

Mental Health Resources | Libraries

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Mental Health Resources

Questions? Contact Katie Luder, Outreach Librarian | kaitlin.luder@usu.edu



The library is not only a place for you to find help with your research inquiries or to crack down on study hours for a big test. It's also a place that cares about your mental health. USU libraries wants to provide you with accessible resources to support you as you complete whatever academic goal you're striving to reach here at USU.

If you or someone you know are in crisis, please reach out to the National Suicide & Crisis Line.

[Get Help](#)

USU Provided Resources

- [Aggie Wellness](#)
- [Counseling and Psychological Services \(CAPS\)](#)
- [CAPS self-guided resources](#)
- [Sexual Assault and Anti-Violence Information Office](#)

Library Provided Resources

- [Books](#)
 - We purchased 295 mental health e-books on the [ProQuest Ebook Central](#) as a demonstration of the Libraries' commitment to your wellness. Search for titles within ProQuest, or view the full list of [E-books](#) within this collection. Therapy lamps are available in some of the [group study rooms](#), providing some extra light during Utah's winter months.
- [Other resources:](#)
 - You can search our catalog for [books](#), [e-books](#), or [videos](#) about mental health. One search tip is to combine a key word that you would like to find materials on (like anxiety) with phrases like "self-help" or "self-care". Here are a few examples you might be interested in looking at.

Resources for Stress

- [Stress Management \(Workers' Edition\)](#)
- [A Student's Guide to Stress Management](#)
- [Manage Overload and Relieve Stress](#)
- [The 10-step method of stress relief: Decoding the meaning and significance of stress](#)
- [Essentials of managing stress](#)
- [A mindfulness-based stress reduction workbook](#)



Resources for Anxiety

- [Hope with Anxiety : A Self-Help Guide for Those Affected and Their Families, Friends and Carers](#)
- [Thoughts and Feelings: Taking Control of Your Moods and Your Life](#)
- [The anxiety & phobia workbook](#)
- [Pocket Therapy for Anxiety: Quick CBT Skills to Find Calm](#)

- The self-care handbook : connect with yourself and boost your wellbeing
- Understanding social anxiety : a recovery guide for sufferers, family, and friends
- The mindfulness & acceptance workbook for anxiety : a guide to breaking free from anxiety, phobias & worry using acceptance & commitment therapy
- Mindfulness pocketbook : little exercises for a calmer life
- The cognitive behavioral workbook for anxiety : a step-by-step program
- Overcoming Worry and Anxiety
- The mindfulness & acceptance workbook for social anxiety & shyness : using acceptance and commitment therapy to free yourself from fear & reclaim your life
- The shyness & social anxiety workbook: proven, step-by-step techniques for overcoming your fear

Resources for Depression

- Rethinking Depression: How to Shed Mental Health Labels and Create Personal Meaning
- Tai Chi: A 10-Week Program to Empower Yourself and Beat Depression
- Overcoming Depression for Dummies
- Depression and Suicide Prevention
- Understanding Depression



Resources for Self-Love

- Self-Love: 100+ Quotes, Reflections, and Activities to Help You Uncover and Strengthen Your Self-Love
- Authentic Self-Love: A Path to Healing the Self and Relationships
- Kierkegaard and the Problem of Self-Love
- Self-Love: the dynamic force of success

Resources for Trauma and Other Mental Disorders

- The Adverse Childhood Experiences Recovery Workbook : Heal the Hidden Wounds from Childhood Affecting Your Mental Health and Physical Health
- PTSD and Coping with Trauma Information for Teens, 1st Ed
- Childhood Trauma and Resilience: a Practical Guide
- Resolving Childhood Trauma: A Long-Term Study of Abuse Survivors
- Overcoming Your Eating Disorder : A Cognitive-Behavioral Therapy Approach for Bulimia Nervosa and Binge-Eating Disorder, Guided Self Help Workbook
- Living with Bipolar: A Guide to Understanding and Managing the Disorder



Resources for Inclusion

- The Queer Mental Health Workbook : A Creative Self-Help Guide Using CBT, CFT and DBT
- Man Enough : Undefined My Masculinity
- Still I Rise : The Persistence of Phenomenal Women
- Pocket Guide to LGBTQ Mental Health : Understanding the Spectrum of Gender and Sexuality
- Self Love and Christian Ethics
- Latina/o American Health and Mental Health: Practices and Challenges
- Transgender Mental Health

Research Support



We know research can be stressful. Don't feel like you have to tackle it all on your own. [Reach out to the library](#) if you need research help or more help in finding mental health resources! Stay mentally aware Aggies!