

Resources on Mental Health from a Faith Perspective

(Formerly Adult Forum): S.A.L.T. (Sharing and Learning Together) is focusing on the topic of Mental Health throughout September and into October, 2021.

"It's OK to talk about it," "It's OK to not be OK," and "It's OK to ask for help" are all messages we want to share with the entire congregation. Here are some book recommendations from the Redwood Falls Public Library about mental health.

For adults:

- § *The Crusade For Forgotten Souls: Reforming Minnesota's Mental Institutions, 1946-1954* by Susan Bartlett Foote
- § *War and the Soul: Healing Our Nation's Veterans from Post-traumatic Stress Disorder* by Edward Tick, Ph.D.
- § *Madness: a Bipolar Life* by Marya Hornbacher
- § *The Reason I Jump* by Naoki Higashida
- § *Henry's Demons: Living with Schizophrenia, A Father and Son's Story* by Patrick Cockburn and Henry Cockburn
- § *A Beautiful Mind* by Sylvia Nasar

For young adults:

- § *Mind Race: a firsthand account of one teenager's experience with bipolar disorder* by Patrick E. Jamieson, Ph.D.
- § *Monochrome Days: a firsthand account of one teenager's experience with depression* by Cait Irwin