

Websites

NAMI WEBSITES	
National Alliance for the Mentally Ill (NAMI)	www.nami.org/
NAMI Wisconsin	www.namiwisconsin.org/
NAMI Kenosha County	www.namikenosha.org/
NAMI Racine County	www.namiracinecounty.org/
GOVERNMENT WEBSITES	
ADA / Key Bridge Foundation	www.keybridge.org/
ADA Disability and Business Technical Assistance Center (DBTAC)	www.adata.org/
CDC – Mental Health	www.cdc.gov/mentalhealth/basics/mental-illness.htm
Mental Health.gov	www.mentalhealth.gov
National Center for PTSD	www.ptsd.va.gov/
National Institute of Mental Health	www.nimh.nih.gov/
National Institute on Alcohol Abuse and Alcoholism (NIAAA)	www.niaaa.nih.gov/
National Institute on Drug Abuse (NIDA)	www.drugabuse.gov/
Office of Disability, Aging, and Long-Term Care Policy	http://aspe.hhs.gov/office_specific/daltcp.cfm
Substance Abuse and Mental Health Services Administration (SAMHSA)	www.samhsa.gov
The Foundational Principles of Recovery	www.sirss.org/Publications/Principles%20of%20Recovery.pdf
The National Center on Sleep Disorders Research (NCSDR)	www.nhlbi.nih.gov/about/org/ncsdr
World Health Organization (WHO)	www.who.int/features/2005/mental_health/help/en/
LOCAL RESOURCES	
Aids Resource Center of Wisconsin (ARCW)	http://arcw.org/
Community Resource Card - Kenosha	www.kenoshacounty.org/DocumentCenter/View/3836
Counseling Services in Kenosha	www.kenoshacounty.org/DocumentCenter/View/1868
Grief Guide – Kenosha County	www.kenoshacounty.org/DocumentCenter/View/5377
Kenosha Achievement Center	http://thekac.com//
Kenosha Area Family and Aging Services	http://www.kafasi.org/home.html
Kenosha County Aging and Disability Resource Center	www.co.kenosha.wi.us/155/Aging-Disability-Resource-Center
Kenosha County Division of Children and Family Services	http://www.kenoshacounty.org/241/Children-Family-Services
Kenosha County Mental Health & Substance Abuse Resource Center	www.kenoshacounty.org/263/Mental-Health-Substance-Abuse
Kenosha County Mental Health Guide	www.kenoshacounty.org/DocumentCenter/View/3845
Kenosha County Mental Health Services	www.kenoshacounty.org/197/Mental-Health-Services
Kenosha County Suicide Prevention Coalition	http://kenoshacounty.org/945/Kenosha-County-Suicide-Prevention-Coalit
Kenosha Human Development Services	www.khds.org/
Society's Assets	https://societysassets.org/
Women's and Children's Horizons	www.wchkenosha.org/
PROFESSIONAL ASSOCIATIONS	
Addiction Center	www.addictioncenter.com/addiction/dual-diagnosis/
Addiction Guide	www.addictionguide.com/
Advanced Recovery Systems	www.advancedrecovery.com/co-occurring-disorders/
Al-Anon Family Groups	www.al-anon.alateen.org/
Alcoholics Anonymous	www.aa.org/
American Academy of Child and Adolescent Psychiatry	http://aacap.org/
American Academy of Child and Adolescent Psychiatry (AACAP)	www.aacap.org/

