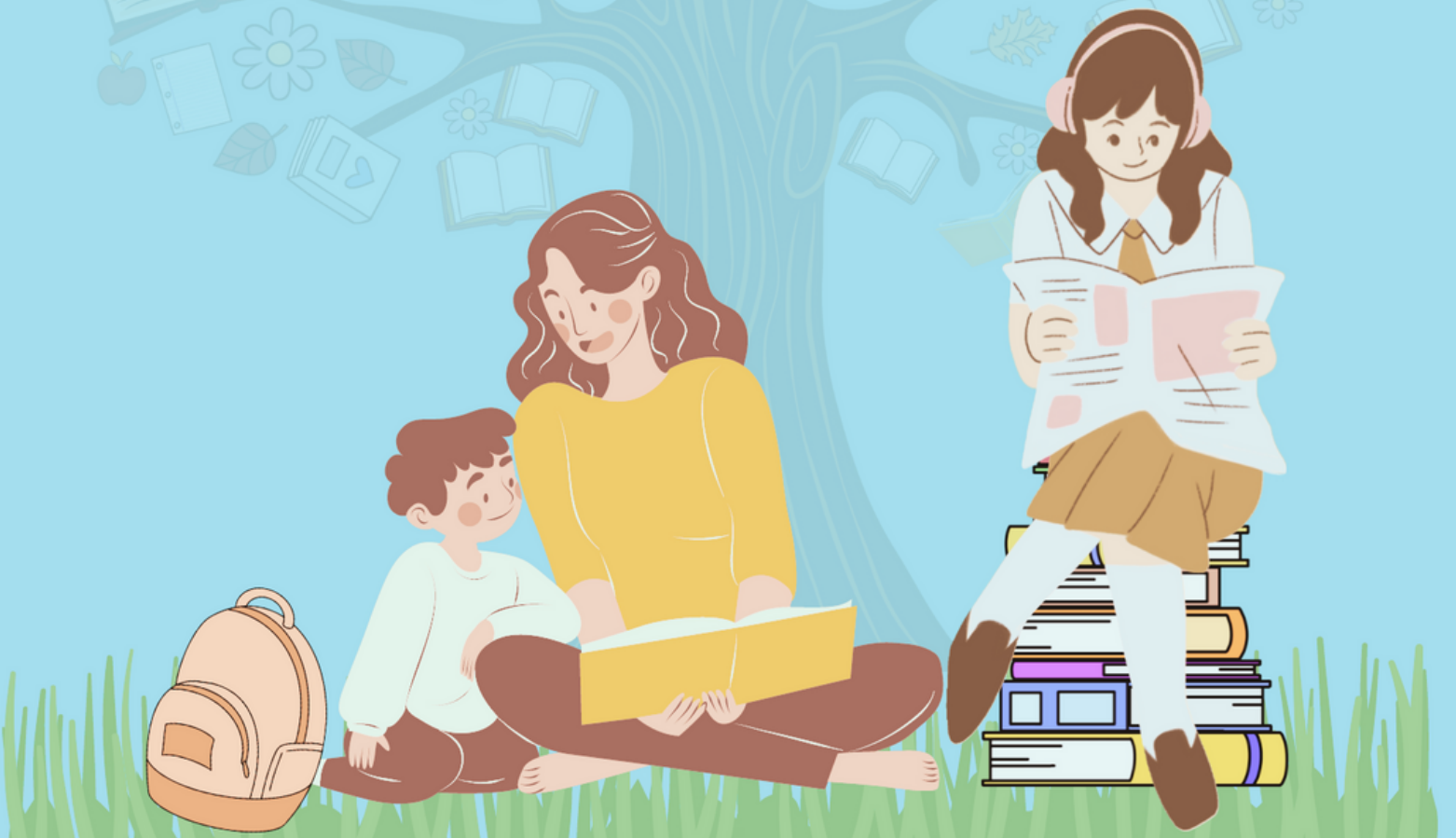


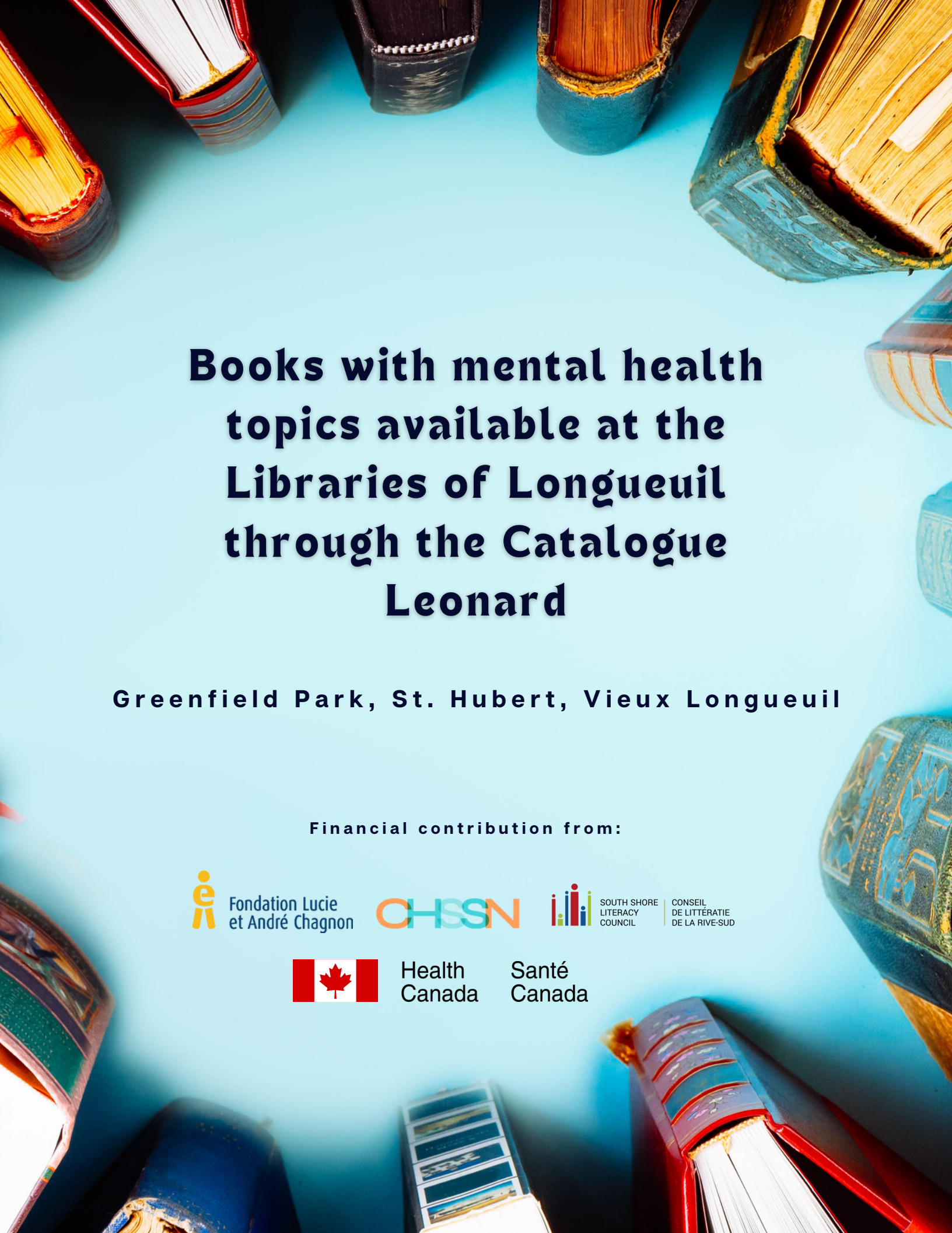


PRESENTS:

YOUR STORY MATTERS!

READ TO IMPROVE YOUR MENTAL HEALTH





Books with mental health topics available at the Libraries of Longueuil through the Catalogue Leonard

Greenfield Park, St. Hubert, Vieux Longueuil

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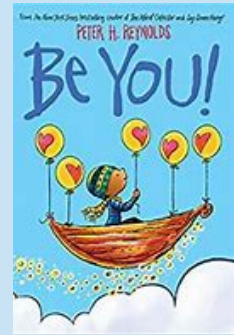
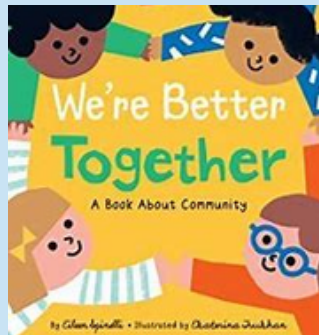
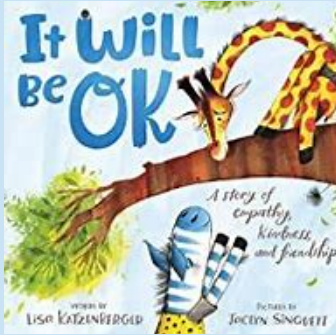
***Bibliothèque Raymond -
Levesque
7025 Cousineau Blvd.
Longueuil, QC J3Y 0H1
(450) 463-7180***

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100 Saint-Laurent St. W.
