

Grief Support:

No Time to Say Goodbye: Surviving The Suicide Of A Loved One
by Carla Fine

The Understanding Your Grief Journal: Exploring the Ten Essential Touchstones
by Alan D. Wolfelt PhD CT

A Special Scar: The Experiences of People Bereaved by Suicide
by Alison Wertheimer

The Fall of Freddie the Leaf: A Story of Life for All Ages Hardcover
by Leo Buscaglia

Healing After the Suicide of a Loved One
by Ann Smolin and John Guinan

Caregivers:

Loving a Depressed Man: Understand the Symptoms, Find the Help He Needs and
Maintain Your Morale
by Douglas Bey, Jr. .

Beyond the Blues: A Workbook to Help Teens Overcome Depression
by Lisa M. Schab LCSW

Helping Your Depressed Teenager: A Guide for Parents and Caregivers
by Gerald D. Oste

Cutting: Understanding and Overcoming Self-Mutilation
by Steven Levenkron

What To Do When Someone You Love Is Depressed: A Practical, Compassionate,
and Helpful Guide for Caregivers
by Mitch Golant, Ph.D., Susan K. Golant

Adults

Touched with Fire: Manic-Depressive Illness and the Artistic Temperament
by Kay Redfield Jamison

The Bipolar Disorder Survival Guide, Second Edition: What You and Your Family
Need to Know

by David J. Miklowitz

I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression
by Terrence Real

The Cognitive Behavioral Workbook for Depression: A Step-by-Step Program
by William Knaus, William J. Knaus

Unmasking Male Depression

By Thomas Nelson

Youth

Stopping the Pain: A Workbook for Teens Who Cut and Self Injure
by Lawrence Shapiro PhD

Marbles: Mania, Depression, Michelangelo, & Me : a Graphic Memoir
by Ellen Forney

Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy
Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and Get
Along with Others

by Sheri Van Dijk

Living with a Black Dog: His Name Is Depression

by Andrews McMeel

The Bipolar Workbook for Teens: DBT Skills to Help You Control Mood Swings
by Sheri Van Dijk, Karma Guindon

Audiobooks

Health Journeys: A Meditation to Help You Relieve Depression
by Belleruth Naparstek

Madness: A Bipolar Life
by Marya Hornbacher

The Mindful Way Through Depression: Freeing Yourself from Chronic
Unhappiness
by Jon Kabat-Zinn

Change Your Brain, Change Your Life: The Breakthrough Program for Conquering
Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness
by Daniel G. Amen M.D.

Yoga for Emotional Health
by Lisa Powers