

# Resources about mental health and homelessness

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### 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.

Chisolm, Margaret S., MD. *From Survive to Thrive: Living Your Best Life with Mental Illness*. Baltimore: Johns Hopkins University Press, 2021. This short book is packed with information about how to flourish when living with a mental illness. It includes stories of people with various diagnoses and how they now thrive. The author also shares her story of recovery from postpartum depression.

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.

Hamilton, Sheila. *All the Things We Never Knew: Chasing the Chaos of Mental Illness*. Berkeley, CA: Seal Press, 2015. Sheila Hamilton, a multiple Emmy-winning radio personality, tells the story of her life with a partner who suffered from a mental illness. Her story is a raw, emotional account of how the couple's lives changed dramatically as her partner spiraled downward and ended his life within six weeks of receiving a diagnosis of bipolar disorder.

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.

Harvard Business Review. *On Mental Toughness*. Harvard Business Review Press, 2018. This mini-book has 10 essays about post-traumatic growth and building resilience.

Hasbrouck, Melinda R. *Black Girl Interrupted*. Global Book Publishing, 2022. Melinda shares her story about her slide into mental illness and her ongoing recovery. At the end of each chapter, she includes lessons she learned. This is a short book, but it's packed with practical information that can help those struggling with mental health conditions and their loved ones.

Henry, Tarrent-Arthur. *Transforming Heartache into H.O.P.E.: Releasing The Stigma Surrounding Mental Health In Your Church And Your Community*. Self-published, 2023.

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In this short book (67 pages), author and mental wellness specialist Tarrent-Arthur Henry proposes a mental health program for African American churches and organizations to encourage open communication about mental illness. The program he recommends could be adopted in any community, regardless of race or culture.

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.

Nilsen, Jennifer. *An Unwanted Journey: Embracing Life After Loss*. Global Book Publishing, 2023. Jennifer shares her struggle of coping with the sudden loss of her husband, who was murdered by someone the couple knew. She provides information and resources to help others struggling with grief and loss. Her book also has lined pages with writing prompts where readers can reflect and write their thoughts. At the end of the book, there's a section of stories from other people Jennifer interviewed about their losses and healing journeys.

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.

Yokas, Tracey. *Bloodlines: A Memoir of Harm and Healing*. Berkeley, CA: She Writes Press, 2024. Tracey's daughter struggled with depression, an eating disorder, and cutting during her teenage years. This story is about those struggles from a caregiver's perspective and a family's journey to recovery. Tracey provides detailed information about the family's navigation through the mental health system to find help for her daughter.

## 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](https://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](https://fireweedcollective.org).

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The Healing Verse Poetry Line, based in Philadelphia, features a new poem every Monday. To listen to it, call (855) POEM Rx2 [(855) 763-6792] and press 1. Access mental health resources by pressing 2, and press 3 to be connected directly with the National Suicide Hotline. For more information, visit <https://philadelphiacontemporary.org/projects/healing-verse-poetry-line>.

The National Alliance on Mental Illness (NAMI), [nami.org](http://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.

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](http://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](http://nimh.nih.gov/health/topics/schizophrenia).

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](http://rethink.org/advice-and-information/about-mental-illness/learn-more-about-conditions/schizophrenia).

The Schizophrenia & Psychosis Action Alliance, [sczaction.org](http://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](http://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](http://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](http://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](https://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](https://washingtonpost.com/wellbeing).

Also see the entry for Suze Orman’s newsletter in the “Websites” section above.

### Videos and Podcasts

*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](https://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 partner, Ernie Stevens, are featured in the award-winning documentary, *Ernie & Joe: Crisis Cops*. Visit [ernieandjoethefilm.com](https://ernieandjoethefilm.com) for more information, and watch Joe’s TEDx talk at [ted.com/talks/joseph\\_a\\_smarro\\_i\\_see\\_you](https://ted.com/talks/joseph_a_smarro_i_see_you).

*Lost Patients* is a six-part docuseries that explores the difficulties of treating serious mental illness through the lens of one city’s past, present, and future. Patients, families, and professionals in mental health share their experiences. This docuseries is a joint production of Seattle radio station KUOW and *The Seattle Times*. Listen to these episodes at [podcasts.apple.com/us/podcast/lost-patients/id1733735613](https://podcasts.apple.com/us/podcast/lost-patients/id1733735613).

*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](https://madnessradio.net/about-madness-radio).

*Mental Health and the Role of Libraries*. This 54.5-minute video hosted by The Seattle Times and the Seattle Public Library Foundation is a panel discussion about the programs the Seattle Public Library offers to help patrons access mental health services and programs for the homeless. Congressman Adam Smith is part of the discussion, where he talks about his journey to recovery, his memoir about his experiences, and his work in expanding mental health services in the US. Watch this recording at [youtube.com/watch?v=QrpZVnW03BA](https://youtube.com/watch?v=QrpZVnW03BA).

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*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](https://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](https://ted.com/talks/sangu_delle_there_s_no_shame_in_taking_care_of_your_mental_health).