Longueuil, QC J4H 1M1
(450) 463-7180***

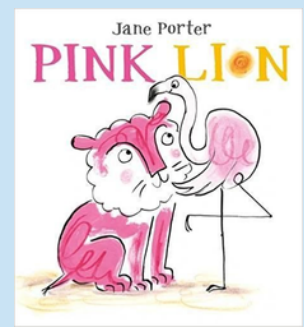
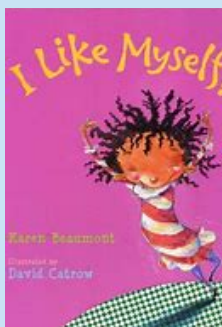
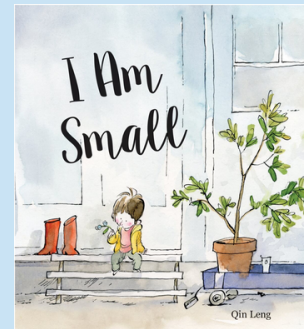
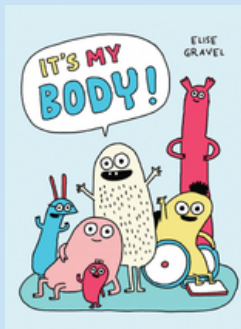
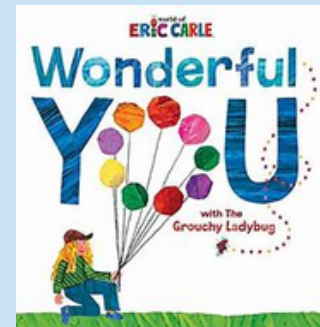
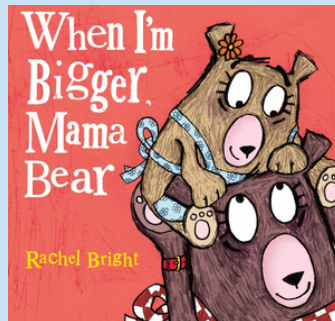
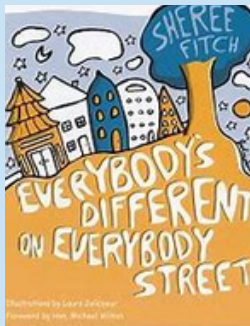
A collection of various antique-style books is arranged in a circle around the central text. The books feature different colors and materials, including red, blue, brown, and green covers, some with gold leaf accents. The pages are aged and yellowed. The background is a light blue gradient.

