

Press Release

Library Strengthens Its Role As Stigma-Free Community Resource For People With Mental Illnesses.

Oradell, NJ, June 2, 2016: The Oradell Public Library is pleased to announce a significant increase in materials dedicated to providing information and support for those suffering from mental illness thanks to a generous donation from the Book and Needle Women's Club of Oradell.

The Book and Needle Women's Club of Oradell has partnered with the library to purchase items for both, the children and adult collection, on mental illnesses and mental health conditions. Topics include: bipolar disorder, anxiety, obsessive-compulsive disorder, anger issues, post-traumatic stress disorder, attention deficit hyperactivity disorder (ADHD), eating disorders and body dysmorphia, and prenatal and postnatal depression and anxiety. In addition, materials were added on coping with mental illnesses. These include guided meditation CDs, workbooks, books for children on what to expect when seeing a therapist, and books aimed to develop healthy self-images and stopping destructive behaviors. For children and teens, there are also books to help them understand what a parent or other loved one might be going through in their own struggles with mental illness. A full list will be available on the library's website, <http://oradell.bccls.org>.

The collection was developed jointly by the Oradell Public Library's Information Services Librarian and Youth Services Librarian with much consultation from established professionals and recognized resources, such as the National Alliance on Mental Illness (NAMI), which is the largest grassroots advocacy and support organization for those suffering from Mental Illness.

"Once we started linking these books to the catalog, requests popped up immediately from patrons. This showed us how great the need is for this type of information," said John J. Trause, Director of the Oradell Public Library.

One in five American adults experience a mental illness, yet more than half of these cases go untreated, resulting in devastating consequences. These consequences can include: unnecessary disability, unemployment, substance abuse, homelessness, inappropriate incarceration, and suicide.

The Book and Needle Women's Club of Oradell, with additional support from the Friends of the Oradell Public Library, also provided funding for a program that was held on October 19, 2015 at the library. The program brought in the New Jersey Mental Health Players, which is a highly successful, interactive community education program. The "Players" depicted realistic scenarios involving mental health issues. They provided the

audience with a dynamic way to receive basic education about mental illness and become sensitized to the stigma that is often associated with having mental health challenges.

About the Oradell Public Library:

The Oradell Public Library provides free and equitable access for its community's informational, educational, and recreational needs and interests. The library houses over 82,200 items for circulation or reference and a comprehensive database and electronic book collection through its membership in BCCLS, the Bergen County Cooperative Library System. Over 165,000 visitors visit the library annually, often to attend one of their over 400 programs.