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 Mediation 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 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, Randye 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