Ages 3-12

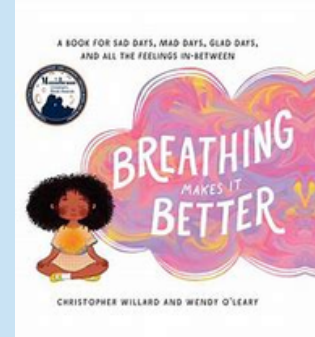
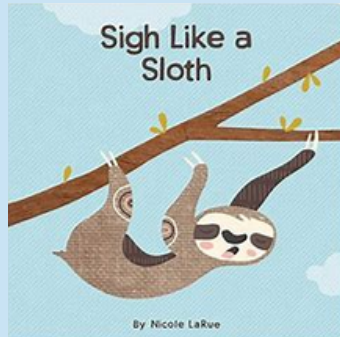
Kindness



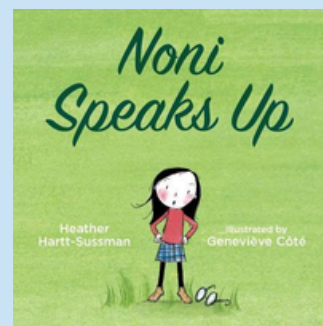
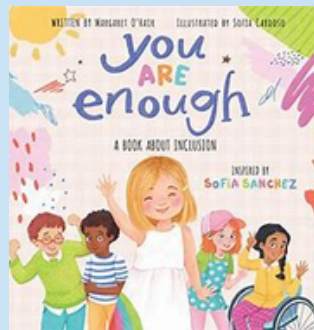
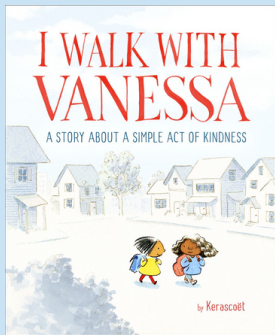
Self-Acceptance



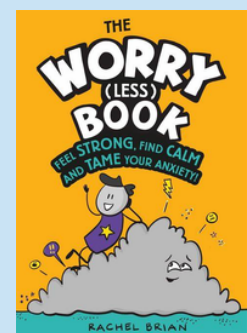
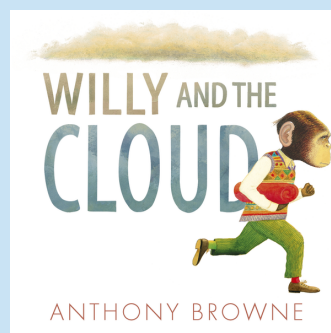
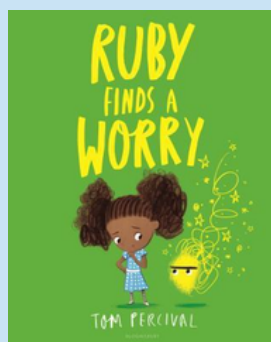
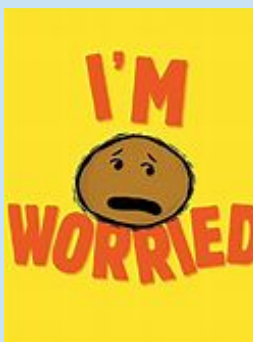
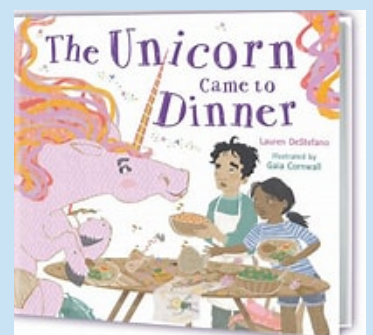
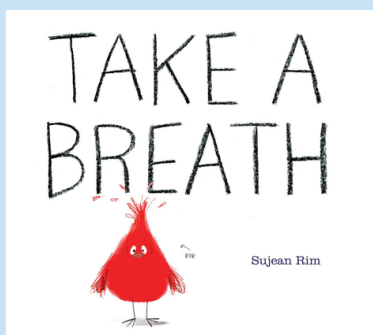
Mindfulness



