

Suggested Reading List

For any of the books listed that SAVE does not have available from our [online store](#), links have been provided to the appropriate pages on [Amazon.com](#) or [froogle.com](#).

Depression & Other Brain Illnesses

Understanding Depression - A Complete Guide to Its Diagnosis & Treatment

By Donald F. Klein, M.D. & Paul H. Wender, M.D.

Questions & Answers About Depression and Its Treatment

By Ivan K. Goldberg, M.D.

Overcoming Depression

By Demitri Papolos, M.D. & Janice Papolos

The Broken Brain

By Nancy Andreasen, M.D.

You Mean I Don't Have to Feel This Way

By Colette Dowling

On the Edge of Darkness

By Kathy Cronkite

Triumph Over Fear

By Jerilynn Ross

Surviving Schizophrenia

By E. Fuller Torrey, M.D.

Essential Guide to Psychiatric Drugs

By Jack M. Gorman, M.D.

Undoing Depression - What Therapy Doesn't Teach You and Medication Can't Give You

By Richard O'Connor, Ph.D.

Choosing To Live - How to Defeat Suicide Through Cognitive Therapy

By Thomas E. Ellis, Psy.D. & Cory F. Newman, Ph.D.

Change Your Brain, Change Your Life

By Daniel G. Amen, M.D.

Waking Up: Climbing Through the Darkness

By Terry L. Wise

When Going Through Hell... Don't Stop!

By Douglas Bloch

Children & Adolescents

No One Saw My Pain - Why Teens Kill Themselves

By Andrew Slaby, M.D. & Lili Frank Garfinkel

Helping Your Depressed Teenager - A Guide for Parents & Caregivers

By Gerald D. Oster, Ph.D. & Sarah S. Montgomery, MSW

Helping Your Depressed Child - A Reassuring Guide to the Causes & Treatments of Childhood & Adolescent Depression

By Lawrence L. Kearns, M.D.

It's Nobody's Fault - New Hope and Help for Difficult Children and Their Parents

By Harold S. Koplewicz, M.D.

Depression in the Young – What We Can Do to Help Them

By Trudy Carlson

Sad Days, Glad Days

By DeWitt Hamilton (a storybook for children about adult depression)

When Nothing Matters Anymore: A Survival Guide for Depressed Teens

By Bev Cobain R.N., C.

Depression - Challenge the Beast Within Yourself and Win

By Cait Irwin

The Power to Prevent Suicide: A Guide for Teens Helping Teens

By Richard E. Nelson, Ph.D., & Judith C. Galas

When Nothing Matters Anymore: A Survival Guide for Depressed Teens

By Bev Cobain

Suicide

Night Falls Fast

By Kay Redfield Jamison

Suicide: Survivors - A Guide for Those Left Behind

By Adina Wroblewski

Suicide: Why?

By Adina Wroblewski

Suicide: The Forever Decision - For Those Thinking About Suicide, and For Those Who Know, Love, or Counsel Them

By Paul G. Quinnett

Suicide: Intervention & Therapy - Undoing the Forever Decision

By Paul G. Quinnett

Preventing Youth Suicide - A Handbook for Educators & Human Service Professionals

By Marcia L. McEvoy and Alan W. McEvoy

Suicide Survivors' Handbook

By Trudy Carlson

The Tender Land: A Family Love Story

By Kathleen Finneran

Why Suicide?

By Eric Marcus

No One Saw My Pain - Why Teens Kill Themselves

By Andrew Slaby, M.D. & Lili Frank Garfinkel

Bart Speaks Out – Breaking the Silence on Suicide: an interactive storybook/workbook for children

By Linda Goldman, M.S.

When Nothing Matters Anymore: A Survival Guide for Depressed Teens

By Bev Cobain

Choosing To Live – How to Defeat Suicide Through Cognitive Therapy

By Thomas E. Ellis, Psy.D. & Cory F. Newman, Ph.D.

Autobiographies

An Unquiet Mind

By Kay Redfield Jamison

Darkness Visible - A Memoir of Madness

By William Styron

The Beast - A Reckoning with Depression

By Tracy Thompson

A Brilliant Madness

By Patty Duke

Conquering the Beast Within

By Cait Irwin

Grief After Suicide

Suicide: Survivors - A Guide for Those Left Behind

By Adina Wroblewski

Dying to Be Free

By Bev Cobain

Healing the Hurt Spirit

By Catherine Greenleaf

Suicide Survivors' Handbook

By Trudy Carlson

After Suicide

By John Hewett

Tragedy to Triumph

By Reuel Nygaard

A Grief Observed

By C.S. Lewis

My Son, My Son

By Iris Bolton

Healing After the Suicide of a Loved One

By Ann Smolin, C.S.W. and John Guinan, Ph.D.

The Grieving Child: A Parent's Guide

By Helen Fitzgerald

When Dinosaurs Die - A Guide to Understanding Death (a storybook for children)

By Laurie Krasny Brown & Marc Brown

Helping Children Grieve

By Theresa Huntley

Talking about Death: A Dialogue between Parent and Child

By Earl A. Grollman

The Suicide of My Son - A Story of Childhood Depression

By Trudy Carlson

Bart Speaks Out – Breaking the Silence on Suicide; an interactive storybook/workbook for children

By Linda Goldman, M.S.

But I Didn't Say Goodbye

By Barbara Rubel

Eric's Story-Surviving A Son's Suicide

By Sandra Underwood