

Pathfinders provide topic-specific lists of books, DVDs, pamphlets, websites and support programs related to cancer, as well as instructions on where to find each resource. There are unique Pathfinders for a wide range of topics, from coping with a recent diagnosis to life after cancer. Pathfinders can be found at [www.bccancer.bc.ca/library](http://www.bccancer.bc.ca/library).

Pathfinders are a starting point for your information-finding journey – many more resources can be found by visiting a BC Cancer Library, Patient and Family Counselling, or the BC Cancer website ([www.bccancer.bc.ca](http://www.bccancer.bc.ca)). While BC Cancer does recognize the information below as useful, Pathfinders are for educational purposes only and are not a substitute for the advice of your healthcare provider.

## ***MANAGING STRESS, ANXIETY AND DEPRESSION***

Many people face some degree of depression or anxiety after a diagnosis of cancer. This Pathfinder can guide you to support services and other resources to help you cope.

### **LIBRARY/CANCER INFORMATION CENTRE RESOURCES**

The names and call numbers of popular books/DVDs available for loan from the BC Cancer Library are listed below. Visit your local BC Cancer Library or go to [www.bccancer.bc.ca/library](http://www.bccancer.bc.ca/library) to view the complete library catalogue. Most library materials can be mailed to anywhere in BC or the Yukon.

#### **50 things you can do today to manage your anxiety** (Book online)

Available online at <http://site.ebrary.com/lib/bccancer/detail.action?docID=10581946>. Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 8001 (toll-free) to obtain a username and password from the Library.

#### **Antidepressant skills workbook** (Book online)

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

A workbook for managing depression. Available in English, French, Punjabi and Chinese.

#### **Anxiety and phobia workbook** (Book online)

**WM172 B775 2010**

2015 edition available online at <http://site.ebrary.com/lib/bccancer/reader.action?docID=11028074>. Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 8001 (toll-free) to obtain a username and password from the Library.

- Breaking the patterns of depression** (Book) **WM171.5 Y25 1997**  
Teaches skills for managing difficult situations, solving problems, balancing different areas of your life and staying out of hurtful situations. Provides special activity sections called “Learn by Doing” and “Shifting Perspectives.”
- Cancer patient’s guide to overcoming depression & anxiety** (Book) **QZ266 H797 2007**  
Provides strategies to overcome depression and anxiety after a diagnosis of cancer.
- Cognitive behavioral workbook for anxiety** (Book) **WM172 K67 2014**  
A step-by-step program for overcoming anxiety, fear and worry.
- Ending the depression cycle** (Book) **WM171 B587 2003**  
A step-by-step guide to preventing a relapse of depression.
- Feeling good handbook** (Book) **WM171 B967 1999**  
Guide to overcoming depression and anxiety. Includes information about commonly prescribed psychiatric drugs.
- Living life to the full** (DVD) **WM171.5 L786 2008**  
A DVD course to combat low mood and depression. Available in English, Cantonese and Mandarin.
- Managing stress while living with cancer** (DVD) **QZ266 M266 2018**  
Videos in English, Chinese and Punjabi are also available at [www.bccancer.bc.ca](http://www.bccancer.bc.ca). Click on Health Info→Coping with Cancer→Emotional Support→Managing Stress.
- Mind body workbook for anxiety** (Book online)  
Available online at <http://site.ebrary.com/lib/bccancer/reader.action?docID=10921775>. Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 8001 (toll-free) to obtain a username and password from the Library.
- Mind over mood** (Book) **WM171 G798 2016**  
A cognitive therapy manual that includes exercises, worksheets and strategies for overcoming anxiety and depression.
- Mindful way through anxiety** (Book online)  
Available online at <http://site.ebrary.com/lib/bccancer/detail.action?docID=10442272>. Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 8001 (toll-free) to obtain a username and password from the Library.
- Mindful way through depression** (Book with CD) **WM171 M663 2007**  
Book provides practical strategies for dealing with depression. Includes a CD of guided meditations.
- Mindfulness-based cognitive therapy for depression** (Book) **WM171 S454m 2002**  
Guide to preventing relapse of depression using mindfulness meditation and cognitive therapy.

**Positive coping with health conditions** (Book)**WM172 B649 2009**

A workbook that includes coping skills on topics such as managing worry, solving problems, managing depressive thinking, managing anger, and relationship building.

**Relaxation & stress reduction workbook** (Book)**WM172 D263 2008**

Each chapter features a different method for relaxation and stress reduction, including mindfulness, meditation, self-hypnosis, visualization, exercise, anger management, time management, assertiveness, work stress management and quick relaxers.

**Quiet your mind & get to sleep** (Book)**WM188 C289 2009**

Workbook provides solutions to insomnia for those with depression, anxiety or chronic pain.