American Academy of Pediatrics Mental Health Initiatives	www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Mental-Health/Pages/default.aspx
American Art Therapy Association	www.americanarttherapyassociation.org/
American Association for Geriatric Psychiatry	www.gmhfonline.org/gmhf/
American Association for Marriage and Family Therapy (AAMFT)	www.aamft.org/
American Counseling Association (ACA)	www.counseling.org/
American Foundation for Suicide Prevention	www.afsp.org
American Mental Health Counselors Association (AMHCA)	www.amhca.org/
American Psychiatric Association (APA)	www.apa.org
American Psychological Association (APA)	www.apa.org/dHome
American Society of Addiction Medicine	www.asam.org/
Anxiety and Depression Association of America	www.adaa.org/
Association for Advancement of Behavior Therapy (AABT)	www.aabt.org/
AtHealth	www.athealth.com/
Bazelon Center for Mental Health Law	www.bazelon.org
BringChange2Mind	www.bringchange2mind.org/
DEPRESSION AND BIPOLAR SUPPORT ALLIANCE (DBSA)	www.dbsalliance.org/
DrugRehab	www.drugrehab.com/co-occurring-disorder/
Dual Recovery Anonymous	www.dualrecoveryanonymous.org/dra/history-of-dra
Erika's Lighthouse	www.erikaslighthouse.org
Federation of Families for Children's Mental Health (FFCMH)	www.ffcmh.org
Healthy Place	www.healthyplace.com/
Home Modifications for Special Needs Kids	www.homecity.com/creating-a-home-where-your-child-can-thrive-with-a-disability
International Association for Advancement of Psychosocial Rehabilitation Services (AAPRS)	www.iapsrs.org/
International Bipolar Foundation	http://ibpf.org/
Knowledge Exchange Network (KEN)	www.mentalhealth.org
Mental Health America	www.mentalhealthamerica.net/
Mental Health Forum	www.mentalhealthforum.net/
Narcotics Anonymous	www.na.org/
National Association of Anorexia Nervosa and Associated Disorders (ANAD)	www.anad.org/
National Coalition for Mental Health Recovery	www.ncmhr.org/
National Council for Behavioral Health	www.thenationalcouncil.org/
National Federation of Families for Children's Mental Health	www.ffcmh.org/
National Mental Health Association (NMHA)	www.nmha.org
National Resource Center on Psychiatric Advanced Directives	www.nrc-pad.org/
National Sleep Foundation	http://sleepfoundation.org/
National Suicide Prevention Lifeline	http://suicidepreventionlifeline.org/
Psych Central	https://psychcentral.com/
Reduce the Noise: Help Loved Ones with Sensory Overload Enjoy Shopping	www.retailmenot.com/blog/sensory-overload-while-shopping.html
RehabCenter	www.rehabcenter.net/dual-diagnosis-treatment-recovery/
Resources for Military Families	www.militaryfamily.org/info-resources/efmp-special-needs.html
Social Anxiety Association	http://socialphobia.org/
Suicide Prevention Resource Center	www.sprc.org
Teen Mental Health	www.teenmentalhealth.org
The Arc	www.thearc.org/
The Commission on Mental and Physical Disability Law	www.abanet.org/disability
The Mighty	https://themighty.com
Treatment Advocacy Center	www.treatmentadvocacycenter.org