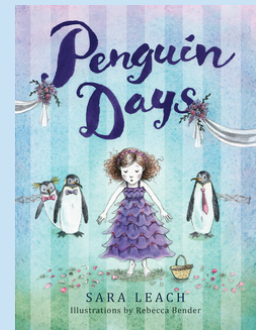
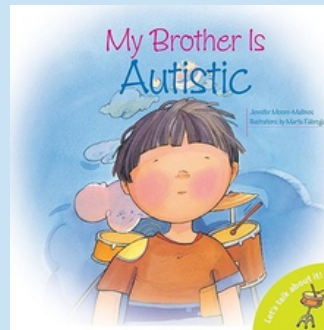
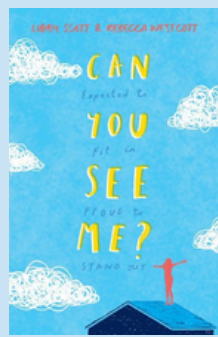
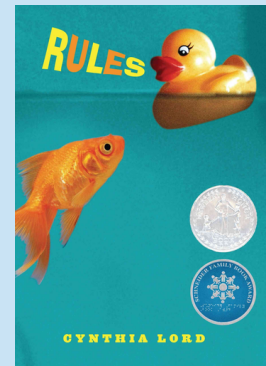
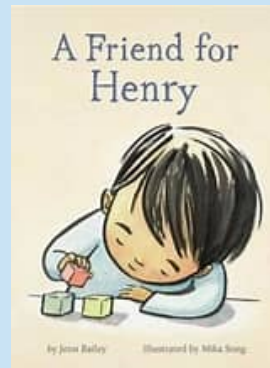
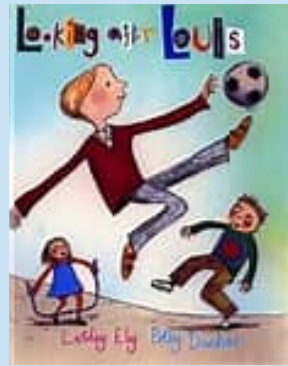
Anti-bullying



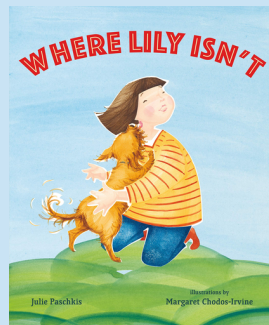
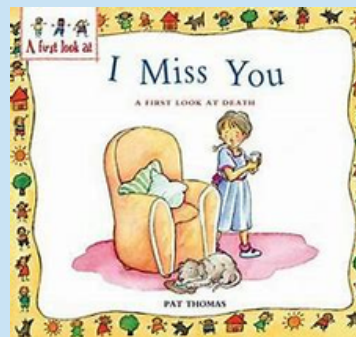
Anxiety



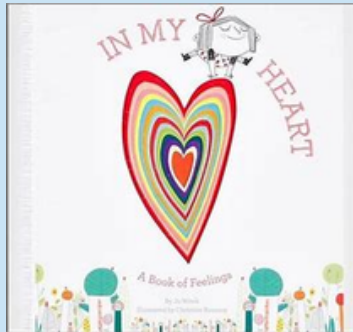
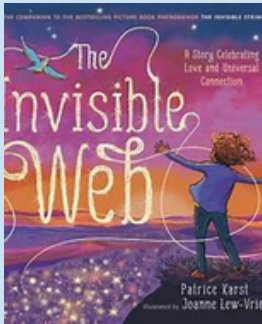
Autism



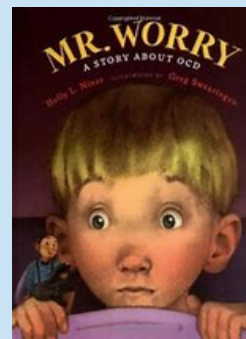
Grief and loss



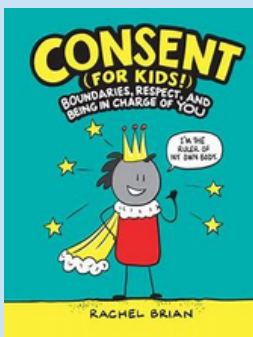
Connection



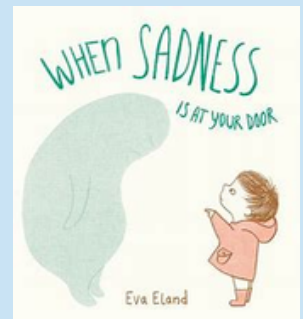
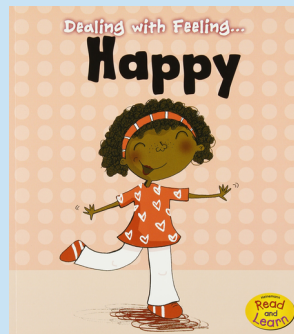
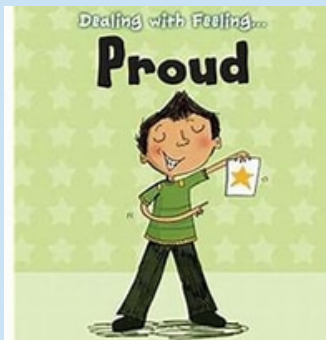
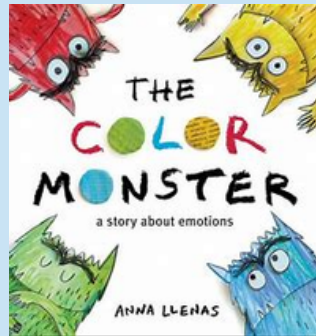
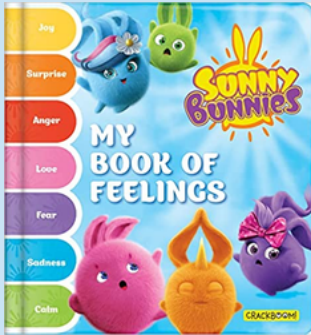
OCD



