



## Resource List for Families

### Mental Illness (General)

#### Books:

*How to Live With a Mentally Ill Person: A Handbook of Day-to-Day Strategies.* (1996). C. Adamec. New York: John Wiley & Sons.

*Helping Someone with Mental Illness.* (1999). R. Carter & S. Golant. New York: Times Books, Random House.

*Helping Yourself Help Others: A Book for Caregivers.* (1996). R. Carter & S. Golant. New York: Times Books, Random House.

*How to Cope with Mental Illness in Your Family: A Self-Care Guide for Siblings, Offspring, and Parents.* (1998). D.T. Marsh & R. Dickens. New York: Penguin USA.

*I'm Not Alone: A Teen's Guide to Living with a Parent Who Has a Mental Illness.* (2006). M. D. Sherman & D.M. Sherman. Edina, MN: Beaver's Pond Press. Available at [www.seedsofhopebooks.com](http://www.seedsofhopebooks.com)

*When Someone You Love Has a Mental Illness: A Handbook for Family, Friends, and Caregivers.* (2003). R. Woolis. New York: JP Tarcher.

#### Websites:

[www.nimh.nih.gov](http://www.nimh.nih.gov) - National Institute on Mental Health

[www.mentalhealth.com](http://www.mentalhealth.com) - Encyclopedia of mental health information

[www.nami.org](http://www.nami.org) - National Alliance on Mental Illness or 1-800-950-NAMI

[www.nmha.org](http://www.nmha.org) - National Mental Health Association or 1-800-969-NMHA

[www.allmentalhealth.samhsa.gov](http://www.allmentalhealth.samhsa.gov) - Substance Abuse and Mental Health Services – has special section on overcoming stigma

[www.psychologyinfo.com/problems](http://www.psychologyinfo.com/problems) - Psychology Information Online

## Post-Traumatic Stress Disorder (PTSD)

### Books:

*Courage After Fire: Coping Strategies for Returning Soldiers and Their Families.* (2005). K. Armstrong, S. Best, & P. Domenici. Berkeley, CA: Ulysses Press.

*Down Range: To Iraq and Back.* (2005). B. Cantrell & C. Dean. Washington: WordSmith Books.

*Trauma and Recovery: The Aftermath of Violence – From Domestic Abuse to Political Terror.* (Rev) (1997). J. Herman. New York: Basic Books.

*Recovering After the War.* (1990). P. Mason. New York: Penguin Books.

*Trust After Trauma: A Guide to Relationships for Survivors and Those Who Love Them.* (1988). A. Matsakis. Oakland, CA: New Harbinger.

*Vietnam Wives: Facing the Challenges of Life with Veterans Suffering from Post-Traumatic Stress Disorder.* (2<sup>nd</sup> ed.) (1998). A. Matsakis. Baltimore: Sidran Press.

*Post-Trauma Stress.* (2000). F. Parkinson. Tucson: Fisher Publishing.

*Finding My Way: A Teen's Guide to Living with a Parent Who Has Experienced Trauma.* (2005). M. D. Sherman & D.M. Sherman. Edina, MN: Beaver's Pond Press. Available at [www.seedsofhopebooks.com](http://www.seedsofhopebooks.com)

### Websites:

[www.ncptsd.org](http://www.ncptsd.org) - National Center for PTSD

[www.patiencepress.com](http://www.patiencepress.com) - Site with examples of the "Post-Traumatic Gazette"

[www.sidran.org](http://www.sidran.org) - Sidran Traumatic Stress Foundation

[www.trauma-pages.com](http://www.trauma-pages.com) -David Baldwin's Trauma Information Pages

[www.adaa.org](http://www.adaa.org) - Anxiety Disorders Association of America

## Depression

### Books:

*The Feeling Good Handbook.* (1999). D. Burns. New York: Viking Penguin.

*Restoring Intimacy: The Patient's Guide to Maintaining Relationships During Depression.* (1999). A.M. Clayton, D. Dunner et. al. Chicago: Depression & Bipolar Support Alliance.

*Depression Workbook.* (2<sup>nd</sup> ed.) (2002). M.E. Copeland & M. McKay. Oakland, CA: New Harbinger Publications.

