



Mental Health Association in Waukesha County, Inc.
Community Prevention Education
Resource Center Materials List

Mental Health Association Mission Statement

Promoting good mental health and working to improve the treatment and acceptance of people with a mental illness.

Community Prevention Education Mission Statement

Educating individuals about mental health and working to reduce the stigma associated with mental illnesses.

There are materials suitable for all ages. Materials include: brochures, books, resources, activity and coloring books for youth. Limited material is available in Spanish.

Referrals for additional resources can also be provided.

Please contact the Community Prevention Education Office at (262) 547-0769 if you are interested in receiving more information about any of the Mental Health Association in Waukesha County Programs, or if you wish to receive any of the following print items.

	Topics Available
	<ul style="list-style-type: none">▪ ADD/ADHD▪ Addiction and Substance Abuse▪ Alzheimer's▪ Anger▪ Anxiety Disorders▪ Asperger Syndrome▪ At Risk Youth▪ Autism▪ Caregiving▪ Culture and Diversity▪ Depression▪ Disorders▪ Dual Diagnosis▪ Eating Disorders▪ HIV/AIDS▪ Grief▪ Insomnia▪ Legal Issues▪ Life Stages▪ Making Good Decisions▪ Mental Health▪ Nervous System▪ Parenting and Family Issues▪ Schizophrenia▪ Self-Esteem▪ Self-Injury▪ Sexual Abuse▪ Sexuality▪ Stress▪ Suicide▪ Teens and Suicide▪ Relationships (Non-Family)▪ Relaxation▪ Trauma, Terrorism, and Disaster▪ Treatments for Disorders▪ Unemployment▪ Violence



- **ADD/ADHD**
 - Adulthood ADHD
 - Childhood ADHD
 - Early Teen ADAD
 - Management of ADHD
 - Myth vs. Fact
 - Women with ADHD
- **Addiction and Substance Abuse**
 - Addiction and Recovery
 - Alcohol
 - Co-Dependency
 - Gambling
 - Secondhand Smoke
 - Tobacco
 - Quit Smoking
 - Other Drugs (marijuana, cocaine etc.)
- **Alzheimer's**
 - General Information
 - Caring for a Family Member
 - Dementia
- **Anger**
 - Controlling/Managing Anger
 - Resolving Conflict Peacefully
 - The Truth about Anger
- **Anxiety Disorders**
 - General Information
 - Generalized Anxiety Disorder
 - Children Coping with Fear and Anxiety
 - Obsessive Compulsive Disorder
 - Panic Disorder
 - Phobias
 - Posttraumatic Stress Syndrome
- **Asperger Syndrome**
- **At Risk Youth**
 - Runaways
 - Youth in Crisis
- **Autism**
- **Caregiving**
 - General Information
 - Family Caregiving
- **Culture and Diversity**
 - Diversity
- **Depression**
 - General Information
 - Clinical Depression
 - Depression and Co-Occurring Illness
 - Depression in the Workplace
 - Depression and the Elderly
 - Helping Depressed Persons
 - Depression and Men
 - Depression and Minorities
 - Seasonal Depression
 - Depression and Women
 - Depression and Youth
- **Disorders**
 - Attachment Disorder
 - Bipolar Disorder
 - Borderline Personality
 - Conduct Disorder in Children
 - Dissociative Disorder (Multiple Personality Disorder)
 - Oppositional Defiant Disorder
 - Pedophilia
 - Personality Disorders
- **Dual Diagnosis**
- **Eating Disorders**
 - General Information
 - Anorexia
 - Binge Eating
 - Bulimia
- **HIV/AIDS**
- **Grief**
 - In Adults
 - In Children
 - Grief and Loss
 - Grief and Suicide
- **Insomnia**
- **Legal Issues**
 - Insanity Defense
 - Medical Directives
 - Workplace Harassment
- **Life Stages**
 - Adolescence
 - Aging and Older Adults
- **Making Good Decisions**
 - Healthy Living

- **Mental Health**
 - General Information
 - Making Prevention Work
 - Medicare and Benefits for Mental Health
 - Mental Health and Families
 - Recovering you Mental Health
 - Resiliency
 - Stigma
 - Violence and Mental Illness
- **Nervous System**
 - Brain and Nerve Development
- **Parenting and Family Issues**
 - Adoption
 - General Parenting Information
 - Family Communication
 - Divorce and Step-Families
 - Disciplining your Child
 - The First Year
 - Keeping your Child Safe
 - Single Parenthood
 - Raising your Grandchildren
 - Teenage Parenthood
 - When your Child Starts School
- **Schizophrenia**
 - Help is Out There
 - Schizophrenia in Children
 - Types of Schizophrenia
 - Understanding Schizophrenia
- **Self-Esteem**
 - In Adults
 - In Children
- **Self-Injury**
- **Sexual Abuse**
 - Patient/Doctor Sexual Contact
 - Memories of Sexual Abuse
 - Assault and Rape
- **Sexuality**
 - Gay and Lesbian Issues
 - Abstinence and Safe Sex
- **Stress**
 - General Information
 - Parents and Stress
 - Older Adults and Stress
- **Suicide**
 - General Information
 - Helping a Suicidal Friend
 - Suicide Prevention
 - Teens and Suicide
- **Relationships (Non-Family)**
 - Adults and Youth Working Together
- **Relaxation**
 - The Art of Relaxation
 - How to Relax
- **Trauma, Terrorism, and Disaster**
 - Dealing with Trauma
 - Disaster Counseling
 - Families in the Military
 - Helping Children Cope
 - Indirect Trauma
 - Mental Health and Trauma
 - Older Adults in Traumas
 - Preparing for disaster (action plan, disaster kits)
 - Stress Response to Traumatic Events
 - When a Friend has been Traumatized
- **Treatments for Disorders**
 - Confidentiality
 - Herbal Remedies
 - Medication
 - Sensory Integration
 - Systems of Care
 - Therapies
- **Unemployment**
- **Violence**
 - Child Abuse and Neglect
 - Domestic Violence
 - Elder Abuse
 - Hate Crimes
 - Effects of Media and TV Violence
 - School Violence and Bullying