

## BC Cancer Library and Cancer Information Centre Resources

Visit your local BC Cancer Library or go to [bccancer.bc.ca/library](http://bccancer.bc.ca/library) to see the complete library catalogue. Most library materials can be mailed anywhere in B.C. or the Yukon.

### Books

Title	Library Call Number
<b>Cancer patient's guide to overcoming depression &amp; anxiety</b>	QZ266 H797 2007
<b>Cognitive behavioral workbook for anxiety</b>	WM172 K67 2014
<b>Ending the depression cycle</b>	WM171 B587 2003
<b>Mind over mood</b>	WM171 G798 2016
<b>Mindful way through depression (book with CD)</b>	WM171 M663 2007
<b>Mindfulness-based cognitive therapy for depression</b>	WM171 S454m 2002
<b>Positive coping with health conditions</b>	WM172 B649 2009
<b>Relaxation &amp; stress reduction workbook</b>	WM172 D263 2008
<b>Quiet your mind &amp; get to sleep</b>	WM188 C289 2009

### eBooks

Patients and the public of B.C. and the Yukon can access these online books by calling 1.888.675.8001 x 7000 (toll-free) to get a username and password from the Library.

#### 50 things you can do today to manage your anxiety

[tinyurl.com/50thingsyoucando](http://tinyurl.com/50thingsyoucando)

#### Antidepressant skills workbook

[www.sfu.ca/carmha/publications/antidepressant-skills-workbook.html](http://www.sfu.ca/carmha/publications/antidepressant-skills-workbook.html)

#### Anxiety and phobia workbook

[tinyurl.com/anxietyphobiaworkbook](http://tinyurl.com/anxietyphobiaworkbook)

## Mind body workbook for anxiety

[tinyurl.com/mind-bodyworkbook](http://tinyurl.com/mind-bodyworkbook)

## Mindful way through anxiety

[tinyurl.com/mindfulwayanxiety](http://tinyurl.com/mindfulwayanxiety)

## DVDs

### Title

### Library Call Number

**Living life to the full** (Available in English, Cantonese and Mandarin)

WM171.5 L786 2008

## Pamphlets

**Anxiety** (BC Cancer)

[bccancer.bc.ca/coping-and-support-site/Documents/Support%20Programs/Anxiety.pdf](http://bccancer.bc.ca/coping-and-support-site/Documents/Support%20Programs/Anxiety.pdf)

**Coping when you have cancer** (Canadian Cancer Society)

[cancer.ca/~media/cancer.ca/CW/publications/Coping%20when%20you%20have%20cancer/32127-1-NO.pdf](http://cancer.ca/~media/cancer.ca/CW/publications/Coping%20when%20you%20have%20cancer/32127-1-NO.pdf)

**Emotional facts of life with cancer** (Canadian Association of Psychosocial Oncology)

[capo.ca/The-Emotional-Facts-of-Life-with-Cancer](http://capo.ca/The-Emotional-Facts-of-Life-with-Cancer)

**Managing stress** (BC Cancer)

[bccancer.bc.ca/coping-and-support-site/Documents/Managing%20Stress.pdf](http://bccancer.bc.ca/coping-and-support-site/Documents/Managing%20Stress.pdf)

**Symptoms of depression** (BC Cancer)

[bccancer.bc.ca/coping-and-support-site/Documents/Symptoms%20of%20Depression.pdf](http://bccancer.bc.ca/coping-and-support-site/Documents/Symptoms%20of%20Depression.pdf)

## Recommended Websites

These websites have been reviewed and approved by the BC Cancer librarians. These websites have information about managing stress, anxiety and depression. For a complete list of websites recommended by the BC Cancer librarians, go to [bccancer.bc.ca/library](http://bccancer.bc.ca/library)