*Understanding Depression: What We Know and What You Can Do About It.* (2002). J. R. DePaulo & L. A. Horvitz. New York: John Wiley & Sons.

*Depression and Bipolar Disorders: Everything You Need To Know.* (2002). V. Edwards. Ontario, Canada: Firefly Books, Limited.

*What To Do When Someone You Love Is Depressed: A Practical, Compassionate, and Helpful Guide for Caregivers.* (1998). S. & M. Golant. New York: Henry Holt and Co.

*Parenting Well When You're Depressed: A Complete Resource for Maintaining a Healthy Family.* (2001). J. Nicholson, A.D. Henry, J.C. Clayfield, & S.M. Phillips. Oakland, CA: New Harbinger.

*Overcoming Depression: The Definitive Resource for Patients and Families Who Live With Depression and Manic Depression.* (Rev.) (1997). D. & J. Papolos. New York: Harper Collins.

*When Someone You Love Is Depressed.* (1996). L. Rosen & X. Amador. New York: Free Press.

*How You Can Survive When They're Depressed: Living and Coping With Depression Fallout.* (1998). A. Sheffield. New York: Random House.

*I'm Not Alone: A Teen's Guide to Living with a Parent Who Has a Mental Illness.* (2006). M. D. Sherman & D.M. Sherman. Edina, MN: Beaver's Pond Press.  
Available at [www.seedsofhopebooks.com](http://www.seedsofhopebooks.com)

### Websites:

[www.depression.org](http://www.depression.org) - Comprehensive resources about the latest news and information about depression

[www.depressionfallout.com](http://www.depressionfallout.com) - Help for those that suffer the consequences of dealing with a clinically depressed loved one

[www.dbsalliance.org](http://www.dbsalliance.org) - Depression and Bipolar Disorder Alliance

[www.familyaware.org](http://www.familyaware.org) - Families for Depression Awareness

Support And Family Education:  
Mental Health Facts for Families  
Michelle D. Sherman, Ph.D.

**Phone Numbers:**

Depression and Bipolar Disorder Alliance 1-800-82-NDMDA  
National Suicide Hotline 1-800-999-9999

**Bipolar/Manic Depressive Disorder**

**Books:**

*The Bipolar Workbook: Tools for Controlling Your Mood Swings.* (2006). M.R. Basco. New York: Guilford.

*A Brilliant Madness: Living with Manic-Depressive Illness.* (1997). Patty Duke & G. Hochman. Bantam Books.

*Loving Someone With Bipolar Disorder.* (2004) J. Fast & J. Preston. Oakland, CA: New Harbinger Publications.

*The Bipolar Disorder Survival Guide: What You and Your Family Need To Know.* (2002). D. J. Miklowitz. New York: Guilford.

*Bipolar Disorder: A Guide for Patients and Families.* (1999). F.M. Mondimore. Baltimore: Johns Hopkins University Press.

*I'm Not Alone: A Teen's Guide to Living with a Parent Who Has a Mental Illness.* (2006). M. D. Sherman & D.M. Sherman. Edina, MN: Beaver's Pond Press.  
Available at [www.seedsofhopebooks.com](http://www.seedsofhopebooks.com)

*Surviving Manic Depression: A Manual on Bipolar Disorder for Patients, Families, and Providers.* (2005). E.F. Torrey & M.B. Knable. New York: Basic Books.

**Websites:**

[www.bipolarworld.net](http://www.bipolarworld.net) - Bipolar world, includes support and educational information

[www.dbsalliance.org](http://www.dbsalliance.org) - Depression and Bipolar Support Alliance

[www.mhsanctuary.com/bipolar](http://www.mhsanctuary.com/bipolar) - Bipolar disorder sanctuary contains information and support

**Phone Numbers:**

Depression and Bipolar Support Alliance 1-800-82-NDMDA

## Schizophrenia

### Books:

*The Family Intervention Guide to Mental Illness: What You Need To Know About Symptoms, Therapy, Medication, and Recovery.* (2007). B. Morey & K. Mueser. Oakland, CA: New Harbinger.

*The Complete Family Guide to Schizophrenia: Helping Your Loved One Get the Most Out of Life.* (2006). K. Mueser & S. Gingerich. New York: Guilford Press.

