**Mental Health First Aid**

**Suggestions for reading list. All books have been recommended by a wide variety of people, of all ages and backgrounds, as having been helpful, inspirational or thought-provoking.**

**Depression**

* *‘Cheer up Love’* by Susan Calman
* *‘Nature Cure’* by Richard Mabey
* *‘Depression and how to survive it’*  by Spike Milligan & Anthony Clare
* *‘Me and my mate Jeffrey: a story of big dreams, tough realities & facing my demons head on’* by Niall Breslin
* *‘Overcoming depression’* by Paul Gilbert
* *‘I had a black dog’* by Matthew Johnstone
* *‘Living with a black dog’*  by Matthew Johnstone
* *‘The Inflamed Mind’* by Edward Bullmore

The following books have all been reviewed recently in The Guardian in an article on depression. We haven’t had a chance to read them yet, so are not able to personally recommend them but they may be worth a look!

* *‘The Happy Brain: The Science of Where Happiness Comes From, and Why’*

by Dean Burnett

* *‘Lost Connections: Why You’re Depressed and How to Find Hope’* by Johann Hari
* *‘Happy Ever After: Escaping the Myth of The Perfect Life’* by Paul Dolan
* *‘Love for Imperfect Things: How to Accept Yourself in a World Striving for Perfection’* by Haemin Sunim
* *‘The Other Side of Happiness: Embracing a More Fearless Approach to Living*

by Brock Bastian

**Bereavement**

* *‘When Parents Die. Learning to live with the loss of a parent’* by Rebecca Abrams
* *‘You’ll get over it: the rage of bereavement’* by Virginia Ironside
* *‘We need to talk about grief’* by Annie Broadbent
* *‘A Manual for Heartache’* by Cathy Rentzenbrink
* *‘Grief Works. Stories of Life, Death and Surviving’* by Julia Samuel

**Drugs, addiction and recovery**

* *‘Mum, can you lend me twenty quid? What drugs did to my family’* by Elizabeth Burton-Phillips
* *‘The Outrun’*  by Amy Liptrot

**Asperger Syndrome**

* *‘Nerdy, shy and socially inappropriate: a user guide to an Asperger life’* by Cynthia Kim

**Alzheimer’s and Dementia**

* *‘The End Of Alzheimer’s’* by Dr Dale Bredesen

**Autism**

* *‘A friend like Henry’* by Nuala Gardner
* *‘Thinking in pictures’* by Temple Grandin
* *‘Animals in Translation’* by Temple Grandin

**Schizophrenia**

* *‘Henry’s demons: living with schizophrenia, a father and son’s story’* by Patrick and Henry Cockburn

**Nutrition**

* *‘Eat yourself calm’* by Gill Paul
* *‘Optimum nutrition for the mind’* by Patrick Holford

**Dealing with trauma**

* *‘Lucky’*  by Alice Sebold
* *‘Crooked Angels’* by Carol Lee
* *‘Instrumental’* by James Rhodes

**Managing stress, anxiety and negative thinking**

* *‘Why Zebras don’t get ulcers’*  by Robert M Sapolsky
* *‘Managing anxiety with CBT for Dummies’*  by Graham C Davey
* *‘The art of effortless living’*  by Ingrid Bacci
* *‘The Compassionate Mind’* by Paul Gilbert
* *‘Women who think too much’* by Susan Nolen-Hoeksema

**Suicide**

* *‘CALMzine’ magazine for Campaign Against Living Miserably*

**Stroke**

* *‘My year off: rediscovering life after a stroke’* by Robert McCrum

**Parkinson’s Disease**

* *‘Always Looking up’* by Michael J Fox

**Chronic pain**

* *‘Effortless pain relief’* by Ingrid Bacci

**Insomnia**

* *‘Sleep: 50 mindfulness exercises for a restful night’s sleep’* by Arlene Unger

**Phobias**

* *‘The Easy way to enjoy flying’* by Allen Carr

**Delusions and Obsessive behaviour**

* *‘Beyond belief’* by Tamsin Knight

**Psychological insights and relationships**

* *‘Forgiveness and other acts of love’* by Stephanie Dowrick
* *‘Choosing happiness; short answers to the big questions’* by Stephanie Dowrick
* *‘Feeling loved’* by Jeanne Segal

**Meditation and Spirituality**

* *‘A path with heart’* by Jack Kornfield
* *‘The Art of Happiness’*  by HH Dalai Lama & Howard C. Cutler

**Mindfulness**

* *‘The little pocket book of mindfulness’* by Anna Black

**Uplifting memoirs**

* *’A street cat named Bob’* by James Bowen
* *‘The World according to Bob’* by James Bowen

**Physical activity and therapy**

* *‘Body Awareness as Healing Therapy’* by Moshe Feldenkrais
* *‘Breathing Underwater. The Inner Life of T’ai Chi Ch’uan’*  by Margaret Emerson
* *‘Awakening the Spine’* by Vanda Scaravelli
* *‘A Philosophy of Walking’* by Frederic Gros

**Personality**

* *‘Borderline Personality Disorder for Dummies”* by Charles H Elliott & Laura L Smith