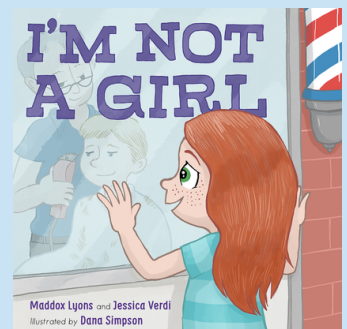
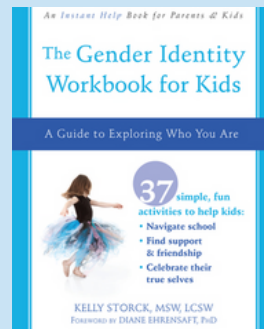
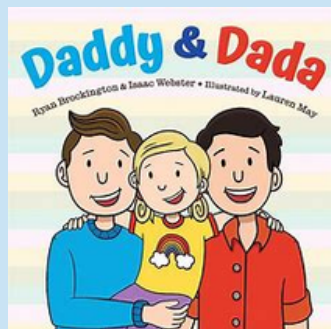
Consent



Emotions



LGBTQIA+





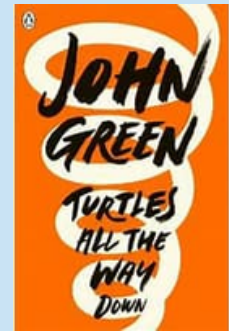
Ages 13-18



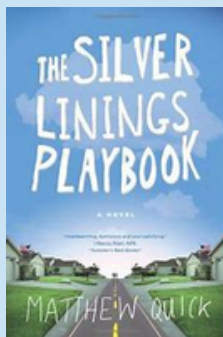
*Depression,
Suicide,
Race*



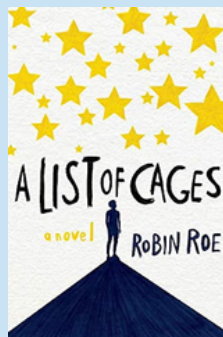
*Depression,
Suicidal
ideation,
LGBT,*



OCD, Anxiety



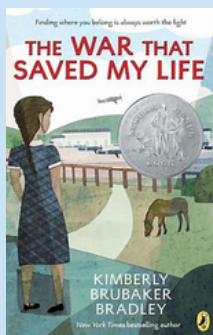
Depression



*ADHD,
Foster care*



*Young carer
of mother
with
depression*



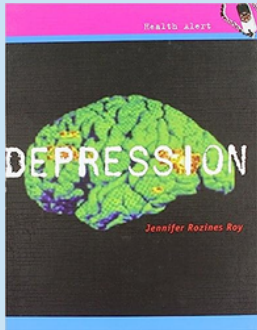
*Abuse,
Neglect*



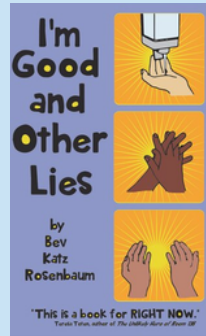
*Depression,
family
relationship*



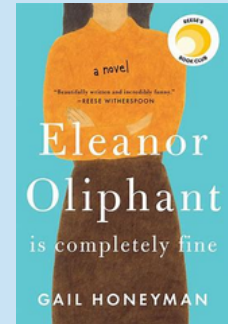
*Anxiety,
Grief*



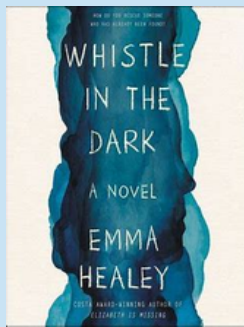
Depression,



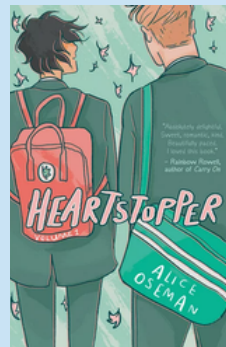
Depression, Covid-19, Loneliness, Substance use



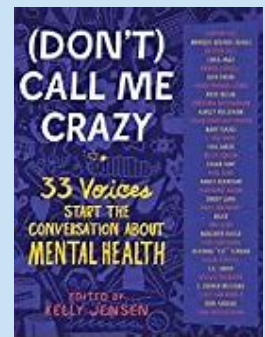
Suicide attempt, Anxiety, Abuse



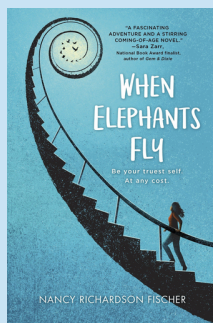
Trauma, PTSD



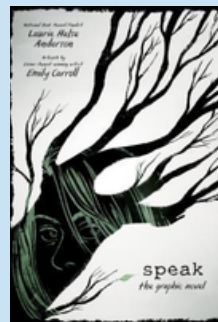
Eating disorders, Self-harm, Hospitalization



