



## Connectedness

### Recommended Reading

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Calloway, S. (2008). *Barriers to help-seeking for psychological distress among students attending a small rural university*. Ann Arbor, Michigan: ProQuest.

Chamberlain, J. (2004). Survey says: More Americans are seeking mental health treatment. *Monitor on Psychology*, 35(7), 17.

Help-seeking behavior in men and women with common mental health problems: cross-sectional study. (2005). *The British Journal of Psychiatry*, 186, 297-301.

Latour, S. M. & Rast, V. J. (2004, Winter). Dynamic followership: The prerequisite for effective leadership. *Air & Space Power Journal*. Retrieved from <http://www.airpower.maxwell.af.mil/airchronicles/apj/apj04/win04/latour.html>

Meilinger, P. S. (N.D.). *The ten rules of good followership: Concepts for Air Force leadership, 99-101*. Retrieved from [http://armynursecorps.amedd.army.mil/development/Ten\\_Rules\\_of\\_Good\\_Followership.pdf](http://armynursecorps.amedd.army.mil/development/Ten_Rules_of_Good_Followership.pdf)

Zoroya, G. (2013, July 3). Troops still wary of admitting mental health problems. *USA Today*. Retrieved from <http://www.usatoday.com/story/news/nation/2013/07/02/troops-suicides-mental-health-army-wars/2483135/>

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