

A List of Mental Health Resources

compiled by Jane E. Vos

Learning that you or a loved one has a mental illness can be devastating. Your world is turned “upside down”. Finding support and resources can take months of research. In the meantime, it is easy to lose hope and feel alone. This collection of helpful resources has come together after 5 years of effort. We care about what you’re going through.

Books

1. [Broken Minds](#) by Steven and Robyn Bloem. Hope for Healing When You Feel Like You're Losing It. Christian viewpoint. Offers compassion to those who think their world is falling apart.
2. [I am Not Sick: I Don't Need Help!](#) by Xavier Amador. This doctor writes from the perspective of having a brother with schizophrenia.
3. [If Your Adolescent Has Schizophrenia](#) by Raquel E. Gur and Ann Braden Johnson.
4. [Schizophrenia : A Blueprint for Recovery](#) by Milt Greek. This man has schizophrenia and writes from his perspective. Very enlightening.
5. [HomeSchooling Children with Special Needs](#) by Sharon Hensley. This has lots of helpful resources which may help various folks in various situations, young and old.
6. [Same Lake Different Boat: Coming Alongside People Touched by Disability](#). Written by Stephanie Hubach. This comes as a book and a dvd set of 13 lectures/presentations. SUPER helpful for the families of those suffering. If I could afford it, I'd buy it for everyone in need of it!
7. [Look Me in the Eye: My Life with Aspergers](#) by John Elder Robison. First person account of a life of struggle. He was called a social deviant but in his 40's was diagnosed with Asperger's.
8. [Running with Scissors](#) by Augusten Burroughs. Dysfunctional, chaotic, psychiatric themes. This is apparently a memoir and a movie. ADULT themes according to a review I read - have not seen /read either. (a book and movie)
9. [Boundaries: When to Say YES, When to Say NO to Take Control of Your Life](#) by Henry Cloud and John Townsend
10. [The Lies We Believe](#) by Dr. Chris Thurman
11. [The 36 - Hour Day: A Family Guide to Caring for Persons with Alzheimer Disease, Related Dementing Illnesses, and Memory Loss](#) by Nancy L. Mace and Peter V. Rabins
12. [Call Me Anna](#) by Patty Duke. Autobiographical sketch of the actress's life and her journey with manic-depression..
13. [Brilliant Madness: Living with Manic Depressive Illness](#) by Patty Duke and Gloria Hochman. They write alternating chapters. Very insightful, informative and detailed. Talks about her treatment which included lithium.
14. [Forever: Why You Can't Live Without It](#) by Paul David Tripp. Having an eternal perspective will help you live for something bigger than yourself.
15. [Genius, Grief, and Grace: A Doctor Looks at Suffering and Success](#) by Dr. Gaius Davies. Case studies of Martin Luther, John Bunyan, William Cowper, Christina Rossetti, Amy Carmichael, C.S. Lewis, Martyn Lloyd-Jones and others. Anxiety, guilt, depression, doubt...
16. [An Unquiet Mind: A Memoir of Moods and Madness](#) by Kay Redfield Jamison. She is an authority on Manic-Depression who has also experienced it herself. (I can't wait to read it!)

17. [Too Bright to Hear, Too Loud to See](#) by Juliann Garey, a novel which addresses mental illness.
18. [Why do Christians Shoot Their Wounded? Helping \(not Hurting\) Those with Emotional Difficulties](#) by Dwight L. Carlson -- gives good facts/information about different illnesses and also talks specifically about how churches can help to reduce the stigma
19. [Codependent No More -- How to Stop Controlling Others and Start Caring for Yourself](#) by Melody Beattie -- this one is more about taking care of yourself if you are living with someone with a mental illness.
20. [Fragile Innocence: A Father's Memoir of His Daughter's Courageous Journey](#) by James Reston, Jr. This gal could not talk, read or understand much, but she touched people's lives.
21. [What If Your Blessings Come Through Raindrops](#) - by Laura Story
22. [Blessings](#) - by Laura Story
23. [His Bright Light](#) - by Danielle Steel

Films, Movies and Videos

When we use more than 1 of our 5 senses, we can be greatly affected. Watching a movie utilizes sight and sound for additional impact. See and hear these of journeys of life with various disabilities.

