



SUGGESTED READING LIST

For up to date information visit www.save.org



DEPRESSION & OTHER BRAIN ILLNESSES

Adults:

- A Brilliant Madness** by Patty Duke
- An Unquiet Mind** by Kay Redfield Jamison
- Change Your Brain, Change Your Life** by Daniel G. Amen, M.D.
- Choosing To Live - How to Defeat Suicide Through Cognitive Therapy** by Thomas E. Ellis, Psy.D. & Cory F. Newman, Ph.D.
- Darkness Visible- A Memoir of Madness** by William Styron
- Depression Fallout** by Anne Sheffield
- Essential Guide to Psychiatric Drugs** by Jack M. Gorman, M.D.
- How You Can Survive When They're Depressed** by Anne Sheffield
- I Don't Want to Talk About It** by Terrence Real (*Great Resource for Men*)
- Illuminations, Shedding the Light on Depression** by Jack Stoltzfus, Ph.D.
- On the Edge of Darkness** by Kathy Cronkite
- Overcoming Depression** by Demitri Papolos, M.D. & Janice Papolos
- Questions & Answers about Depression and Its Treatment** by Ivan K. Goldberg, M.D.
- Regular & Decaf: One Friend with Schizophrenia, One Friend with Bipolar, One Cup at a Time** by Andrew D. Gadtke
- Surviving Schizophrenia, 6th Edition: A Family Manual** by E. Fuller Torrey, M.D.
- The Beast: A Reckoning with Depression** by Tracy Thompson
- The Broken Brain** by Nancy Andreasen, M.D.
- The Noonday Demon** by Andrew Solomon
- Triumph Over Fear** by Jerilynn Ross
- Understanding Depression - A Complete Guide to Its Diagnosis & Treatment** by Donald F. Klein, M.D. & Paul H. Wender, M.D.
- Undoing Depression - What Therapy Doesn't Teach You and Medication Can't Give You** by Richard O'Connor, Ph.D.
- When Going Through Hell....Don't Stop!** by Douglas Bloch
- You Mean I Don't Have to Feel This Way** by Collette Dowling
- Waking up: Deciding to Die, Choosing to Live** by Terry L. Wise

Children & Adolescents:

- Conquering the Beast Within: How I Fought Depression and Won..and How You Can, Too** by Cait Irwin (Youth and Adults)
- Depression in the Young – What We Can Do to Help Them** by Trudy Carlson
- Helping Your Depressed Child - A Reassuring Guide to the Causes & Treatments of Childhood & Adolescent Depression** by Lawrence L. Kearns, M.D.
- Helping Your Depressed Teenager - A Guide for Parents & Caregivers** by Gerald D. Oster, Ph.D. & Sarah S. Montgomery, MSW
- Hiding –** by Henry Turner
- It's Nobody's Fault - New Hope and Help for Difficult Children and Their Parents** by Harold S. Koplewicz, M.D.
- No One Saw My Pain - Why Teens Kill Themselves** by Andrew Slaby, M.D. & Lili Frank Garfinkel
- Sad Days, Glad Days: A Story about Depression** by DeWitt Hamilton (a story book for children about adult depression)
- When Nothing Matters Anymore: A Survival Guide for Depressed Teens** by Bev Cobain

SUICIDE

After Suicide by John Hewitt

Bart Speaks Out: Breaking the Silence on Suicide; an interactive storybook/workbook for children

by Linda Goldman, M.S.

Choosing To Live – How to Defeat Suicide Through Cognitive Therapy by Thomas E. Ellis, Psy.D. & Cory F. Newman, Ph.D.

Night Falls Fast: Understanding Suicide by Kay Redfield Jamison

Preventing Youth Suicide - A Handbook for Educators & Human Service Professionals by Marcia L. McEvoy & Alan W. McEvoy

Suicide Survivors' Handbook by Trudy Carlson

Suicide: Intervention & Therapy - Undoing the Forever Decision by Paul G. Quinnett

Suicide: The Forever Decision - For Those Thinking About Suicide, and For Those Who Know, Love, or Counsel Them by Paul G. Quinnett

Survivors of Suicide by Rita Robinson

Why Suicide? by Eric Marcus

The Power to Prevent Suicide: a guide for Teens Helping Teens by Richard E. Nelson, PhD and Judith C. Galas

Suicide, Why? By Adina Wroblewski

When Nothing Matters Anymore by Bev Cobain R.N., C.

How I Stayed Alive When My Brain was Trying to Kill Me: Person's Guide to Suicide Prevention by Susan Rose Blauner

GRIEF AFTER SUICIDE (some not specific to suicide)

A Grief Observed by C.S. Lewis

After Suicide by John Hewitt

Do They Have Bad Days in Heaven? by Michelle Linn-Gust (Surviving a Suicide Loss of a Sibling)

Eric's Story- Surviving a Son's Suicide by Sandra Underwood

Healing After the Suicide of a Loved One by Ann Smolin, C.S.W. and John Guinan, Ph.D.

Healing the Hurt Spirit by Catherine Greenleaf

Helping Children Grieve: When Someone They Love Dies by Theresa Huntley

Life is Goodbye, Life is Hello : Grieving Well Through All Kinds Of Loss by Alla Bozarth Campbell

Love Never Dies by Sandy Goodman (A Mother's Journey from Loss to Love)

My Son, My Son: A Guide to Healing After Death, Loss, or Suicide by Iris Bolton

Silent Grief: Living in the Wake of Suicide by Christopher Lukas

Suicide of a Child by Adina Wroblewski

Suicide: Survivors - A Guide for Those Left Behind by Adina Wroblewski

Talking about Death: A Dialogue between Parent and Child by Earl A. Grollman

The Grieving Child: A Parent's Guide by Helen Fitzgerald

The Suicide of My Son - A Story of Childhood Depression by Trudy Carlson

The Tender Land: A Family Love Story by Kathleen Finneran

Tragedy to Triumph by Reuel Nygaard

When Dinosaurs Die - A Guide to Understanding Death (a storybook for children) by Laurie Krasny Brown & Marc Brown

Dying to be Free by Bev Cobain

But I Didn't Say Goodbye by Barbara Rubel

No Time to Say Goodbye: Surviving the Suicide of a Loved One by Carla Fine

Touched by Suicide: Hope and Healing After Loss by Dr. Michael Myers and Carla Fine

Suicide Survivors' Club by Rebecca Anderson, Art by Laurie Phillips