

BOOKLIST

The following booklist is intended as a guide to publications that may be of interest to those who are caring for/ supporting someone who has a mental health problem. It is by no means a comprehensive list. Details of the books have been given when known but we are not able to recommend any particular publication.

MIND has a wide range of publications and also a wide range of leaflets and booklets containing information on the main mental illnesses and the various treatments available including the following

anxiety	phobias and depression
self-harm	depression
hearing voices	how to cope as a carer
manic depression	post natal depression
medication	schizophrenia
personality disorder	
how to cope with someone who is suicidal	

"MAKING THE MOST OF BEING A CARER- A PRACTICAL GUIDE TO LIGHTENING THE LOAD". Ann Whitfield.

"Carers can often feel isolated and overwhelmed as Ann Whitfield, herself a carer, knows only too well.

This guide gives advice and support to those who are caring for a person with special needs and outlines your rights under the Community Care Act, tells you what financial help is available and also tackles how to take care of yourself and find support to deal with the emotional stress of caring" Mind.

"CARING: HOW TO COPE" Janet Harwood.

"Drawing on carers' experiences this book contains a wealth of practical information including chapters on carers' feelings, getting help, organising money and a list of useful addresses" **All available from Mind Publications on 020 8519 2122 Ext 223.**

"PHONE AT NINE JUST TO SAY YOU'RE ALIVE." Linda Hart.

A personal account by someone who suffers with schizophrenia, of her experiences whilst in hospital. *ISBN: 0330 35180-X.*

"THE RIGHTS OF THE NEAREST RELATIVE", RETHINK.

A booklet covering the rights of the nearest relative under the 1983 Mental Health Act, 1990 NHS and Community Care Act, Supervision Registers, 1995 Carers Act and the Patients Charter.

"UNINVITED GUEST". Jenny Robertson.

The story of a mother coming to terms with her daughter's schizophrenia. Written from a Christian perspective and includes many of the author's poems. Rethink.

All available from Rethink, 28 Castle Street, Kingston upon Thames, Surrey, KT1 1SS. Tel: 020 8547 3937 and ask for the publications department.

SERIOUS MENTAL ILLNESS – A FAMILY AFFAIR. Gwen Howe.

This book provides crucial background information. It explores the emotional impact that a breakdown can have on the family and makes it easier to talk to doctors and other health care professionals. It gives valuable pointers on practical issues.

Sheldon Press. ISBN: 0-85969-752-5.

“A CARERS’ GUIDE TO SCHIZOPHRENIA”. Greg Wilkinson, Tony Kendrick and Bruce Moore.

The Royal Society of Medicine Press.

ISBN: 1-85315-408-3.

“DIAMONDS BEHIND MY EYES”. Nicola Pagett and Graham Swannell.

A very easy to read personal account of manic depression.

ISBN: 0-575-06500-1.

“A SELFISH PIG’S GUIDE TO CARING”

Hugh Marriott, illustrated by David Lock, Polperro Heritage Press

ISBN 0954423313

“REMIND ME WHO I AM, AGAIN”

Linda Grant, Granta Books

ISBN 1862072442

“LIVING WITH THE BLACK DOG: HOW TO COPE WHEN YOUR PARTNER IS DEPRESSED”

Caroline Carr, White Ladder Press Ltd

ISBN 978-1-90541010-1

NATIONAL AUTISTIC SOCIETY

Publications on autism & Asperger syndrome are available via the address below. You can request a free catalogue with over 120 books, videos & CD ROMs.

NAS Publications

The National Autistic Society

393 City Road

London

EC1V 1NG

ADHD

Information for adults with ADHD

They publish ADHD News & have a comprehensive book/video store

The ADDISS Resource Centre

10 Station Road

Mill Hill

London NW7 2JU