

RESOURCE ROOM
BOOK LIST A-Z

BOOKS	
A New Day, A New L: A Guided Journal (with DVD)	
Addiction: Cunning, Baffling and Powerful	
Addictive Personality (Teen Mental Health)	
Alcoholics Anonymous - Big Book 4th Edition	
Alcoholics Anonymous - Little Book 4th Edition	5
An Unquiet Mind: A Memoir of Moods and Madness	
Anger and Anger Management (Teen Mental Health)	
Angry Heart, The : Overcoming Borderline and Addictive Disorders: An Interactive Self-Help Guide	
At Wit's End: What you Need to Know When a Loved One Is Diagnosed with Addiction and Mental Illness	
Believing in Myself: Self Esteem Daily Mediations	
Bipolar Disorder for Dummies	
Bipolar Disorder, Second Edition: A Family-Focused Treatment Approach	
Bipolar Disorder Survival Guide, The: What You and Your Family Need to Know	
Bipolar Disorder: A Guide for Patients and Families (2nd Edition)	
Bipolar Disorder: A Guide for Patients and Families (2nd Edition)	
Bipolar Handbook,The: Real-Life Questions with Up-to-Date Answers	

RESOURCE ROOM
BOOK LIST A-Z

Bipolar Workbook, The : Tools for Controlling Your Mood Swings	
Borderline Personality Disorder Demystified: An Essential Guide for Understanding and Living with BPD	
Borderline Personality Disorder: Meeting the Challenges to Successful Treatment (Social Work in Mental Health)	
Borderline Personality Disorder Survival Guide, The	
Borderline Personality Disorder, The Essential Family Guide to : New Tools and Techniques to Stop Walking on Eggshells	
Borderline Personality Disorder: The Facts	
Break the Bipolar Cycle: A Day-by-Day guide to Living with Bipolar Disorder	
Brilliant Madness, A : Living with Manic Depressive Illness	
Center Cannot Hold, The: My Journey Through Madness	
Cognitive-Behavioral Therapy for Bipolar Disorder, Second Edition	
Cognitive-Behavioral Therapy for Severe Mental Disorders	
Cognitive Behavioral Workbook for Depression, The: A Step-by-step Program (Workbook)	
Complete Family Guide to Schizophrenia, The: Helping Your Loved One Get the Most Out of Life	2
Dance of Defiance, The : A Mother and Son Journey With Oppositional Defiant Disorder -	
Daughters of Madness: Growing Up and Older with a Mentally Ill Mother (Women's Psychology)	2
Delivered from Distraction: Getting the Most out of Life with Attention Deficit Disorder	
Depression and Mood Disorders (Teen Mental Health)	

RESOURCE ROOM
BOOK LIST A-Z

Diagnosis: Schizophrenia	
Diagnostic and Statistical Manual of Mental Disorders DSM-IV-TR Fourth Edition (Text Revision)	
Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, & Distress Tolerance (New Harbinger Self-Help Workbook)	4
Discombobulated: An Inspiring Journey of Hope Through Mental Illness	
Disorganized Mind, The: Coaching Your ADHD Brain to Take Control of Your Time, Tasks, and Talents	
Dual Disorders Recovery Book, The	
Exuberance: The Passion for Life	
Family Intervention Guide to Mental Illnesses, The: Recognizing Symptoms & Getting Treatment	
Friends and Family Bipolar Survival Guide	
Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness	
Get It Done When You're Depressed	3
Get Me Out of Here: My Recovery from Borderline Personality Disorder	
Getting Your Life Back Together When You Have Schizophrenia	
Getting Your Life Back: The Complete Guide to Recovery from Depression	
Helping Someone with Mental Illness: A Compassionate Guide for Family, Friends, and Caregivers	
100 Questions & Answers About Schizophrenia	
Hurry Less Worry Less at Christmastime	

RESOURCE ROOM
BOOK LIST A-Z

I Am Not Sick I Don't Need Help	
Investigative Reports: Shattered Mind	
Living Without Depression and Manic Depression: A Workbook for Maintaining Mood Stability (New Hardinger Workbooks)	
Look Me in the Eye: My Life with Asperger's	
Loving Someone with Bipolar Disorder -	3
Loving Someone with OCD: Help for You and Your Family	
Manic Depression and Creativity	2
Me, Myself, and Them: A Firsthand Account of One Young Person's Experience with Schizophrenia (Adolescent Mental Health Initiative)	
Mental Illness: A Handbook for Caregivers	
Mental Illness: A Homecare Guide	
Mindfulness and Acceptance Workbook for Anxiety, The : A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy	
Mindfull Way Through Depression,The : Freeing Yourself from Chronic Unhappiness	
Miracle of Mindfullness, The; An Introduction to the Practice of Meditation	
My Mother's BiPolar, So What Am I	
New Hope for People with Borderline Personality Disorder: Your Friendly, Authoritative Guide to the Latest in Traditional and Complementary Solutions	
Night Falls Fast: Understanding Suicide	2
No Time to Say Goodbye: Surviving The Suicide of A Loved One	