Books

Book Title	Topic
Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential - Peg Dawson and Richard Guare	ADHD
Driven to Distraction (Revised): Recognizing and Coping with Attention Deficit Disorder - Edward M. Hallowell M.D. and John J. Ratey M.D.	ADHD
Proof of Heaven- Eben Alexander, MD	Afterlife
Shattered Rose (Winsor Series) (Volume 1) - T L Gray	Anorexia
Wasted Updated Edition: A Memoir of Anorexia and Bulimia (P.S.) - Marya Hornbacher	Anorexia and Bulimia
Brave Girl Eating: A Family's Struggle with Anorexia - Harriet Brown	Anorexia and Bulimia
Skinny: she was starving to fit in (False Reflections) (Volume 1) - Laura L. Smith	Anorexia and Bulimia
Hardcore Self Help: F**k Anxiety (Volume 1)- Robert Duff Ph.D.	Anxiety
Dare: The New Way to End Anxiety and Stop Panic Attacks - Barry McDonagh	Anxiety and Panic Attacks
The Anxiety and Phobia Workbook - Bourne PhD, Edmund J.	Anxiety, Phobias
An Unquiet Mind- Kay Redfield Jamison	Bipolar Disorder
Bipolar 101- Ruth White and John Preston	Bipolar Disorder
Beautifully Bipolar: An Inspiring Look Into Mental Illness - Callinan, Erin	Bipolar Disorder
Nothing was the Same- Kay Redfield Jamison	Bipolar disorder
Perfect Chaos- Linea and Cinda Johnson	Bipolar Disorder
Voices of Bipolar Disorder: The Healing Companion: Stories for Courage, Comfort and Strength (Voices Of series) - Richard Day Gore	Bipolar disorder
Touched with Fire- Kay Redfield Jamison	Bipolar disorder
Navigating the Space Between Brilliance and Madness: A Reader and Roadmap of Bipolar Worlds - Icarus Project	Bipolar disorder
Why Am I Still Depressed? Recognizing and Managing the Ups and Downs of Bipolar II and Soft Bipolar Disorder - Phelps, Jim	Bipolar disorder
The Bipolar Teen: What You Can Do to Help Your Child and Your Family - Miklowitz PhD, David J.	Bipolar disorder
Welcome to the Jungle: Everything You Ever Wanted to Know About Bipolar but Were Too Freaked Out to Ask - Smith, Hilary	Bipolar disorder
I Hate You--Don't Leave Me: Understanding the Borderline Personality - Jerold J. Kreisman and Hal Straus	Borderline Personality disorder
Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder - Paul Mason MS and Randi Kreger	Borderline Personality disorder
The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness Matthew McKay and Jeffrey C. Wood	Borderline Personality disorder
Brainspotting: The Revolutionary New Therapy for Rapid and Effective Change - Grand PhD, David	Brain healing
Feeling Good: The New Mood Therapy - David D. Burns	Depression
Lessons I Learned in the Dark- Jennifer Rothschild	Depression
The Noonday Demon: An Atlas of Depression - Andrew Solomon	Depression
The Shack - William Paul Young	Depression
Dealing with Depression Naturally : Alternatives and Complementary Therapies for Restoring Emotional Health - Baumel, Syd	Depression
The Depression Cure: The 6-Step Program to Beat Depression without Drugs - Stephen S. Ilardi	Depression
Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar--Your Brain's Silent Killers - Perlmutter, David	Depression
Brain Maker: The Power of Gut Microbes to Heal and Protect Your Brain--for Life - Perlmutter, David	Depression
Love Yourself Like Your Life Depends On It- Kamal Ravikant	Depression
Healing Depression & Bipolar Disorder Without Drugs: Inspiring Stories of Restoring Mental Health Through Natural Therapies - Guyol, Gracelyn	Depression, Bipolar disorder
The Dissociative Identity Disorder Sourcebook (Sourcebooks) - Deborah Haddock	Dissociative Disorder

