

Resources from *The Best I Can Do*

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Articles

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- Carucci, Ron. "How to Tell Your Boss You're Burned Out," *Harvard Business Review*, January 5, 2021, hbr.org/2021/01/how-to-tell-your-boss-youre-burned-out.
- Garcia-Navarro, Lulu. "He Was Losing His Mind Slowly, and I Watched It," *The New York Times*, February 16, 2023, nytimes.com/2023/02/16/opinion/mental-health-conservatorship.html.
- Havermans, B.M., E.P.M. Brouwers, R.J.A. Hoek, et al. "Work stress prevention needs of employees and supervisors," *BMC Public Health*, May 21, 2018, bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-018-5535-1.
- HelpGuide.org. "Stress Management: How to Reduce and Relieve Stress," February 5, 2024, helpguide.org/articles/stress/stress-management.htm.
- Kaiser Permanente. "Stress Management: Doing Guided Imagery," no date, healthy.kaiserpermanente.org/health-wellness/health-encyclopedia/he.stress-management-doing-guided-imagery-to-relax.uz2270.
- Mind Help. "Self-disclosure," *Mind Journal*, no date, mind.help/topic/self-disclosure.
- Mokoena, Andile G., Marie Poggenpoel, Chris Myburgh, and Annie Temane. "Lived experiences of couples in a relationship where one partner is diagnosed with a mental illness," *Curationis*, 42(1): 2015. Published online September 19, 2019, at ncbi.nlm.nih.gov/pmc/articles/PMC6779990.
- The New York Times. Homelessness (a collection of the newspaper's articles related to homelessness), nytimes.com/topic/subject/homelessness.

Resources from The Best I Can Do

Online Counseling Programs. “Disclosing a Mental Health Condition at Work,” February 16, 2021, onlinecounselingprograms.com/resources/disclose-mental-health-condition-at-work.

Raypole, Crystal. “30 Grounding Techniques to Quiet Distressing Thoughts,” *Healthline*, January 29, 2024, healthline.com/health/grounding-techniques#mental-techniques.

Shain, Susan and Aiden Gardiner. “What’s homelessness really like?” *The New York Times*, February 10, 2023, nytimes.com/2023/02/21/us/homelessness-us-california.html.

Slawkowski-Rode, Mikolaj. “It’s OK to Never ‘Get Over’ Your Grief.” *The New York Times*, November 25, 2023, nytimes.com/2023/11/25/opinion/grief-mourning-tradition.html.

Tartakovsky, Margarita. “Should You Tell Your Kids about Your Mental Illness?” PsychCentral, December 30, 2010, psychcentral.com/blog/should-you-tell-your-kids-about-your-mental-illness#1.

Wright, Becky. “How to Talk to Your Boss About Your Mental Health,” Psycom, November 18, 2021, psycom.net/how-to-talk-to-your-boss-about-your-mental-health.

Wonders, Lynn. “Avoiding Burnout: 10 Tips for Self-Care,” Wonders Counseling & Consulting, no date, wonderscounseling.com/burnout.

Books

Carpenter, Nora Shalaway, and Rocky Callen. *Ab(solutely) Normal: Short Stories that Smash Mental Health Stereotypes*. Somerville, MA: Candlewick Press, 2023. Sixteen authors with a mental health condition share their stories and remind readers that just because someone has a mental illness, they shouldn’t be identified by it.

Duckworth, Ken, MD. *you are not alone: The NAMI Guide to Navigating Mental Health*. New York: Zando, 2022. This guide provides information about handling mental health conditions, finding the appropriate care, and which treatments and approaches work based on scientific research. More than one hundred twenty-five people share their mental health journeys.

Hart, Melissa. *Better with Books: 500 Diverse Books to Ignite Empathy and Encourage Self-Acceptance in Tweens and Teens*. Seattle: Sasquatch Books, 2019. This book has a chapter of recommended books about mental health. Another chapter focuses on books about poverty and homelessness. Although these resources are targeted to a younger audience, adults can learn a lot from them, too.

Jacobs, Dr. Sheldon A. *48: An Experiential Memoir on Homelessness*. Bloomington, IN: Archway Publishing, 2020. Dr. Jacobs, a licensed marriage and family therapist and homeless advocate, writes about spending forty-eight hours on the streets of Las Vegas as a homeless man. He chose to do this to better understand the struggles of the homeless and how they survive.

Resources from The Best I Can Do

Vikram, Sweta. *The Loss That Binds Us: 108 Tips on Coping with Grief and Loss*. Ann Arbor, MI: Loving Healing Press, 2024. This short book is filled with practical tips and ample resources about coping with grief and loss.

Websites

The Americans with Disabilities Act (ADA) has protections in the workplace for people with a mental illness and their caregivers. By law, accommodations must be made for those with a disability, which includes mental illness, but accommodations are not required for caregivers. But in the “association provision” of the ADA, no one can be discriminated against because of their association or relationship with anyone with a disability. Learn more at [eeoc.gov/laws/guidance/questions-answers-association-provision-ada](https://www.eeoc.gov/laws/guidance/questions-answers-association-provision-ada).

