

DID YOU KNOW...

1 in 5 Americans will be affected by a mental health condition in their lifetime.

The books and movies on this list, both fiction and non-fiction, can help you and your loved ones realize the importance of addressing mental health issues.

Mental health issues can get better with treatment—see below for information on how to get help in Niagara County when you need it.

Please note: all numbers are in the (716) area code.

**The Mental Health Association in Niagara County at www.mhanc.com
433-3780**

24-hour Help Line (information and referral) 433-5432

Crisis Services 285-3515

Suicide Prevention Hotline 285-3515

Each year during the month of May, organizations across the country band together to raise awareness of the importance of mental health.

This brochure was brought to you by the North Tonawanda Public Library and the Mental Health Association in Niagara County, Inc.. in recognition of Mental Health Month, 2016.



36 Pine St • Lockport, NY 14094
www.mhanc.com • 716-433-3780



505 Meadow Dr • North Tonawanda, NY 14120
www.ntlibrary.org • 716-693-4132

List of Books And Movies

About Mental Health

RAISING AWARENESS



Movies and Books related to Mental Health

General Mental Health

MOVIES

- Inside Out (2015)
- One Flew Over The Cuckoo's Nest (1975)
- It's Kind Of A Funny Story (2010)

BOOKS

- The Glass Castle* by Jeannette Walls (2005) non-fiction
- The Hours* by Michael Cunningham (1998) fiction

Anxiety

MOVIES

- What About Bob? (1991)
- Punch-Drunk Love (2002)

BOOKS

- My Age Of Anxiety* by Scott Stossel (2014) non-fiction
- Nobody Is Ever Missing* by Catherine Lacey (2014) fiction

Bipolar Disorder

MOVIES

- Silver Linings Playbook (2012)
- Manic (2001)
- Infinitely Polar Bear (2014)

BOOKS

- Silver Linings Playbook* by Matthew Quick (2008) fiction
- Your Voice In My Head* by Emma Forrest (2011) non-fiction

Borderline Personality Disorder

MOVIES

- Love & Mercy (2014)
- Girl, Interrupted (1999)

BOOKS

- Stop Walking On Eggshells* by Paul Mason (1998) non-fiction

Depression

MOVIES

- The Skeleton Twins (2014)
- Sylvia (2003)

BOOKS

- The Bell Jar* by Sylvia Plath (1963) fiction
- Hyperbole & A Half* by Allie Brosh (2013) non-fiction,comics
- The Noonday Demon* by Andrew Solomon (2000) non-fiction
- A Tale For The Time Being* by Ruth Ozeki (2013) fiction

Obsessive Compulsive Disorder

MOVIES

- As Good As It Gets (1997)
- Dirty Filthy Love (2004)
- The Aviator (2004)

BOOKS

- OCD Love Story* by Corey Ann Haydu (2013) YA fiction
- The Man Who Couldn't Stop* by David Adam (2014) non-fiction
- Just Checking* by Emily Colas (1998) non-fiction

Post Traumatic Stress Disorder

MOVIES

- Good Will Hunting* (1997)
- Brothers* (2009)

BOOKS

- The Things They Carried* by Tim O'Brien (1990) fiction
- The Round House* by Louise Erdrich (2012) fiction

Schizophrenia

MOVIES

- A Beautiful Mind (2001)
- Benny & Joon (1997)
- Revolution #9 (2001)

BOOKS

- Surviving Schizophrenia* by E. Fuller Torrey (2006) non-fiction
- I Know This Much Is True* by Wally Lamb (1999) fiction