Compilation of personal experience



Schizophrenic Mother



Social Ostracization



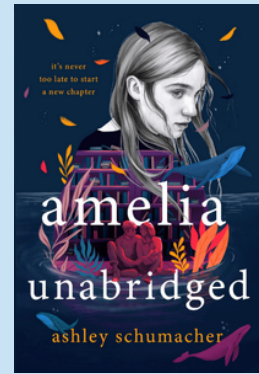
Anxiety, stalking



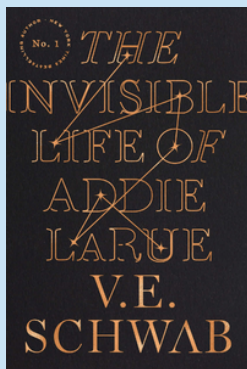
Autism



Autism



*Grief, Loss
of a friend*



Loneliness



*Self-harm,
OCD,
Depression*



*Grief and
loss*



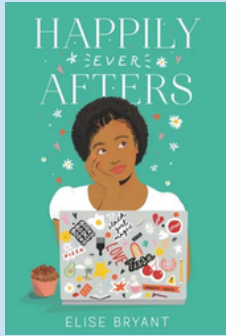
Suicide



*Divorce,
Eating
disorder,
Friendship*



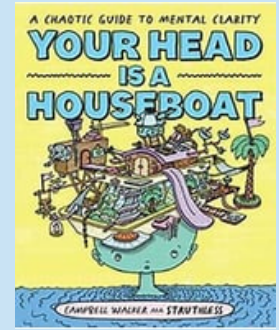
*Abuse,
Cyberbullying*



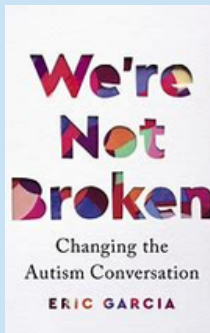
*Self-acceptance,
Social pressure*



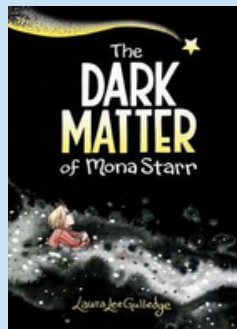
Consent



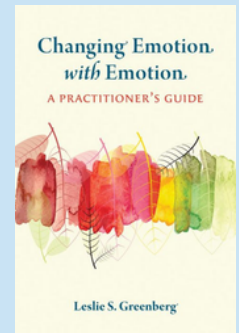
*Workbook
for mental health*



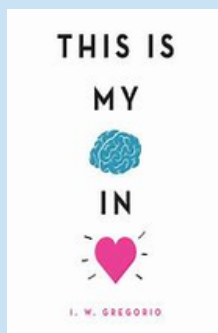
Autism



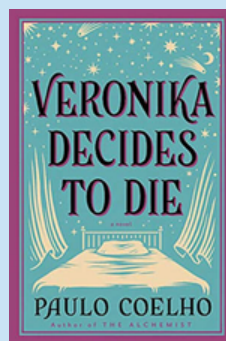
Depression



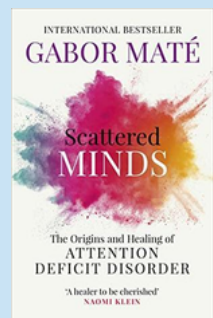
Emotional regulation



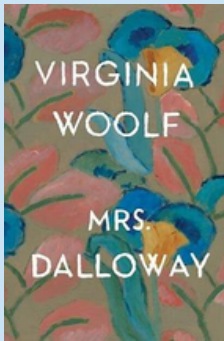
*Racism,
Depression*



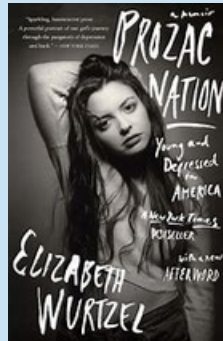
Suicide



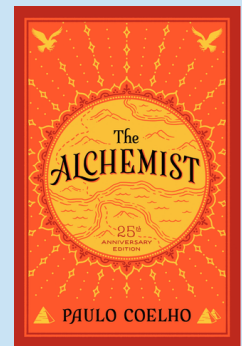
ADHD



Depression



Depression



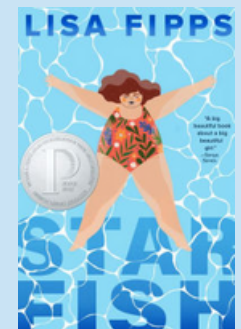
*Mindfulness,
Spirituality*



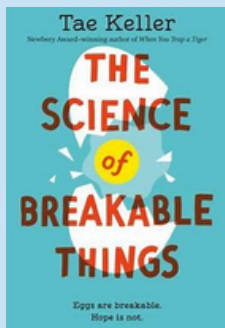
PTSD



PTSD



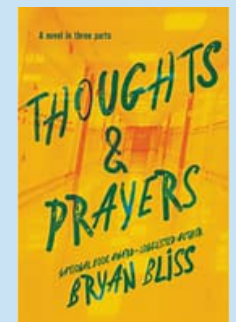
*Bullying,
Social anxiety,
Fat phobia*



*Mother with
depression*



*Depression,
Anxiety*



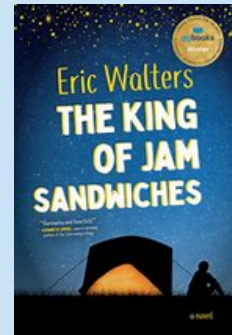
*School
shootings,
Gun violence*



Schizophrenia



*Trauma,
Grief*



*Mentally ill
father,
Houselessness*



Grief, Suicide



*Suicide
attempt*



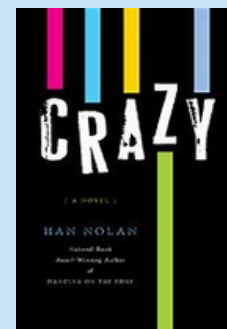
*Suicide
attempt*



Grief



*Bipolar
disorder, Self-
harm,
Hospitalization*



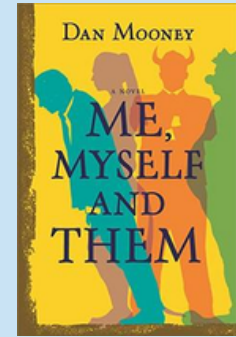
*Father with
mental illness*



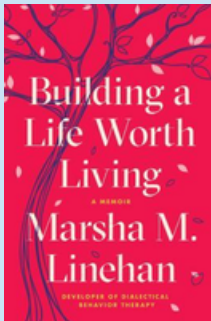
Guide on social media impacts



Anxiety, Eating disorder, OCD



PTSD, OCD



Suicidal thoughts



Depression, Psychosis, Indigenous culture



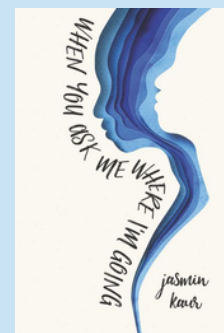
OCD, Eating Disorder



Body Dysmorphia, Eating Disorder



Mental health and gender



Trauma

A top-down view of several antique books arranged in a circle on a light blue background. The books are bound in various materials, including dark leather, red leather, and blue leather with gold-tooled patterns. The pages are aged and yellowed. The text "Ages 18+" is centered in the middle of the circle.