**When someone you love is depressed** (Book)**WM171.5 R813 1997**

Provides advice for family and friends of a depressed person.

## AUDIO CDs

This list provides the names of just a few of the many CDs that are available at BC Cancer centre libraries. These CDs can help you relax and cope with depression and anxiety.

**Letting go of stress****QZ266 M628 2002****Meditation to help you relieve depression****QZ266 N195c 1993****Soundcloud****<https://soundcloud.com/phsabc/sets>**

BC Cancer has created playlists with audio for meditation, mindfulness, and relaxation. They can be accessed via browser on your computer or by downloading the free SoundCloud app on a mobile device.

## PAMPHLETS

This list provides the names of just a few of the many pamphlets that are available at BC Cancer centres or online.

**Anxiety** (BC Cancer)

Go to **[www.bccancer.bc.ca](http://www.bccancer.bc.ca)** and click on Health Info→Coping with Cancer→Emotional Support→Helpful Handouts.

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

Go to **[www.cancer.ca](http://www.cancer.ca)** and click on Support & Services→Publications, or pick up a copy from the BC Cancer Library.

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

Go to **<https://capo.ca/docs/bookletREVISED.pdf>** or search by title online.

## **Managing stress** (BC Cancer)

Go to [www.bccancer.bc.ca](http://www.bccancer.bc.ca) and click on Health Info→Coping with Cancer→Emotional Support→Helpful Handouts.

## **Symptoms of depression** (BC Cancer)

Go to [www.bccancer.bc.ca](http://www.bccancer.bc.ca) and click on Health Info→Coping with Cancer→Emotional Support→Helpful Handouts.

## **RECOMMENDED WEBSITES**

This list of websites has been compiled and evaluated by the BC Cancer librarians. For more recommended websites, go to [www.bccancer.bc.ca](http://www.bccancer.bc.ca) and click on Our Services→Services→Library→Recommended Websites→ Living with Cancer Websites→Anxiety and Depression Websites.

### **BC Cancer**

[www.bccancer.bc.ca/emotional-support](http://www.bccancer.bc.ca/emotional-support)

Provides information about dealing with emotions, support groups and programs.

### **American Cancer Society**

[www.cancer.org](http://www.cancer.org)

Click on Treatment & Support→Treatments & Side Effects→ Managing Cancer-Related Side Effects →Changes in Mood or Thinking→Anxiety, Fear and Emotional Distress or Depression.

Provides information about dealing with the emotional effects of cancer or depression.

### **Anxiety Canada**

<https://anxietycanada.com>

This website contains informational videos and online tools that help adults, teens and children deal with anxiety and anxiety disorders.

### **Canadian Mental Health Association BC Division**

[www.cmha.bc.ca](http://www.cmha.bc.ca)

Provides a list of resources, fact sheets, personal stories and information about the *Bounce Back* and *Living Life to the Full* programs.

## **SUPPORT PROGRAMS**

This section provides a list of relevant support programs offered by community organizations or BC Cancer. BC Cancer centres generally offer monthly support groups, sometimes specific to particular types of cancer. Also offered are facilitated groups to help with stress reduction, including mindfulness based stress reduction, relaxation and stress management, and therapeutic touch. Support programs offered at each BC Cancer location can be found on the BC Cancer website at:

[www.bccancer.bc.ca/our-services/services/support-programs](http://www.bccancer.bc.ca/our-services/services/support-programs)

### **BC Cancer Patient & Family Counselling**

This service is available to anyone in BC who has received a diagnosis of cancer, as well as those supporting them. Counselling is available to individuals, couples, and families, either in person or over the phone. The services are solution-focused and are limited to addressing challenges related to cancer.

Get more information at [www.bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling](http://www.bccancer.bc.ca/our-services/services/supportive-care/patient-family-counselling)

### **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)**

[www.bcalm.ca](http://www.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**

[www.cmha.bc.ca/how-we-can-help/adults/bounceback](http://www.cmha.bc.ca/how-we-can-help/adults/bounceback)

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.

### **Crisis Line**

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

If you are in crisis and/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**

[www.mindhealthbc.ca](http://www.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.

***If you would like more information about these or other resources, please contact one of the BC Cancer Libraries.***

#### **Abbotsford**

604.851.4710, ext. 646825 or toll-free 1.877.547.3777

#### **Kelowna**

250.712.3900 ext. 686821 or toll-free 1.888.563.7773

#### **Prince George**

Toll-free 1.888.675.8001, ext. 8001

#### **Surrey**

604.930.2098 ext. 654576 or toll-free 1.800.523.2885

#### **Vancouver**

604.675.8001 or toll-free 1.888.675.8001, ext. 8001

#### **Victoria**

250.519.5517 or toll-free 1.800.670.3322