

Mental Health Books

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Mental Illness and the Church

1. Troubled Minds: Mental Health and the Church's Mission (Amy Simpson)
2. Mental Health and the Church: A Ministry Handbook for Including Families Impacted by Mental Illness (Stephen Grcevich, MD)
3. Blessed Are the Crazy: Breaking the Silence of Mental Illness (Sarah Griffith Lund)
4. Grace for the Afflicted: A Clinical and Biblical Perspective on Mental Illness (Matthew S. Stanford)
5. Christ on the Psych Ward: Reflections on the Intersections Among Mental Health, Faith and Ministry (Daid Finnegan-Hosey)

Help for Adults and Those They Care About

1. Breaking Free from Stress: How to Find Peace When Life's Pressures Overwhelm You (Linda Mintle, PhD)
2. Breaking Free From Anger and Unforgiveness: A Biblical Strategy to Conquer Destructive Reactions (Linda Mintle, PhD)
3. When Someone You Love is Depressed: How to Help Your Loved One without Losing Yourself (Laura Epstein Rosen)
4. When Someone You Love Has a Mental Illness: A Handbook for Family, Friends and Caregivers (Rebecca Woolis, MFT)
5. I am Not Sick, I Don't Need Help: How to Help Someone with Mental Illness Accept Treatment (Xavier Amador, PhD)
6. Depression, Anxiety and Other Things we Don't Want to Talk About (Ryan Casey Waller-Pastor, Therapist and co-sufferer)
7. Saving Ourselves from Suicide - Before and After: How to Ask for Help, Recognize Warning Signs, and Navigate Grief (Linda Pacha)
8. When Your Adult Child Breaks Your Heart: Coping with Mental Illness, Substance Abuse, and Problems that Tear Families Apart (Joel Young, MD)

For Parents

1. Growing Up Brave: Expert Strategies for Helping Your Child Overcome Read, Stress and Anxiety (Donna B. Pincus, PhD)
2. The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind (Daniel J Siegel, MD and Tina Payne Bryson, PhD)
3. No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind (Daniel J. Siegel, MD and Tina Payne Bryson, PhD)
4. How to Talk So Your Kids will Listen and Listen So Your Kids will Talk (Adele Faber and Elaine Mazlish)

For Teens

1. Living On the Edge, How to Fight and Win the Battle for your Heart and Mind (Gary Roe)
2. Anxiety: I'm SO DONE with You!: A Teen's Guide to Ditching Tonic Stress and Hardwiring Your Brain for Happiness (Jodi Aman)

For Children

1. Right Now I Am Brave: Help children manage fear, anxiety, worry and low mood (Daniella Owen)
2. Right Now I Am Fine: Help children deal with stress and anxiety and learn a calming routine (Daniella Owen)
3. Sometimes I'm Anxious: A Child's Guide to Overcoming Anxiety (Poppy O'Neil)
4. Anger Management Workbook for Kids: 50 Fun activities to help children stay calm and make better choices when they feel MAD.(Samantha Snowden, MA)
5. I Choose to Calm My Anger: managing anger and difficult emotions (Elizabeth Estrada)
6. A Hug From Heaven: help a child deal with grief (Anna Whiston-Donaldson)
7. Mommy Stayed in Bed This Morning: affect of mother's depression on family (Mary Weaver)

8. The Color Thief: A Family's Story of Depression (Andrew Fusek Peters)
9. Sad Days, Glad Days: A Story about depression (DeWitt Hamilton)
10. Why Are You So Sad?: A book about parental depression (Beth Andrews)