



## MENTAL AND EMOTIONAL HEALTH

### 1. Overviews of mental and emotional states

- **Your emotional health.** Pages 67-75 in: *Managing your health: a guide for living with HIV.* (CATIE). 2009. <http://www.catie.ca/pdf/myh/myh2009.pdf>  
*Self-esteem. Stress. Anxiety. Depression. Drug and alcohol abuse. Seeking emotional support. Seeking professional help.*
- **Emotional, social, and spiritual support.** Pages 4-6 in: *Healthy living manual.* (BCPWA). 2008. [http://www.bcpwa.org/articles/Manual08\\_Webversion.pdf](http://www.bcpwa.org/articles/Manual08_Webversion.pdf)
- **Your feelings: a guide to emotional well-being for people with HIV.** (Terrence Higgins Trust). 2007. <http://www.tht.org.uk/informationresources/publications/livingwithhivgeneral/yourfeelings135.pdf>
- **HIV & mental health.** (NAM). 2007. <http://www.aidsmap.com/files/file1000892.pdf>
- **Taking Care of Ourselves: Mental Health and People Living with HIV/AIDS .** (New York State Department of Health). 2007. <http://www.health.state.ny.us/publications/9579.pdf>  
*Includes: defining mental health; issues related to how mental health is viewed; signs and symptoms of common mental health problems; how PLWHA can care for their own mental health; how to help other PLWHA improve and maintain their emotional well being.*
- **Coming undone: HIV and mental illness can be a double stigma.** (Living +, no. 28, January/February 2004, pp. 9-11). <http://www.bcpwa.org/articles/issue28.pdf>

### 2. Depression

- **Depression and HIV.** (AIDS InfoNet). 2008. [http://www.aidsinfonet.org/uploaded/factsheets/124\\_eng\\_558.pdf](http://www.aidsinfonet.org/uploaded/factsheets/124_eng_558.pdf)
- **HIV and depression.** (A Positive Life). 2007. <http://www.apositivelife.com/pdf/HIVandDepression.pdf>
- **Depression and HIV.** (Project Inform). 2003. <http://www.projectinform.org/info/depression/depression.pdf>

### 3. Stress

- **HIV and stress.** Pages 61-63 in: *Healthy living manual.* (BCPWA). 2008. [http://www.bcpwa.org/articles/Manual08\\_Webversion.pdf](http://www.bcpwa.org/articles/Manual08_Webversion.pdf)
- **Stress Management.** (The Well Project). 2006. [http://www.thewellproject.org/en\\_US/Living\\_Well/Health/Stress\\_Management.jsp](http://www.thewellproject.org/en_US/Living_Well/Health/Stress_Management.jsp)
- **Coping with stress.** Pages 38-39 in: *Managing your health: a guide for living with HIV.* (CATIE). 2009. <http://www.catie.ca/pdf/myh/myh2009.pdf>

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Please note that this information was current as of August 2009, but has not been updated.

#### 4. Anxiety

- **Conquering Anxiety.** (BETA, Vol. 19, no 2, Winter 2007, pp. 20-28).  
[http://www.sfaf.org/files/site1/asset/beta\\_2007\\_win\\_anxiety.pdf](http://www.sfaf.org/files/site1/asset/beta_2007_win_anxiety.pdf)

#### 5. Dementia

- **Brain drain: Even with HAART, dementia is still a threat.** (Living +, no. 23, March/April 2003, pp. 26-27). <http://www.bcpwa.org/articles/issue23.pdf>
- **AIDS Dementia Complex: learn about the symptoms, diagnosing and treating dementia.** (Project Inform). 2007. <http://www.projectinform.org/info/adc/adc.pdf>
- **Dementia and nervous system problems.** (AIDS InfoNet). 2007.  
[http://www.aidsinfonet.org/uploaded/factsheets/92\\_eng\\_505.pdf](http://www.aidsinfonet.org/uploaded/factsheets/92_eng_505.pdf)

#### 6. Frustration

- **A roller coaster ride - The psychological impact of multiple drug failure.** (Living +, no. 45, November/December 2006, pp. 19).  
[http://www.bcpwa.org/articles/issue\\_45\\_19\\_A\\_roller\\_coaster\\_ride.pdf](http://www.bcpwa.org/articles/issue_45_19_A_roller_coaster_ride.pdf)

#### 7. Getting counselling

- **Choosing a counsellor.** (AIDS Committee of Toronto). 2009.  
[http://www.actoronto.org/home.nsf/pages/choosecounsellor/\\$file/Choosing%20a%20counsellor.pdf](http://www.actoronto.org/home.nsf/pages/choosecounsellor/$file/Choosing%20a%20counsellor.pdf)  
*Ideas and options to consider when choosing a psychiatrist / psychologist / social worker / therapist / counsellor.*