*I'm Not Alone: A Teen's Guide to Living With a Parent Who Has a Mental Illness.* (2006). M. D. Sherman & D.M. Sherman. Edina, MN: Beaver's Pond Press. Available at [www.seedsofhopebooks.com](http://www.seedsofhopebooks.com)

*Surviving Schizophrenia: A Manual for Families, Patients, and Providers.* (2006). E. Torrey. New York: Harper Collins Publishers.

### Websites:

[www.schizophrenia.com](http://www.schizophrenia.com) - Comprehensive resources about the latest news and information about schizophrenia

[www.schizophreniadigest.com](http://www.schizophreniadigest.com) - Journal providing inspiration and information about mental illness

## Substance Abuse

### Books:

*How Al-Anon Works for Families and Friends of Alcoholics.* (1995). Virginia Beach, VA: Al-Anon Family Group Headquarters.

*Codependent No More.* (1996). M. Beattie. San Francisco: Hazeldon.

*Getting Them Sober.* (3<sup>rd</sup> ed). (1998). T. R. Drews. Baltimore, MD: Recovery Communications, Inc.

### Websites:

[www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org) - Online Recovery AA Resources

[www.al-anon.alateen.org](http://www.al-anon.alateen.org) - Al-Anon Family Group Headquarters

### Phone Numbers:

Al-Anon Meeting Information

1-888-425-2666 (888-4AL-ANON)

Support And Family Education:  
Mental Health Facts for Families  
Michelle D. Sherman, Ph.D.

## Anxiety Disorders

### Books:

*Mastery of Your Anxiety and Panic II.* (1994). D.H. Barlow & M.G. Craske. Academic Press.

*The Anxiety and Phobia Workbook.* (2005). E. J. Bourne. Oakland, CA: New Harbinger.

*The Sky Is Falling: Understanding and Coping with Phobias, Panic, and Obsessive-Compulsive Disorders.* (1996). R. Dumont. New York: W.W. Norton & Co., Inc.

### Websites:

[www.adaa.org](http://www.adaa.org) - Anxiety Disorders Association of America: resources for consumers and professionals

[www.freedomfromfear.org](http://www.freedomfromfear.org) - Freedom From Fear – includes overview of anxiety disorders and depression

## Personality Disorders

### Books:

*New Hope for People with Borderline Personality Disorder: Your Friendly, Authoritative Guide to the Latest in Traditional and Complementary Solutions.* (2002). N.R. Bockian & N.E. Villagran. New York: Random House.

*The Borderline Personality Disorder Survival Guide.* (2008). A. Chapman & K. Gratz. Oakland, CA: New Harbinger.

*I Hate You – Don't Leave Me.* (1991). J. Kreisman. New York: William Morrow & Co.

*Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder.* (1998). P.T. Mason & R. Kreger. Oakland, CA: New Harbinger.

*Lost in the Mirror: An Inside Look at Borderline Personality Disorder.* (Rev.) (2001). R. Moskowitz. Dallas: Taylor Publishing.

### Websites:

[www.BPDCentral.com](http://www.BPDCentral.com) - Borderline Personality Disorder Web Site

[personalitydisorders.mentalhelp.net](http://personalitydisorders.mentalhelp.net) - Mental Help Net – Personality disorders

## For Children

*Why Are You So Sad? A Child's Book About Parental Depression.* (2002). B Andrews. Washington, D.C.: Magination Press, American Psychological Association.

*Tell Me a Story, Paint Me the Sun: When a Girl Feels Ignored by Her Father.* (1991). R. Chaplan. New York: Magination Press. American Psychological Association. (illustrated book describing a young girl whose father is depressed).

*Wishing Wellness: A Workbook for Children of Parents with Mental Illness.* (2006). L.A. Clarke. Washington, D.C.: Magination Press.

*Daddy, You're My Hero! // Mommy, You're My Hero!* (2005). M. Ferguson-Cohen. Little Redhaired Girl Publishing (illustrated books for children coping with a parent's military deployment).

*Please Don't Cry, Mom.* (1993). H. Denboer. Minneapolis, MN: Carolrhoda Books, Inc.. (illustrated book depicting young boy's experience of his mother's recurrent major depression).

*Bart Speaks Out: Breaking the Silence on Suicide.* (1998). L. Goldman. Los Angeles: Western Psychological Services. (the family dog talks about his feelings when its owner commits suicide) (Currently available only through Western Psychological Services, 800-648-6857).

