

Books on Mental Illness:

How to Live With a Mentally Ill Person: A Handbook of Day-to-Day Strategies. (1996). C. Adamec.

New York: John Wiley & Sons.

Helping Someone with Mental Illness. (1999). R. Carter & S. Golant. New York: Times Books, Random House.

Helping Yourself Help Others: A Book for Caregivers. (1996). R. Carter & S. Golant. New York: Times Books, Random House.

How to Cope with Mental Illness in Your Family: A Self-Care Guide for Siblings, Offspring, and Parents.

(1998). D.T. Marsh & R. Dickens. New York: Penguin USA.

I'm Not Alone: A Teen's Guide to Living with a Parent Who Has a Mental Illness. (2006).

M. D. Sherman & D.M. Sherman. Edina, MN: Beaver's Pond Press. Available at www.seedsofhopebooks.com

When Someone You Love Has a Mental Illness: A Handbook for Family, Friends, and Caregivers. (2003). R. Woolis. New York: JP Tarcher.