

NAMI Chippewa Valley Lending Library

Books

- [A Relentless Hope: Surviving the Storm of Teen Depression](#) by Gary E. Nelson
- [Beloved Stranger: Reflections on Mental Illness](#) by Mary B. Heaney
- [Beyond Beautiful: A Girl's Guide to Unlocking the Power of Inner Beauty, Self Esteem, Resilience, and Courage](#) by Jasmine Zapata MD
- [Can't You Hear Them?: The Science and Significance of Hearing Voices](#) by Simon McCarthy-Jones
- [Coping with voices: Self help strategies for people who hear voices that are distressing](#) by Patricia E. Deegan
- [Counseling Suicidal People: A Therapy of Hope](#) by Paul G. Quinnett
- [Defusing the Mental Illness Crisis Triangle: Safety Procedures for Families During Crises at Home](#) by Nancy Pizzo Boucher
- [\(Don't\) Call Me Crazy: 33 Voices Start the Conversation about Mental Health](#) by Kelly Jensen
- [Divided Minds: Twin Sisters and Their Journey Through Schizophrenia](#) by Pamela Spiro Wagner and Carolyn S. Spiro MD
- [Dying of Embarrassment: Help for Social Anxiety & Phobia](#) by Barbara Markway
- [Eight Stories Up: An Adolescent Chooses Hope Over Suicide](#) by DeQuincy Lezine and David Brent

- [Family Guide to Mental Illness and the Law: A Practical Handbook](#) by Linda Tashbook
- [Getting Your Life Back Together When You Have Schizophrenia](#) by Roberta Temes
- [Guidance for Guardians: Helping Loved Ones of the Mentally Ill Obtain Guardianship](#) by Mr. James J Rooney NP
- [I Am Not Sick, I Don't Need Help! How to Help Someone Accept Treatment](#) by Xavier Amador
- [Kids in the Syndrome Mix of ADHD, LD, Autism Spectrum, Tourette's, Anxiety, and More!](#) By M.D. Martin L. Kutscher
- [Me, Myself, and Them: A Firsthand Account of One Young Person's Experience with Schizophrenia](#) by Kurt Snyder, Linda Wasmer Andrews, and Raquel E. Gur
- [NAMI'S Circle of Care Handbook](#)
- [NAMI's Navigating a Mental Health Crisis booklet](#)
- [On the Edge: Help & hope for parenting children with mental illness](#) by Andrea Berryman Childreth
- [Painfully Shy: How to Overcome Social Anxiety and Reclaim Your Life](#) by Barbara Markway and Gregory Markway
- Psychiatric Medications for Children by Mark Perrin
- [Recovered, not cured: A Journey Through Schizophrenia](#) by Richard McLean

- [Replanting Lives Uprooted by Mental Illness: A Practical Guide for Families](#) by Nancy Pizzo Boucher
- [Room for J: A Family Struggles with Schizophrenia](#) by Daniel S Hanson
- [Stop Walking on Eggshells: Taking Your Life Back When Someone You Care about Has Borderline Personality Disorder](#) by Paul T T Mason MS and Randi Kreger
- [Suicidal Thoughts and You: Escaping the Mental Loop of Wanting to End It All](#) by Ashley McKenna
- [Suicide: The Forever Decision](#) by Paul G. Quinnett
- [Talking to a Loved One with Borderline Personality Disorder: Communication Skills to Manage Intense Emotions, Set Boundaries, and Reduce Conflict](#) by Jerold J. Kreisman MD
- [The Bipolar Disorder Survival Guide: What You and Your Family Need to Know](#) by David J. Miklowitz
- [The Center Cannot Hold: My Journey Through Madness](#) by Elyn R. Saks
- [The Collected Schizophrenias: Essays](#) by Esmé Weijun Wang
- [The Day the Voices Stopped](#) by Ken Steele and Claire Berman
- [The End of Mental Illness: How Neuroscience Is Transforming Psychiatry and Helping Prevent or Reverse Mood and Anxiety Disorders, ADHD, Addictions, PTSD, Psychosis, Personality Disorders, and More](#) by Daniel G. Amen
- [The Family Guide to Mental Health Care](#) by Lloyd Sederer, MD

- [The Fundamentals of Guardianship: What Every Guardian Should Know](#) by Sally Balch Hurme
- [What Happened to You?: Conversations on Trauma, Resilience, and Healing](#) by Bruce Perry and Oprah Winfrey
- [When Life Goes Dark: Finding Hope in the Midst of Depression](#) by Richard Winter
- [Will I Ever be the Same Again? Transforming the Face of ECT \(Shock Therapy\)](#) by Carol A. Kivler and Singles Design
- [Working With Voices II: Victim to Victor](#) by Ron Coleman and Mike Smith
- [You Are Not Alone: The NAMI Guide to Navigating Mental Health—With Advice from Experts and Wisdom from Real People and Families](#) by Ken Duckworth
- [You Need Help!: A Step-by-Step Plan to Convince a Loved One to Get Counseling](#) by Mark S. Komrad, MD

DVDs

- Crisis in Control: A Living Will for Mental Health
- [Hidden Pictures: A Personal Journey Into Global Mental Health](#)
- [Shadow Voices](#)
- Stories of Healing and Hope: PTSD, Trauma and Suicide
- Unlisted: A Story of Schizophrenia