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ADULTING 101 SERIES

JANUARY: MENTAL HEALTH AWARENESS

Reading List:

- *Carefrontation, breaking free from childhood trauma*, by Arlene Drake
- *Activities to do with your parent who has Alzheimer's dementia*, by Judith A. Levy
- *Brain health as you age*, by Steven P. Simmons
- *Are you ok?* By Kati Morton
- *Facts and fictions in mental health*, by Hal Arkowitz
- *When someone you love has a mental illness*, by Rebecca Woolis
- *Fields of combat, understanding PTSD among veterans of Iraq and Afghanistan*, by Erin P. Finley
- *Treating and preventing adolescent mental health disorders*, by Dwight L. Evans

Program Resource List:

Mental Health Toolkit:

https://younginvincibles.org/wp-content/uploads/2017/10/MentalHealthToolkit_IL.pdf

For more information on how to find these resources, visit the Information desk or book an appointment with a librarian or tech tutor!