1. Movie - [What About Bob?](#)
2. Movie - [To Save a Life](#) - addresses teen suicide. PG-13. Christian producers.
3. Movie - [A Beautiful Mind](#). One of the most stunning films made.
4. Movie - [Rain Man](#)
5. Movie - [Fear Strikes Out](#). This is an older movie which very gently and carefully addresses depression. Mental illness is mentioned. The doctor in this movie is portrayed very compassionately.
6. Movie - [The Soloist](#)
7. Movie - [Temple Grandin](#). Temple has autism yet she develops a state of the art cow herding techniques, equipment, etc. Stunning.
8. Movie - [Lorenzo's Oil](#). This film traces a couple's search for a cure for their son's ALD. You definitely feel like you're part of the parents' frenzied search.
9. Movie - [Spitfire Grill](#) PG-13
10. Movie - [Silver Linings Playbook](#) by Matthew Quick - rated R. A man comes out of a psychiatric ward and tries to reconcile with his wife. He meets a woman with her own set of difficulties. Clearly portrays some of the symptoms of mental illness.
11. Movie - [Hunchback of Notre Dame](#) - addresses being shunned for deformities
12. Movie - [The Elephant Man](#) - addresses being shunned for deformities

Organizations

1. **National Alliance on Mental Illness** (NAMI) - I can't say enough good things about NAMI. The support groups are usually super helpful, providing **resources**, networking, and support. See nami.org
2. **Community Mental Health networks** - through NAMI, I have learned that the CMH networks often has **services** available that may not otherwise be available for many people. (examples: [Michigan](#))
3. Also, #'s 1 and 2 can provide info. about local educational classes/seminars to help consumers and families navigate through the challenges.
4. Step Central www.stepcentral.org Has sheltered workshop, work and volunteers opportunities for folks with mental illness and developmental disabilities.

Music

Music can be soothing to the soul. These songs offer a hopeful message. When we hurt, we want to know that we are taken seriously. We need to know someone cares. God is real. God knows. God has a plan.

1. Artist: [Lifehouse](#) [album - [Who We Are](#) (song: [Broken](#), video: Broken, song - [Storm](#))]
2. Artist: [Mercy Me](#) [album - [The Hurt and the Healer](#) (song - The Hurt and the Healer, song - To Whom it May Concern)]
3. Artist: [Sevenglory](#) [album - [Atmosphere](#) (song - [Even the Blues](#))]
4. Artist - [Tenth Avenue North](#) [album - [The Light Meets the Darkness](#) (song - [Healing Begins](#), song - [You Are More](#)), album - [The Struggle](#) (song - [Worn](#), song - [Strangers Here](#), song - [You Do All Things Well](#).)]
5. Artist: [Jeremy Camp](#) [album - [Stay](#) (song - [I Still Believe](#))]
6. Artist: [Bebo Norman](#) [album - [Bebo Norman](#) (song - [Pull Me Out](#), song - [A Million Raindrops](#)), album - [Between The Dreaming and the Coming True](#) (song - [Into The Day](#))]
7. Artist: [Bluetree](#) [album - [God of This City](#) (song - [Each Day](#))]
8. Artist: [Laura Story](#) [album - [Blessings](#) (song - [Blessings](#))]

Websites

Whether you have just a few minutes, or an hour, it's wonderful to have some informative websites at your fingertips.

1. **Suicide Prevention** - Out of the Darkness Walks - <https://www.afsp.org/out-of-the-darkness-walks> -- see also <https://www.lifesitenews.com/news/the-day-my-son-tried-to-commit-suicide>
2. **Bipolar Help** - <http://www.helpguide.org/home-pages/bipolar-disorder.htm>
3. **NAMI** (National Alliance on Mental Illness) - <http://www.nami.org/>
4. **Hope and Healing from Depression** (and suicide prevention for teenagers)- www.ucantbeerased.com
5. **Help for Families** - living with mental illness - www.chosenfamilies.org

***If you have a resource that has been useful and you would like us to consider including it on this list, email the information to: jane.vos@gmail.com

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