Ages 18+



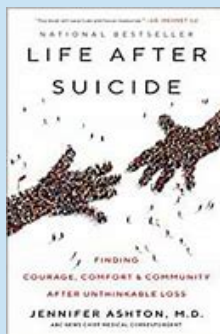
*Perinatal
mood
disorders*



*Suicide,
Immigration,
Racism*



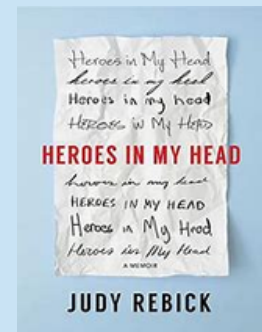
PTSD



Suicide



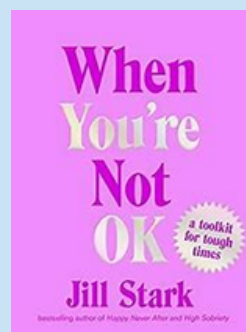
*Depression,
Suicide
attempt*



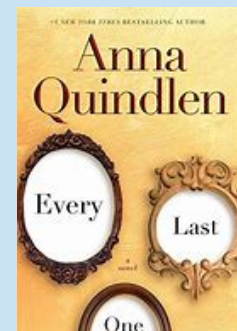
*Dissociative
Identity
Disorder*



Schizophrenia



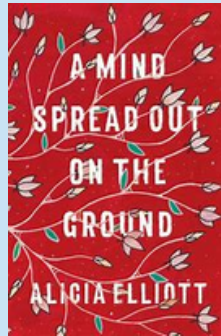
*Anxiety,
Depression*



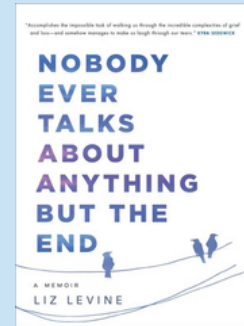
*Family
violence*



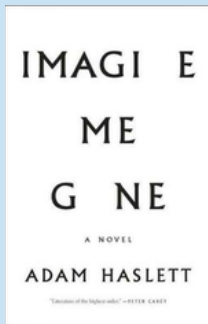
Trauma



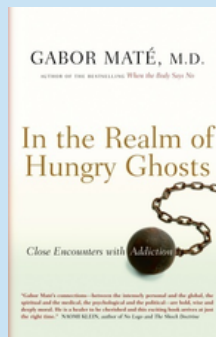
*Trauma,
Depression,
Racism*



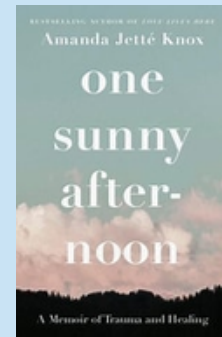
*Suicide of
family member*



Depression



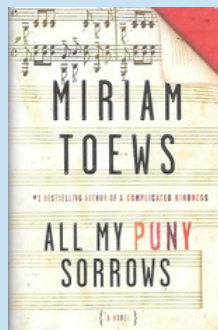
Addiction



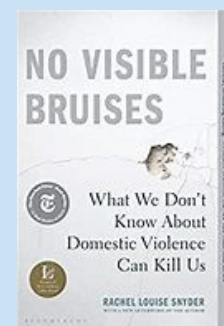
*Anxiety,
Trauma*



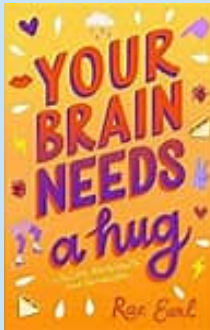
*Bipolar
disorder,
Schizophrenia*



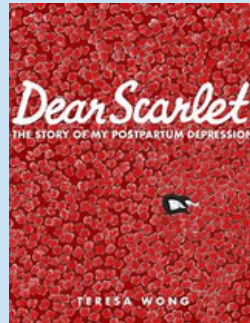
*Depression,
Suicide
attempt*



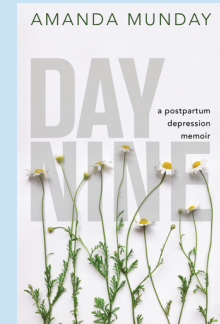
*Domestic
violence*



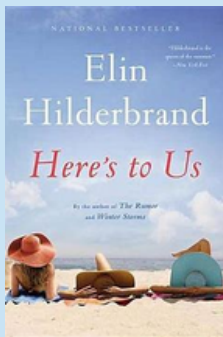
Anxiety



*Postpartum
Depression*



*Postpartum
Depression*



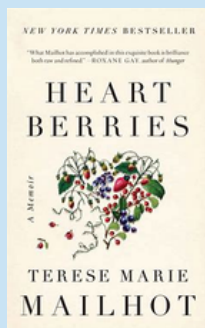