Tweak: Growing Up on Methamphetamines – Nic Sheff	Drug Addiction
We All Fall Down: Living with Addiction –Nic Sheff	Drug Addiction
Beautiful Boy: A Father's Journey Through His Son's Addiction - David Sheff	Dual Diagnosis/Drug Addiction
Good Grief- Granger Westberg	Grieving and Loss
Times of Tragedy, Moments of Grace- John Baggett	Grieving and Loss
Tuesdays with Morrie- Mitch Albom	Life lessons
The Hypomaniac Edge: The Link Between (A Little) Craziess and (A Lot of) Success in America - Gartner, John D.	Mania
The Hypomania Handbook: The Challenge of Elevated Mood - Doran, Christopher M.	Mania
Crazy: A Father's Search Through America's Mental Health Madness – Pete Earley	Mania/Bipolar Disorder
Improving Mental Health: Four Secrets Hiding in Plain Sight - Dr. Lloyd I. Sederer	Mental Illness
Understanding Mental Disorders: Your Guide to DSM 5 (R) by American Psychiatric Association.	Mental Illness
Far From the Tree: Parents, Children and the Search for Identity - Andrew Solomon	Multiple including Schizophrenia
90 Minutes in Heaven- Don Piper	Near Death Experience
Brain Lock, Twentieth Anniversary Edition: Free Yourself from Obsessive-Compulsive Behavior - Jeffrey M. Schwartz	OCD
The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral - Jon Hershfield MFT	OCD
Emergence: Labeled Autistic- Temple Grandin	Panic Disorder
Man's Search for Meaning- Viktor Frankl	Psychiatry
Homefront (novel)- Kristen Hannah	PTSD
Tribe: On Homecoming and Belonging - Sebastian Junger	PTSD
The Complex PTSD Workbook: A Mind-Body Approach to Regaining Emotional Control and Becoming Whole - Arielle Schwartz	PTSD
The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma - Bessel van der Kolk M.D.	PTSD, Dissociative Disorder
Henry's Demons- Patrick and Henry Cockburn	Schizophrenia
Surviving Schizophrenia, 6th Edition: A Family Manual – E. Fuller Torrey	Schizophrenia
The Center Cannot Hold: My Journey Through Madness – Elyn R. Saks	Schizophrenia
Schizophrenia For Dummies - Levine, Jerome	Schizophrenia
Surviving Schizophrenia, 6th Edition: A Family Manual -Torrey, E. Fuller	Schizophrenia
I'm Not Sick, I Don't Need Help. How To Help Some One With Mental Illness Accept Treatment - Xavier Amador	Schizophrenia, Bipolar Disorder
The Last Lecture- Randy Pausch	Terminal disease, mental health

Magazines

1. Anxy Magazine (Anxiety and Depression) at anxymag.com
2. Advocate Magazine primarily features in-depth articles invited from experts in the mental health counseling field.
Amhca.org
3. Esperanza – Anxiety and Depression
4. BP – Bipolar Disorder
5. Doll Hospital Magazine - Doll Hospital is an art and literature print journal on mental health. Dollhospitaljournal.com
6. The Fix - <https://www.thefix.com>. On line magazine about addiction and recovery
7. Mental Health Weekly - <http://www.mentalhealthweeklynews.com>
8. Moods Magazine – Moodsmag.com
9. Open Minds – Poetry and Literature of Mental Health Recovery. Openmindsquarterly.com
10. Nous Magazine – nous-magazine.de (NOUS magazine is a Manchester based publication dedicated to conversations about mental illness.)
11. Psychology Today
12. Sane Magazine www.sanemag.com
13. Stigma Magazine – Canada publication
14. Scientific American Mind
15. States of Mind (SOM) Magazine - Created predominantly by and for consumers of mental health, States of Mind aims to give voice to those that are often silenced, and thus challenge misconceptions regarding mental health. Because although not everyone has mental illness, everyone has mental health. <http://mhaedu.org/states-of-mind/>
16. SZ Magazine - a digital publication published 4 times a year, available as a single issue or full-year subscription. Each issue contains information on the latest research, recovery techniques and real life examples of people who are living with and recovering from schizophrenia, schizoaffective and psychosis. From mentalwellnesstoday.com
17. The TMH Speaks ... Mags (SERIES) is available for purchase through TeenMentalHealth.org and Amazon. A series of 6 magazines designed to provide a quick overview of common mental illnesses for teens. Each resource includes associated supports & resources.

Movies – Entertainment

Visit https://en.wikipedia.org/wiki/Mental_disorders_in_film for more suggestions.

1. A Beautiful Mind
2. A Streetcar Named Desire
3. As Good As It Gets
4. Benny and Joon
5. Black Swan
6. Cake
7. Call Me Crazy
8. Depression: The Skeleton Twins
9. Donnie Darko
10. Fight Club
11. Girl Interrupted
12. I'm a Cyborg But That's OK
13. Infinitely Polar Bear
14. Inside Out
15. Jacobs Ladder
16. Lars and the Real Girl
17. Life is Beautiful
18. Little Miss Sunshine
19. Manic
20. Melancholia
21. Memento
22. Mr. Jones
23. One Flew Over The Cuckoos Nest
24. Perks of Being a Wallflower
25. Prozac Nation
26. Rain Man
27. Running With Scissors
28. Shutter Island
29. Silver Linings Playbook
30. Snow Cake
31. Syndoché, New York
32. Temple Grandin
33. The Affect of Gamma Rays On The Man In The Noon Marigolds
34. The Fisher King
35. The Machinist
36. They Look Like People
37. Touched With Fire
38. What About Bob?
39. What's Eating Gilbert Grape

Movies – Documentary

Visit https://en.wikipedia.org/wiki/Category:Documentary_films_about_mental_health for more suggestions.

