

Books on Mental Illness for Families

(Prepared August 2014)

***Disclaimer:** The books listed are suggestions that you may find helpful. However, as we have not reviewed all material, we cannot endorse any of the content.

When Someone You Love Has a Mental Illness: A Handbook for Family, Friends, and Caregivers by R. Woolis. New York, NY: J.P. Tarcher Publications, 1992.

Family WRAP: Wellness Recovery Action Plan by M.E. Copeland. The Copeland Center for Wellness and Recovery. West Dummerston, CT: Peach Press, 1997.

Helping Someone with Mental Illness by R. Carter. New York, NY: Times Books, 1999.

The Burden of Sympathy: How Families Cope With Mental Illness by D. A. Karp. New York, NY: Oxford University Press, 2002.

Coping With Schizophrenia: A Guide for Families by K. T. Mueser, and S. Gingerich, Oakland, CA: New Harbinger Publications, 1994.

Divided Minds: Twin Sisters and Their Journey Through Schizophrenia by P. Spiro-Wagner and C. Spiro. New York, NY: St. Martin's Press, 2005.

Henry's Demons: Living with Schizophrenia, A Father and Son's Story by P. Cockburn and J. Cockburn. New York, NY: Scribner, 2011.

Imagining Robert: My Brother, Madness, and Survival, A Memoir by J. Neugeboren. New Brunswick, NJ: Rutgers University Press, 2003.

Crazy: A Father's Search Through America's Mental Health Madness by P. Earley. New York, NY: Penguin Books, 2006.

The Years of Silence are Past: My Father's Life with Bipolar Disorder by S.P. Hinshaw. New York, NY: Cambridge University Press, 2002.

Never Have Your Dog Stuffed and Other Things I've Learned by A. Alda. New York, NY: Random House, 2006.

Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder by P. T. Mason and R. Kreger. Oakdale, CA: New Harbinger Publications, Inc, 2010.

Nothing to Hide: Mental Illness in the Family by J.J. Beard and P. Gillespie. Evansville, IL: New Press, 2002.