RECOMMENDED READING

PERSONAL STORIES

Standing in the Shadows: Understanding and Overcoming Depression in Black Men ---- John Head


Darkness Visible: A Memoir of Madness ---- William Styron

Undercurrents: A Life Beneath the Surface ---- Martha Manning, Ph.D.

An Unquiet Mind: A Memoir of Moods and Madness ---- Kay Redfield Jamison, Ph.D.

Willow Weep for Me, A Black Woman’s Journey through Depression: A Memoir ---- Meri Nana-Anna Danquah

The Beast: A Journey through Depression ---- Tracy Thompson

The Noonday Demon: An Atlas of Depression ---- Andrew Solomon

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

Daughter of the Queen of Sheba: A Memoir ---- Jacki Lyden

READING FOR PARTNERS AND FAMILIES

Helping Someone with Mental Illness: A Compassionate Guide for Family, Friends and Caregivers ---- Rosalyn Carter

When Someone You Love Is Depressed: How to Help Your Loved One without Losing Yourself ---- Laura Epstein Rosen, Ph.D., and Xavier Francisco Amador, Ph.D.

How You Can Survive When They’re Depressed: Living and Coping with Depression Fallout ---- Anne Sheffield

GENERAL REFERENCE

The Depression Workbook: A Guide for Living with Depression and Manic Depression ---- Mary Ellen Copeland, M.A., M.S.

A Mood Apart: Depression, Mania and Other Afflictions of the Self ---- Peter C. Whybrow, M.D.
Restoring Intimacy: The Patients Guide to Maintaining Relationships During Depression — The National Depressive and Manic-Depressive Association

When Words Are Not Enough: The Women's Prescription for Depression and Anxiety — Valerie Davis Raskin, M.D.

You Mean I Don't Have to Feel This Way? New Help for Depression, Anxiety and Addiction — Collette Dowling

The Bipolar Disorder Survival Guide — David J. Miklowitz, Ph.D.