**BC Cancer:** [bccancer.bc.ca/emotional-support](http://bccancer.bc.ca/emotional-support)

**American Cancer Society:** [cancer.org/treatment/treatments-and-side-effects/physical-side-effects/emotional-mood-changes.html](http://cancer.org/treatment/treatments-and-side-effects/physical-side-effects/emotional-mood-changes.html)

**Anxiety Canada:** [anxietycanada.com](http://anxietycanada.com)

**Canadian Mental Health Association BC Division:** [cmha.bc.ca](http://cmha.bc.ca)

## Support Programs

This is a list of support programs offered at community organizations and BC Cancer. BC Cancer centres generally offer monthly support groups. Your centre may also offer facilitated groups to help with stress, including mindfulness-based stress reduction, relaxation and stress management, and therapeutic touch.

You can find support programs offered at each BC Cancer centre on the BC Cancer website:

[bccancer.bc.ca/supportprograms](http://bccancer.bc.ca/supportprograms)

**BC Cancer Patient & Family Counselling:** [bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling](http://bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling)

Available to anyone in B.C. who has a cancer diagnosis, as well as those supporting them. Counselling available for individuals, couples, and families, either in-person or over the phone. Services are solution-focused and are limited to addressing challenges related to cancer.

**Anxiety BC Mindshift CBT Groups:** [anxietycanada.com/mindshift-groups](http://anxietycanada.com/mindshift-groups)

8 session online therapy program for small groups of young adults and adults with mild to moderate anxiety.

**BC Mental Health Information Line**

Call 1.800.661.2121 or 604.669.7600 in the Lower Mainland. This information line provides free information 24 hours a day about symptoms, causes, treatments, support programs and publications.

**BC Association for Living Mindfully (B-CALM):** [bcalm.ca](http://bcalm.ca)

Offers an eight-week Art of Living Mindfully course that teaches mindfulness meditation to help participants better cope with stress and challenging emotions. The course is covered by MSP if you are referred by an M.D.

**Bounce Back:** [bouncebackbc.ca](http://bouncebackbc.ca)

A workbook-based program with telephone coaching available in English and Cantonese. Bounce Back community coaches assist in the teaching of problem-solving and other skills to overcome difficulties such as inactivity, unhelpful thinking, worry, and avoidance. Access to the coaching component requires a doctor's referral.

**Cancer Chat Canada:** [cancerchat.desouzainstitute.com](http://cancerchat.desouzainstitute.com)

An online support group for people with cancer. Call 1.844.725.2476 for information.

**CancerConnection.ca** (Canadian Cancer Society): [cancerconnection.ca](http://cancerconnection.ca)

An online community for cancer patients, caregivers, friends and family. A safe place to connect and find support. Regular webcasts are available on demand on a series of topics relevant to people with cancer including physical activity, relationships and complementary therapies.

**Crisis Line:** [www.crisislines.bc.ca](http://www.crisislines.bc.ca)

If you are in crisis or distress and require an immediate response, call the Crisis Line at 310.6789 (do not enter 604, 778 or 250 area codes). This free service is available 24 hours a day, seven days a week, with no wait or busy signal.

**MindHealthBC:** [mindhealthbc.ca](http://mindhealthbc.ca)

For people struggling with anxiety, depression or other mental illness or substance abuse conditions. Start by taking a screening quiz to uncover what mental health and substance use challenges you may be struggling with. Once you know what it is you need help with, get recommendations for online information, interactive self-help programs and local in-person services.

## BC Cancer Libraries

If you want more information about these or other resources, please contact one of the BC Cancer libraries.

### Abbotsford

604.851.4710 x 646825  
1.877.547.3777 (toll free)

### Kelowna

250.712.3900 x 686821  
1.888.563.7773 (toll free)

### Prince George

1.888.675.8001 x 8001 (toll free)

### Surrey

604.930.2098 x 654576  
1.800.523.2885 (toll free)

### Vancouver

604.675.8001  
1.888.675.8001 x 8001

### Victoria

250.519.5517  
1.800.670.3322 (toll free)