



mental health awareness reading list

addiction

- Addictive Thinking: Understanding Self-Deception, Abraham Twerski
- Broken: My Story of Addiction and Redemption, William Cope Moyers
- Drinking: A Love Story, Caroline Knapp
- Moments of Clarity: Voices from the Front Lines of Addiction and Recovery, Christopher Kennedy Lawford

anxiety

- 100 Questions & Answers About Anxiety, Khleber Atwell
- Change Your Brain, Change Your Mind, Daniel G. Amen MD
- The Anxiety and Phobia Workbook, Edmund Bourne

bipolar disorder

- An Unquiet Mind: A Memoir of Moods and Madness, Kay Redfield Jamison
- Bipolar Disorder: A Guide for Patients and Families, Francis Mondimore
- The Bipolar Disorder Survival Guide: What You and Your Family Need to Know, David Miklowitz

chronic pain

- Guided Meditation Practices with Audio CD, Mark Williams and Jon Kabat-Zinn
- Living with It Daily: Meditations for People with Chronic Pain, Patricia Nelson
- Pain Recovery: How to Find Balance and Reduce Suffering from Chronic Pain, Mel Pohl
- The Mindfulness Solution to Pain: Step-by-Step Techniques for Chronic Pain Management, Jackie Gardner-Nix
- The Pain Survival Guide: How to Reclaim Your Life, Dennis Turk

depression

- 100 Questions & Answers About Depression, Ava Albrecht
- Monochrome Days: A Firsthand Account of One Teenager's Experience with Depression, Cait Irwin
- The Noonday Demon: An Atlas of Depression, Andrew Solomon
- On the Edge of Darkness: Conversations About Conquering Depression, Kathy Cronkite

eating disorders

- 100 Questions & Answers About Anorexia Nervosa, Sari Shepphird
- Binge No More: Your Guide to Overcoming Disordered Eating, Joyce Nash
- Life Without ED: How One Woman Declared Independence from Her Eating Disorder and How You Can Too, Jenni Schaefer



mindfulness

- Five Good Minutes - 100 Morning Practices to Help You Stay Calm and Focus All Day Long, Jeffrey Brantley and Wendy Millstine
- The Mindful Way Through Depression, Mark Williams
- The Miracle of Mindfulness, Thich Nhat Hanh
- Wherever You Go There You Are, Jon Kabat-Zinn

post-traumatic stress disorder

- Once a Warrior, always a Warrior: Navigating the Transition from Combat to Home, Including Combat Stress, PTSD, and TBI, Charles W. Hoge
- The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress, Mary Beth Williams
- Waking the Tiger: Healing Trauma: The Innate Capacity to Transform Overwhelming Experiences, Peter A. Levine

schizophrenia

- Ben Behind His Voices: One Family's Journey from the Chaos of Schizophrenia to Hope, Randy Kaye
- The Center Cannot Hold: My Journey through Madness, Elyn Saks
- The Day the Voices Stopped: A Memoir of Madness and Hope, Ken Steele

suicide

- After Suicide: A Ray of Hope for Those Left Behind, E. Betsy Ross
- Dying to Be Free: A Healing Guide for Families After a Suicide, Bev Cobain
- Sanity & Grace: A Journey of Suicide, Survival and Strength, Judy Collins
- Why Suicide? Questions and Answers About Suicide, Suicide Prevention, and Coping with the Suicide of Someone you Know, Eric Marcus
- For additional Suicide Loss books and resources, visit the [American Foundation for Suicide Prevention](#).

For additional mental health reading lists, you can visit [NAMI Southwest CT](#).

Thank you to our friends at Silver Hill for providing us with this curated list.



teens and family

- [Beyond the Blues: A Workbook to Help Teens Overcome Depression](#), Lisa Schab
- [Bipolar Teen: What You Can Do to Help Your Child and Your Family](#), David Jay Miklowitz
- [Chasing the High: A Firsthand Account of One Young Person's Experience with Substance Abuse](#), Kyle Keegan
- [Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and Get Along with Others](#), Shari Van Dijk
- [Eight Stories Up: An Adolescent Chooses Hope Over Suicide](#), DeQuincy Lezine
- [Help Your Teenager Beat an Eating Disorder](#), James Lock
- [Helping Teens Who Cut: Understanding and Ending Self-Injury](#), Michael Hollander
- [If Your Adolescent Has an Anxiety Disorder: An Essential Resource for Parents](#), Edna Foa
- [If Your Adolescent Has an Eating Disorder: An Essential Resource for Parents](#), B. Timothy Walsh
- [It Gets Better: Coming Out, Overcoming Bullying, and Creating a Life Worth Living](#), Dan Savage
- [Me, Myself, and Them: A Firsthand Account of One Young Person's Experience with Schizophrenia](#), Kurt Snyder
- [Monochrome Days: A Firsthand Account of One Teenager's Experience with Depression](#), Cait Irwin
- [Next to Nothing: A Firsthand Account of One Teenager's Experience with an Eating Disorder](#), Carrie Arnold
- [Shyness & Social Anxiety Workbook for Teens](#), Jennifer Shannon
- [Still Here with Me: Teenagers and Children on Losing a Parent](#), Suzanne Sjöqvist
- [Surviving Your Child's Adolescence: How to Understand and Even Enjoy the Rocky Road to Independence](#), Carl Pickhardt
- [Teens Under the Influence: The Truth About Kids, Alcohol, and Other Drugs; How to Recognize the Problem, and What to Do About It](#), Katherine Ketcham
- [The 4-1-1 On Surviving Teenhood: Helpful Tips for Parents](#), Michele Skafianos
- [The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry](#), Lisa Schab
- [The Bipolar Teen: What You Can Do to Help Your Child and Your Family](#), David J. Miklowitz
- [The Thought That Counts: A Firsthand Account of One Teenager's Experience with Obsessive-Compulsive Disorder](#), Jared Kant
- [12 Steps Unplugged: A Young Person's Guide to Alcoholics Anonymous](#), John Rosengren
- [What You Must Think of Me: A Firsthand Account of One Teenager's Experience with Social Anxiety Disorder](#), Emily Ford
- [Young, Sober & Free: Experience, Strength, and Hope for Young Adults](#), Shelly Marshall