The Cleveland Clinic has an excellent page about anosognosia, its symptoms and causes, treatments, and how to live with the condition at my.clevelandclinic.org/health/diseases/22832-anosognosia.

The Fireweed Collective provides online mental health education and support groups through the lenses of healing and disability justice. Learn more about their programs and register at fireweedcollective.org.

The National Alliance on Mental Illness (NAMI), [nami.org](https://www.nami.org), has a range of classes and support groups for caregivers of people with mental health issues, as well as their loved ones, along with many other resources. The organization also hosts an annual conference. Most of the services NAMI provides are free, except the conferences.

Madness Radio: Voices and Visions from Outside Mental Health focuses on topics beyond the conventional perspectives on mental illness and mainstream treatments. The show launched in 2005 and has aired more than 200 episodes. Host Will Hall interviews survivors, authors, mental health advocates, professionals, and artists. Stream episodes on the website or through Spotify, Stitcher, iTunes, Pandora, and Google Play. For details about streaming, visit madnessradio.net/about-madness-radio.

Mindspring Mental Health Alliance, a non-profit mental health education, support, and advocacy organization in Des Moines, Iowa, hosts free one-hour webinars three days a week about mental health issues and solutions. A professional social worker and therapist speaks at each webinar. Visit mindspringhealth.org for more information and to register for the webinars you want to watch.

The National Institutes of Mental Health (NIMH) has a web page with information about schizophrenia. Topics include the onset and symptoms of schizophrenia, risk factors, treatments and therapy options, how to help someone you know with schizophrenia, places where help is available, schizophrenia studies recruiting participants, statistics about schizophrenia, and shareable resources. Access this page at [nimh.nih.gov/health/topics/schizophrenia](https://www.nimh.nih.gov/health/topics/schizophrenia).

Resources from The Best I Can Do

Rethink Mental Illness has a comprehensive web page about schizophrenia, which includes a definition of the condition, types of schizophrenia, causes, symptoms, treatment options, the future of treatment, and myths. Access this page at rethink.org/advice-and-information/about-mental-illness/learn-more-about-conditions/schizophrenia.

The Schizophrenia & Psychosis Action Alliance, sczaction.org, provides information about what schizophrenia is, the symptoms of schizophrenia, treatment options, a helpline, and support groups.

WebMd has a page describing anosognosia and how this condition affects people's behavior at webmd.com/schizophrenia/what-is-anosognosia. It isn't as detailed as the Cleveland Clinic's page about anosognosia, but it has a good explanation about how anosognosia can interfere with people taking their prescribed medications.

Ramsey Solutions is a financial education organization founded by Dave Ramsey after his experiences recovering from massive debt. His website, ramseysolutions.com, has courses and articles with tips for budgeting and paying off debt. Dave Ramsey also has a popular national radio show focusing on these topics.

Suze Orman is a personal finance expert whose advice is targeted toward women, but men will also find it helpful. Her tips include budgeting, investing, paying off debt, ways to save money, and preparing for retirement. She has a podcast and free weekly newsletter. Sign up for the newsletter and learn more about her podcast at suzeorman.com.

Newsletters

The *Los Angeles Times* had a free weekly newsletter called "Group Therapy," where licensed clinical social worker Laura Newberry answered readers' questions about mental health issues. The newsletter ceased publication in January 2024, but you can read every issue at latimes.com/newsletters/sign-up-for-our-group-therapy-newsletter.

The Washington Post has a free weekly newsletter called "Well+Being," which covers food, fitness, and mental health. Browse articles and register for the newsletter at washingtonpost.com/wellbeing.

Also see the entry for Suze Orman's newsletter in the "Websites" section above.

Videos

A Tale of Mental Illness—From the Inside. Elyn Saks, a legal scholar, talks about her experiences living with schizophrenia in this powerful 14-minute TEDx talk at ted.com/talks/elyn_saks_a_tale_of_mental_illness_from_the_inside.

I See You. This eleven-minute TEDx talk features Joseph ("Joe") A. Smarro, who was one of the original members of the San Antonio Police Department's Mental Health Unit. The unit started in 2009 and became one of the most recognized programs in the country. He talks about how any organization can help contribute to fixing the broken mental health system by focusing on the portion they own and changing it for the better. Joe and his

Resources from The Best I Can Do

partner, Ernie Stevens, are featured in the award-winning documentary, *Ernie & Joe: Crisis Cops*. Visit ernieandjoethefilm.com for more information, and watch Joe's TEDx talk at ted.com/talks/joseph_a_smarro_i_see_you.

The voices in my head. Eleanor Longden was a college student when her symptoms of schizophrenia started. In this fourteen-minute TEDx talk at ted.com/talks/eleanor_longden_the_voices_in_my_head, she talks about her journey from diagnosis to regaining her mental health.

There's no shame in taking care of your mental health. TED Fellow Sangu Delle talks about learning to cope with his stress by breaking the African male stereotype of not sharing emotions. Watch this nine-minute TEDx talk at ted.com/talks/sangu_delle_there_s_no_shame_in_taking_care_of_your_mental_health.