Family Resource Center

Recommended Books

(Books are organized by category)

**About Mental Illness**


**ADD/ADHD**


**Adolescent/Teen**


### Alzheimer’s/Dementia/Geriatric


Family Resource Center

Recommended Books

(Book are organized by category)


Anxiety/Phobias/Panic Disorders


Bipolar Disorder


Smith, H. (2010). Welcome to the jungle: Everything you wanted to know about Bipolar but you were too freaked out to ask. Canada: Conari Press.

Compulsive Hoarding


Family Resource Center

Recommended Books

(Book are organized by category)


**Depression**


**Dissociative Disorders**


**Eating Disorders**


Recommended Books

(Book are organized by category)


Family and Mental Illness


First Episode Psychosis


**Grief**


**Health & Wellness**

Clements, P. (2012). *How to boost your energy: 55 amazing truths about nutrition, exercise, sleep, life organization, and stress relief that will keep you energized all day*. Amazon Digital Services, Inc.


**L.G.B.T.Q. (lesbian, gay, bisexual, transgendered, questioning)**


Recommended Books

(Book categories are organized by category)

**OCD**


**Personality Disorders**


**Post-Traumatic Stress Disorder (PTSD)**

Family Resource Center
Recommended Books

(Book are organized by category)


**Schizophrenia**


Delisi, L. E. (2009). *100 questions and answers about schizophrenia: Painful minds.* Sudbury, MA: Jones and Bartlett Publishers, LLC.


Family Resource Center

Recommended Books

(Books are organized by category)

**Substance Abuse**


Wales, V. (2011). *My beautiful daughter: An inspirational story about a daughter’s fight to conquer her drug addiction through the eyes of her mother*. Bloomington, IN: Author House.

**Suicide**


**Trichotillomania**


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