1. A Boy's Life
2. A Brilliant Madness (Schizophrenia) – PBS
3. A Summer In The Cage
4. Back From The Edge
5. Bellevue Inside Out
6. Bipolarized
7. Child of Rage
8. Darkness and Hope: Depression, Sports, and Me
9. DEPRESSION: Out of the Shadows - PBS
10. Feed your head
11. Free the mind +
12. Healing homes *
13. How Mad Are You?
14. How Does The Brain Work (PBS)
15. Love & Mercy
16. Masks of Madness*
17. Men Get Depression
18. Mental Health Channel.tv – Stories of The Mind
19. Numb
20. OC87: The Obsessive Compulsive, Major Depression, Bipolar, Asperger's Movie
21. Of two minds +
22. Ride The Tiger (Bipolar Disorder) 0 PBS
23. Stephen Fry: The Secret Life of The Manic Depressive
24. Take these broken wings *
25. The Bridge
26. The Dr who hears voices *
27. The Misunderstood Epidemic: Depression.
28. The Open Dialogue Approach *
29. The Secret Life of The Brain (PBS Home Video) by David Grubin
30. Unlisted: A Story of Schizophrenia
31. Voices - A Story about the Human and Untold Stories of Psychosis – PBS
32. When Medicine Got It Wrong
33. You can heal your life *

- The movies followed by an * can be seen on youtube for free.
- Those followed by a + can be found on Netflix. -

Music – Songs About Mental IllnessList from <https://www.lyricinterpretations.com/categories/songs-about-mental-illness>

1. 19th Nervous Breakdown- Rolling Stones, The
2. 21st Century Schizoid Man -King Crimson
3. 3 a.m. - Matchbox 20
4. 4st 7lb - Manic Street Preachers
5. A Manic Depressive Named Laughing Boy -Modest Mouse
6. Absolutely Bill's Mood -They Might Be Giants
7. Alcohol -Barenaked Ladies
8. All of Me -John Legend
9. All the Madmen -David Bowie
10. Animal I Have Become -Three Days Grace
11. Asylum -Disturbed
12. Ballad of Dwight Fry -Alice Cooper
13. Basket Case -Green Day
14. Bleed Like Me- Garbage
15. Blut Royale - Combichrist
16. Boris the Spider - Who, The
17. Brain Damage - Pink Floyd
18. Brain Damage -Eminem
19. Breathe Me - Sia
20. Brian Wilson - Barenaked Ladies
21. Comfortably Numb -Pink Floyd
22. Coming Undone wit It -Korn
23. Crazy -Gnarls Barkley
24. Crazy -Seal
25. Crazy-Barenaked Ladies
26. Crazy Train -Ozzy Osbourne
27. Destroyer - Kinks, The
28. Die Die My Darling - Metallica
29. Disturbia - Rihanna
30. Don't Let Me Get Me-Pink
31. Dull Boy -Mudvayne
32. Ellsworth -Rascal Flatts
33. Emulate -Obie Trice
34. Every Breath You Take -Police, The
35. Feathers - Coheed And Cambria
36. Figure 0.9 -Linkin Park
37. Flagpole Sitta -Harvey Danger
38. Flash Delerium -MGMT
39. Frayed Ends of Sanity -Metallica
40. Girl on the Verge -Sarah Hudson
41. Given Up -Linkin Park
42. Gotta Get Away-Offspring, The
43. Hammer Smashed Face-Cannibal Corpse
44. Headfirst for Halos -My Chemical Romance
45. Hide in your Shell -Supertramp
46. Hopeless Bleak Despair -They Might Be Giants
47. HRSA- Blue October
48. I Wanna Be Sedated- Ramones, The