*Addiction,
Depression,
Suicide*



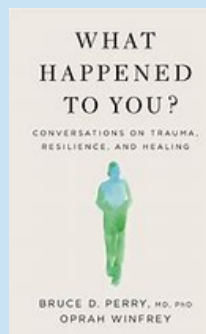
*Husband
with
depression*



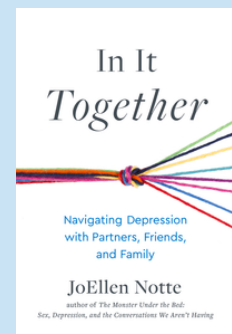
*Suicidal
ideation*



*PTSD,
Abuse,
Bipolar
disorder*



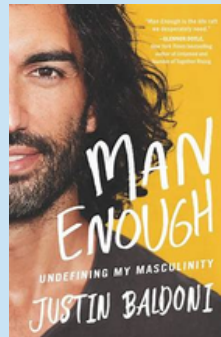
Trauma



Depression



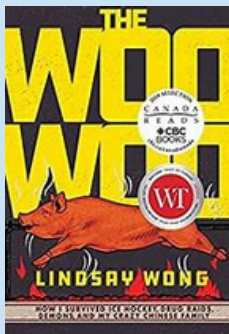
Addiction recovery



*Toxic
masculinity*



*Alcohol
addiction*



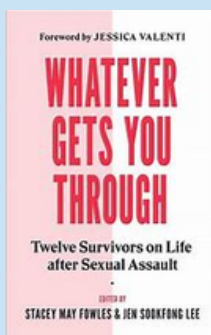
*Schizophrenia,
Immigration*



Schizophrenia



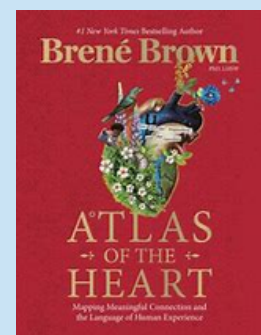
Grief



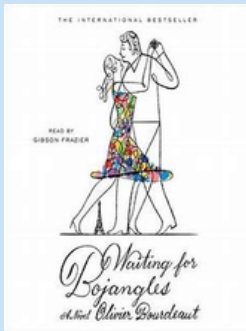
Sexual assault



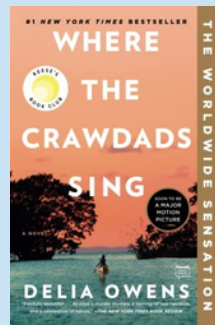
*Depression,
Anxiety*



*Depression,
Anxiety,
Connection*



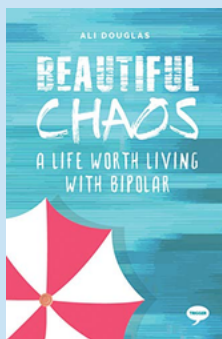
Mentally ill mother



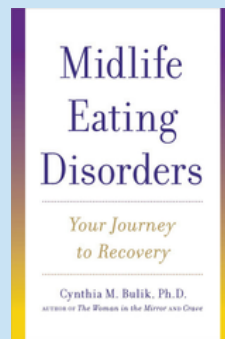
Trauma



Parent's guide to mental illness



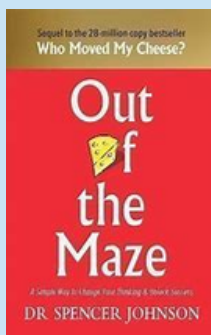
Bipolar disorder



Eating Disorders



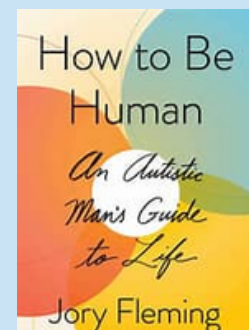
Paranoia, Postpartum psychosis



Anxiety



Schizophrenia



Autism

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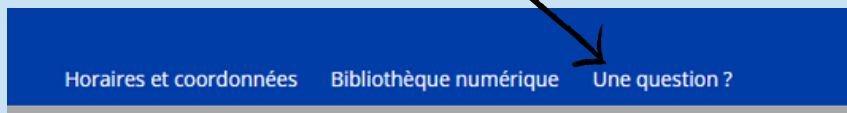
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