

Helpful Books

Surviving Schizophrenia: A Manual for Families, Patients, and Providers: E. Fuller Torrey

A well regarded reference book on schizophrenia. Describes the nature, causes, symptoms, treatment, and course of schizophrenia and also explores living with it from both the patient's and the family's point of view.

I am Not Sick, I Don't Need Help!: X. Amador

Information and strategies for families and clinicians supporting people with serious mental illness dealing with poor insight and medication non-compliance.

The Complete Family Guide to Schizophrenia: Kim T. Mueser and S. Gingerich

A guidebook on schizophrenia for patients and families. It shows you how to prioritize needs, resolve everyday problems, and encourage your loved one to set life goals. Plus, individual sections highlight special issues for parents, children, siblings, and partners.

You Think You Are Crazy: Think Again: A. Morrison

A resource book with education and strategies for managing ongoing symptoms of psychosis based on cognitive behavioural therapy. A useful guide for patients, families and mental health professionals.