49. I'll Be That Girl -Barenaked Ladies
50. I'm Going Slightly Mad -Queen
51. Insane -Eminem
52. Insane -Scars on Broadway
53. Joey -Concrete Blonde
54. Johnny - System of a Down
55. Lithium - Nirvana
56. Lithium - Evanescence
57. Little Black Submarines- Black Keys, The
58. Longview -Green Day
59. Losing My Mind - Weezer
60. Manic Depression - Jimi Hendrix
61. Me Inside - Slipknot
62. Mein Teil - Rammstein
63. Mental -Eels
64. Mentally Yours - Savatage
65. Metanoia -MGMT
66. Misunderstood -Wilco
67. Monster -Skillet
68. Monster - Imagine Dragons
69. Mother's Little Helper -Rolling Stones, The
70. My Darling -Eminem
71. Natalie Marie and 1 CC -Spill Canvas, The
72. Needle in the Hay -Elliot Smith
73. No Rain -Blind Melon
74. On a Plain - Nirvana
75. One Step Closer-Linkin Park
76. Open Wounds -Skillet
77. Ophelia -Natalie Merchant
78. Panic Attack -Dream Theater
79. Paper Bag -Fiona Apple
80. Paranoid -Black Sabbath
81. Pressure -Billy Joel
82. Psycho -System of a Down
83. Psycho -Puddle of Mudd
84. Psycho Killer -Talking Heads
85. Rapture -Hurt
86. Retarded Disfigured Clown -Blue October
87. Round Here- Counting Crows
88. Say Something -A Great Big World
89. Schizophrenia -Blue October
90. See The Constellation -They Might Be Giants
91. She Misses Him -Tim Rushlow
92. Shine On You Crazy Diamond -Pink Floyd
93. Skinny -Filter
94. Skinny Love -Birdy
95. Soul to Squeeze -Red Hot Chili Peppers
96. Split Personality- Pink
97. Stan -Eminem
98. Still Crazy After All These Years- Paul Simon
99. Stockholm Syndrome -Muse

- 100.Straw Hat And Old Dirty Hank -Barenaked Ladies
- 101.Sunny Came Home -Shawn Colvin
- 102.The Apple -Eminem
- 103.The Bird and the Worm -Used, The
- 104.The Kill -30 Seconds To Mars
- 105.The Man Who Sold The World -Nirvana
- 106.The Monster -Eminem
- 107.The Real Me -Who, The
- 108.The Right to Go Insane -Megadeth
- 109.The Sun is Rising -Britt Nicole
- 110.They're Coming To Take Me Away, Ha-Haaa! Napoleon XIV
- 111.This is Where It Ends -Barenaked Ladies
- 112.Thorazine Shuffle -Savatage
- 113.Til My Head Falls Off Til -They Might Be Giants
- 114.Too Much on My Mind -Kinks, The
- 115.Tourettes -Nirvana
- 116.Unwell -Matchbox 20
- 117.Voices -Disturbed
- 118.War on Drugs -Barenaked Ladies
- 119.Warrior -Demi Lovato
- 120.Welcome Home (Sanitarium) -Metallica
- 121.Welcome to the Congregation -Alice Cooper
- 122.What Makes You Beautiful -One Direction
- 123.Whiskey Man -Who, The
- 124.White Coats - Foxes
- 125.Who Can It Be Now -Men At Work
- 126.Who Needs Sleep? -Barenaked Ladies
- 127.Why Must I Be Sad? Why Must I Be Sad? -They Might Be Giants
- 128.Yer Blues -Beatles
- 129.You May Be Right -Billy Joel
- 130.Your Evil Soul -Spill Canvas, The
- 131.Your Sword Verses My Dagger -Silverstein
- 132.Zak and Sara - Ben Folds
- 133.Zoloft -Ween