care; the culture of rural living among diverse groups; and the importance of providing accessible, culturally competent mental health care to rural populations.

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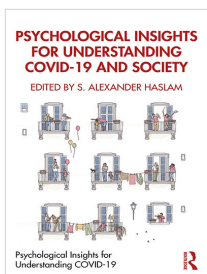


Principles of Health: Depression

Patricia Stanfill Edens, ed. *Principles of Health* Ipswich, MA: Salem Press/Grey House, 2021. 554 pp. eISBN: 9781637000267

This reference guide addresses the serious public health issue of depression. Readers will learn about factors that can contribute to depression, how depression is measured, and lifestyles that are connected to depression as well as management of the condition and how it affects global health.

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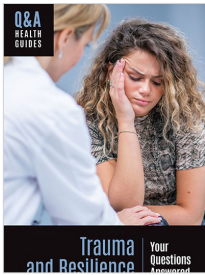
Psychological Insights for Understanding COVID-19 and Society

S. Alexander Haslam, ed. *Psychological Insights for Understanding Covid-19* London, England: Routledge, 2021. 218 pp. eISBN: 9781003126126

Explore how global crises, like COVID-19, impact society. This eBook looks deeply into topics such as leadership and politics, community, social status, welfare, social exclusion, and accountability.

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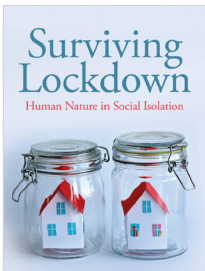


Trauma and Resilience: Your Questions Answered

Keith A. Young. *Q&A Health Guides* Santa Barbara, CA: Greenwood, 2021. 156 pp.
eISBN: 9781440870972

Provide a resource for teens and young adults who are struggling with trauma and seeking to build resiliency. This eBook makes the subject of trauma approachable and accessible through a simple Q&A format.

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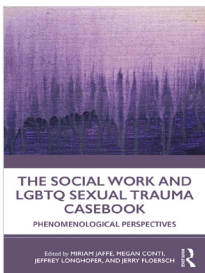


Surviving Lockdown: Human Nature in Social Isolation

David Cohen. Abingdon, England: Routledge, 2021. 120 pp.
eISBN: 9781003105091

Reflect on the unprecedented changes to our lives and the impact that social isolation has had on our behavior since the COVID-19 pandemic. This eBook explores the effects of this widespread quarantine on our relationships, children, mental health, and daily routines.

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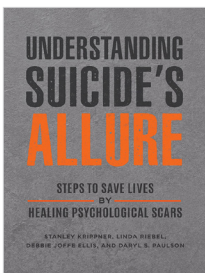


The Social Work and LGBTQ Sexual Trauma Casebook: Phenomenological Perspectives

Miriam Jaffe, Megan Conti, Jeffrey Longhofer, and Jerry Floersch, eds. New York, NY: Routledge, 2020. 198 pp.
eISBN: 9780429435539

With a focus on social work, this casebook explores a wide range of topics, such as gender and sexual minority asylum seekers, the embodiment of queer identity, the role of religion, regionality in the LGBTQ experience, and the effective use of gay affirmative therapy.

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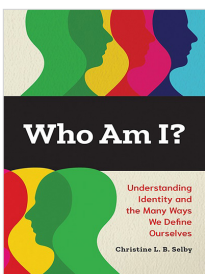


Understanding Suicide's Allure: Steps to Save Lives by Healing Psychological Scars

Stanley Krippner, Linda Riebel, Debbie Joffe Ellis, and Daryl S. Paulson. Santa Barbara, CA: Praeger, 2021. 343 pp.
eISBN: 9781440862557

Understand why suicide is alluring to people with traumatic pain and learn approaches that can prevent suicide. This eBook examines the nature of suicide, explains how to support those struggling with suicidal thoughts, and evaluates available mental health treatments—with special consideration to military suicides.

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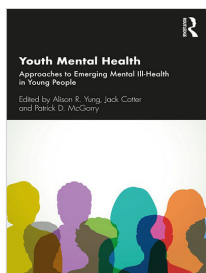
Who Am I? Understanding Identity and the Many Ways We Define Ourselves

Christine L. B. Selby. Santa Barbara, CA: Greenwood, 2022. 275 pp.
eISBN: 9781440872051

Explore what identity is, how it develops, and the impact that a strong or weak sense of self can have on health, happiness, and one's future. This eBook examines identity and identity formation across the life span, with special emphasis on teenage years, using fictional case studies.

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Youth Mental Health: Approaches to Emerging Mental Ill-Health in Young People

Alison R. Yung, Jack Cotter, and Patrick D. McGorry, eds. Abingdon, England: Routledge, 2021. 319 pp.

eISBN: 9780429285806

With a focus on the field of youth mental health, this reference title examines issues like mental health literacy, e-health, family, psychological, vocational, and pharmacological interventions as well as issues pertinent to young people, such as suicidality, substance abuse, gender identity and sexuality, attention deficit disorder (ADD), and eating disorders.

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1. Donovan, Jody. "Traditional Models of Care Are Not Enough," *Inside Higher Ed*, May 5, 2022.

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