

## BOOKS

### Bipolar

Bipolar Life  
Surviving Manic Depression  
Unquiet Mind  
Nothing Was the Same  
The Boy From Bothell Vietnam & Bipolar  
Where Are the Coca Puffs?  
Shifting Sands

### Borderline

Broken Glass  
Don't Let Your Emotions Run Your Life Workbook  
Stop Walking on Eggshells - Borderline

### Depression

Acquainted with the Night  
Lincoln's Melancholy  
On the Edge of Darkness  
Understanding Post Partum Psychosis  
Challenging Depression: Go-To Guide

### OCD

Coping With OCD  
The Boy Who Couldn't Stop Washing Obsessive-  
Compulsive Disorders  
What to Do When the Brain Gets Stuck

### Post Traumatic Stress-Suicide-Forensic - Anxiety

Courage after Fire  
The Insanity Offense  
Silent Grief  
What Doesn't Kill Us

### Schizophrenia – Schizo-Affective

Balancing the Beast  
Complete Family Guide to Schizophrenia  
Surviving Schizophrenia  
I am not Sick I do not need Help  
Crazy – Early  
Our Voices – Kapil, et al  
Lowboy – Fiction  
The Center Cannot Hold

### System

Out of the Shadows  
Within Our Reach – Rosalynn Carter  
Contributing to Public Policy

### Poetry

God's Children

### Medications

The Complete Guide to Psychiatric Drugs  
Omega3 Connection

### Families

It's Nobodies Fault  
When Someone You Love Has a Mental Illness –  
Rebecca Woolis  
I Just Want My Family Back  
Talking to Families About Mental Illness – What  
Clinician Need to Know

### Children and Adolescents

All About IEPs  
If Your Adolescent Has Anxiety Disorder  
The Boy Who Loved Tornadoes  
Intense Minds (Bipolar)  
Freeing Your Child from OCD  
Survival Strategies for Parents of Children with  
Bipolar – Lynn  
Survival Strategies for Parents of Children with ADD –  
Lynn  
Teenagers with ADD: A Parents Guide  
Explosive Child  
Save the Teens  
Turbo Max  
Sometimes My Mommy Gets Angry – Bebe Smith  
The Bipolar Child – Popolos  
Treating and Preventing Adolescent Mental Health  
Disorders research

### Spanish

Fuego Y Hielo Entre Las Latinas

### DVDS

Beautiful Mind  
Brain Basics - NIMH  
Brilliant Madness  
The Right Tools: CIT in NC  
Cry For Help  
Depression Out of the Shadows  
Fighting Depression NIMH 4min  
Healing Neen (Tonier Cain)  
This Emotional Life  
Frontline: the Released  
Journey of Recovery (Ted Thomas)  
Mental Health Mission Moments  
Mental Illness and Families of Faith  
Minds on the Edge  
Oil on Water  
Our Journey of Recovery  
The Soloist  
Nova: Dying to Be Thin  
Shards of Hope Suicide Prevention 40 min  
This Will Pass – Suicide Prevention

4 Week Check Out

See Details on [www.naminc.org](http://www.naminc.org)

### Lending Library

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