



How to cope with mental illness in your family

Diane T. Marsh, Rex M. Dickens

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How to Cope with Mental Illness in Your Family explores the nature of illnesses such as schizophrenia, major depression, and manic depression, while providing the tools to overcome the devastating effects of growing up or living in a family where they exist. Readers are led through the essential stages of recovery, from revisiting childhood to revising their family legacy, and, ultimately, to reclaiming their life. With a comprehensive listing of books, organizations, self-help groups, and mental-health services, How to Cope With Mental Illness in Your Family is an invaluable resource for all affected by the mental illness of a loved one.

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