RESOURCE ROOM
BOOK LIST A-Z

Obsessive-Compulsive Disorders: A Complete Guide to Getting Well and Staying Well	
OCD Workbook, The: Your guide to Breaking Free from Obsessive-Compulsive Disorder	
Our Voices: First-Person Accounts of Schizophrenia	2
Out-of-Sync Child, The : Recognizing and Coping with Sensory Processing Disorder, Revised Edition	
Overcoming Depression One Step at a Time: The New Behavioral Activation Approach to Getting Your Life Back (New Harbinger Self-Help Workbook)	
Overcoming Generalized Anxiety Disorder - Client Manual: A Relaxation, Cognitive Restructuring, and Exposure-Based Protocol for the Treatment of GAD (Best Practices for Therapy)	
Overcoming Obsessive Thoughts: How to Gain Control of Your OCD	
Peace is Every Step: The Path of Mindfulness in Everyday Life	
Post-Traumatic Stress Disorder Sourcebook, The: A Guide to Healing, Recovery, and Growth	
Raising a Sensory Smart Child: The Definitive Handbook for Helping Your Child with Sensory Integration Issues	
Raising Troubled Kids: Help for Parents of Children With Mental Illness or Emotional Disorders	
Recovered, Not Cured: A Journey Through Schizophrenia	
Schizoaffective: A Happier and Healthier Life	
Schizophrenia for Dummies	
Schizophrenia: A Very Short Introduction (Very Short Introductions)	
Self-Coaching: The Powerful Program to Beat Anxiety and Depression, 2nd Edition, Completely Revised and Updated	
Sensational Kids: Hope and Help for Children with Sensory Processing Disorder	

RESOURCE ROOM
BOOK LIST A-Z

Social Skills Training for Schizophrenia, Second Edition: A Step-by-Step Guide (TREATMENT MANUALS FOR PRACTITIONERS)	
Sometimes I Act Crazy: Living with Borderline Personality Disorder	
Stop Me Because I Can't Stop Myself : Taking Control of Impulsive Behavior	
STOP Obsessing: How to Overcome Your Obsessions and Compulsions (Revised Edition)	
Stop Walking on Eggshells Workbook, The: Practical Strategies for Living With Someone Who Has Borderline Personality Disorder	
Surviving a Borderline Parent: How to Heal Your Childhood Wounds & Build Trust, Boundries, and Self-Esteem	2
Taking Charge of Bipolar Disorder: A 4-Step Plan for You and Your Loved Ones to Manage the Illness and Create Lasting Stability	3
Thin Enough: My Spiritual Journey Through the Living Death of an Eating Disorder -	
Touched with Fire: Manic-Depressive Illness and the Artistic Temperament	
Twelve Steps and Twelve Traditions	5
Understanding Your Schizophrenia Illness: A Workbook	
Undoing Depression	
What to Do When Someone You Love Is Depressed, Second Edition: A Practical, Compassionate, and Helpful Guide	
What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What to Do Guides for Kids) -	
When Hope is Not Enough	
When Someone You Love Has a Mental Illness	3
Why Am I Still Depressed? Recognizing and managing the Ups and Downs of Bipolar II and Soft Bipolar Disorder	

RESOURCE ROOM
BOOK LIST A-Z

DVD'S	
28 Days (Special Edition)	
A Beautiful Mind	
ABC News 20/20 Schizophrenia	2
ABC News Primetime Family Secrets: Inside Addiction	
Addiction (4 Disc Set)	
Clean and Sober	
Depression: Out of the Shadows	2
Guided Mindfulness Meditation	
Investigative Reports: Shattered Mind	2
Inside Outside - Building a Meaningful Life After the Hospital	2
Men Get Depression	
Mindfulness for Beginners	
Mindfulness Meditation - Cultivating the Wisdom of Your Body and Mind	
World's Most Dangerous Drug: National Geographic	
Understanding Bi-Polar Disorder	
Understanding Mental Illness and Schizophrenia	2

RESOURCE ROOM
BOOK LIST A-Z

VHS TAPES	
ABILIFY - A Guide for Family and Friends of People Living with Schizophrenia	2
"Concepts in Schizophrenia Pathophysiology and Treatment"	2
Critical Connections (American Psychiatric Association) - A schizophrenia Awareness Vidro	2
Journey of Hope - Physical Causes of Mental Illness	2
Life After Trama - What Every Person Should Know (Pfizer)	
Manic-Depression	2
NAMI Family-to-Family Tribute Video	
NAMI Science & Treatment Video	
OCD - Understanding Obsessive-Compulsive Disorder (Pfizer)	3
People Say I'm Crazy	
Profiles of Success Volume 8 Helping to Create New Possibilities for Patients withn Schizophrenia (Risperdal Consta (risperidone)Long Lasting Injection	
Profiles of Success in Schizophrenia (Risperdal Consta (risperidone)Long Lasting Injection	
Seroquel (treatment with) - A Guide for Patients & Their Families	
Social & Independent Living Skills (Community Re-Entry)	
Suicide: It's More Common Than You Think	
Taking Control of Depression - Mending the Mind	