*Sad Days, Glad Days.* (1995). D. Hamilton. Morton Grove, IL: Albert Whitman & Co., Inc.. (illustrated book telling of young girl's experience of her mother's recurrent depression).

*Understanding Mental Illness for Teens Who Care About Someone With a Mental Illness.* (1989). J. Johnson. Minneapolis: Lerner Publications.

*Wish Upon a Star: A Story for Children with a Parent Who is Mentally Ill.* (1991). P. Laskin & A. Moskowitz. Washington, D.C.: American Psychological Association.

*Finding My Way: A Teen's Guide to Living with a Parent who Has Experienced Trauma.* (2005). M. D. Sherman & D.M. Sherman. Edina, MN: Beaver's Pond Press. Available at [www.seedsofhopebooks.com](http://www.seedsofhopebooks.com)

*I'm Not Alone: A Teen's Guide to Living With a Parent who Has a Mental Illness.* (2006). M. D. Sherman & D.M. Sherman. Edina, MN: Beaver's Pond Press. Available at [www.seedsofhopebooks.com](http://www.seedsofhopebooks.com)

*Daddy Doesn't Have To Be a Giant Anymore.* (1996). J. Thomas. Boston: Houghton Mifflin Company. (illustrated book describing young girl's experience of her father's alcoholism, including a confrontation).

## **Autobiographies**

### **Depression**

*Undercurrents: A Therapists' Reckoning with Her Own Depression.* (1998). M. Manning. San Francisco: Harper. (personal experience of depression)

*In the Jaws of the Black Dogs: A Memoir of Depression.* (1999). J. B. Mays. New York: Harper Collins Publishers.

### **Bipolar / Manic Depressive Disorder**

*Riding the Roller Coaster: Living with Mood Disorders.* (1999). M. Bergen. Kellowna, B.C., Canada: Northstone Publishing. (personal experience of bipolar disorder)

*We Heard the Angels of Madness: One Family's Struggle with Manic Depression* (1992). D. Berger & L. Berger. New York: William Morrow.

*An Unquiet Mind: A Memoir of Moods and Madness.* (1995). K.R. Jamison. New York: Knopf. (personal experience of bipolar disorder)

*His Bright Light: The Story of Nick Traina.* (1998). Danielle Steele. Dell Publishers (now Bantam Dell Publishing, part of Random House). (mother's experience of son with bipolar disorder)

*Journey Not Chosen: Destination Not Known: Living With Bipolar Disorder.* (2001). M. Worthen. Atlanta: August House Publishers. (personal experience of bipolar disorder)

### **Schizophrenia**

*Tell Me I'm Here.* (1992). A. Deveson. New York: Penguin Group. (mother's experience of son with schizophrenia)

*My Mother's Keeper: A Daughter's Memoir of Growing Up in the Shadow of Schizophrenia.* (1997). T. and J. Holley. New York: William Morrow.

*The Outsider: A Journey into My Father's Struggle with Madness.* (2000). N. Lachenmeyer. New York: Broadway Books (Random House, Inc.). (son's experience with his father's schizophrenia)

*The Quiet Room: A Journey out of the Torment of Madness.* (1996). L. Schiller & A. Bennett. Grand Central Publishing. (personal experience of schizophrenia)

*The Day the Voices Stopped: A Memoir of Madness and Hope.* (2001). K. Steele and C. Berman. New York: Basic Books (Perseus). (personal experience of schizophrenia)

### **Substance Abuse**

*Getting Better: Inside Alcoholics Anonymous.* (2000). N. Robertson. IUniverse. (alcoholism)



## Other Helpful Websites

[www.caregiver.org](http://www.caregiver.org) - Family Caregiver Alliance

[www.psych.org](http://www.psych.org) - American Psychiatric Association

[www.safemedication.com](http://www.safemedication.com) - Provides easy-to-understand information about medications

[www.supportpath.com](http://www.supportpath.com) - Support groups and chat rooms for patients and family members

[www.healthyplace.com](http://www.healthyplace.com) - Communities/support groups regarding mental illness

[www.va.gov](http://www.va.gov) - United States Department of Veterans Affairs