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# Brockton area

resources

# Message from the Founders

## Hello and Welcome!

We are thrilled to welcome you to the Pinnacle Partnerships Wellness Resource Guide. As the founding partners of Pinnacle Partnerships, we are honored to introduce this comprehensive guide, crafted with care to support you and your loved ones on your journey toward well-being.

Our mission at Pinnacle Partnerships is to empower families by providing access to essential resources and support. We understand that navigating the challenges of mental health and basic needs can be overwhelming, especially when you are facing these hurdles alone. That's why we have created this guide to be a reliable source of information and assistance.

Within these pages, you will find a curated selection of resources designed to address both basic needs and mental health support. Whether you are seeking help with food, housing, or finding the right mental health provider, our guide offers practical information and connections to services that can make a real difference in your life.

Our goal is to provide you with tools and resources that are not only informative but also actionable. We hope that this guide serves as a valuable resource to help you find the support you need and to connect you with organizations and services that are dedicated to your well-being.

We are deeply committed to this work and to supporting families like yours. We believe that everyone deserves access to the resources they need to thrive, and we are here to ensure that you have the support you need every step of the way.

Thank you for trusting us to be part of your journey. If you have any questions or need further assistance, please do not hesitate to reach out to us. We are here to help and are dedicated to supporting you in any way we can.

Warmest regards,

**Dahyana & Kristi** | Founding Partners, Pinnacle Partnerships



**Dahyana Schlosser**  
Founding Partner,  
Chief Clinical Officer



**Kristi Glenn**  
Founding Partner,  
Chief Experience Officer



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# Emergency services



If you're having a mental health emergency, you can call one of these health emergency services or the mobile crisis team. **If you feel like your crisis needs immediate response, call 9-8-8.**

## **Brockton Signature Healthcare**

Main Number

**1-508-941-7000**

<https://www.signature-healthcare.org>

## **Good Samaritan Medical Center**

Emergency Department

**1-508-427-3075**

Main Number

**1-508-427-3000**

<https://www.goodsamaritanmedical.org/contact-us>

## **Mobile Crisis Intervention (CCBC)**

Brockton

**1-508-580-0801**

<https://www.comcounseling.org/services/acute-emergency-psychiatry.php>

## **NAMI HelpLine**

Hours | M-F, 10 a.m.-8 p.m., EST

Languages | English and Spanish

**1-800-950-6264** or

**info@nami.org**

<https://www.nami.org/help>

## **National Suicide Prevention Lifeline**

Hours | Available 24 hours

Languages | English and Spanish

**1-800-273-8255**

<https://suicidepreventionlifeline.org>

## **Parental Stress Line**

Hours | Available 24 hours

Languages | English and Spanish

**1-800-632-8188**

<https://www.mass.gov/service-details/parent-and-caregiver-support>

# Mental health

## Arbour Counseling Services

Individual, group and family therapy.  
Medication management and treatment.

**781-871-6550**

384 Washington St. Norwell MA 02061

arbourhealth.com

Insurance Accepted | Medicare, most HMO's,  
Masshealth products

**ALL AGES**

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## Belmont Counseling

Individual, group and family therapy.

**508-584-9161**

1350 Belmont Street #107 Brockton, MA 02301

belmontcounseling.com

Insurance Accepted | BCBS PPO

**ALL AGES**

## Berry & Lobel

Individual, family, and couples counseling.

**508-584-2291**

209 Quincy Street Brockton, MA 02302

Insurance Accepted | Harvard Pilgrim, BC/BS  
(No Masshealth)

**ALL AGES**

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## Brockton Area Prevention Collaborative

Engaging youth in addiction prevention initiatives ranging from resource referrals to innovative educational projects, such as photovoice.

**508-971-2054**

10B Meadowbrook Road Brockton, MA 02301

opioidoverdoseprevention.org

**MIDDLE AND HIGH SCHOOL AGED YOUTH**

**RESOURCES ARE AVAILABLE IN SPANISH,  
HAITIAN CREOLE AND BRAZILIAN PORTUGUESE.**

### **Changing Directions**

Individual, couples, and family counseling.

**508-580-3193**

15 Torrey Street Brockton, MA 02301

changingdirectionscounseling.com

**Insurance Accepted** | Tufts, Masshealth (No Fallon)

**ALL AGES**

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### **Collaborations in Clinical Care, LLP**

Individual, group, family therapy and medications.

**781-821-1760**

275 Turnpike St. Ste. #105 Canton, MA 02021

collaborationsinclinicalcare.com

**Insurance Accepted** | Most major

**ALL AGES**

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### **Community Care Services**

Individual, group, couples, educational advocacy, and family therapy.

**508-821-7774**

70 Main Street Taunton, MA 02780

communitycareservices.org

**Insurance Accepted** | Most major insurances accepted

**ALL AGES**

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### **Community Counseling Center**

#### **Bristol County**

Individual, group, and family therapy. Day treatment. Medication treatment.

**508-823-5400**

1 Washington Street Taunton, MA 02780

comcounseling.org

**Insurance Accepted** | Unicare, Champus, Tricare, US Healthcare, Aetna, Magellan (No Fallon)

**ALL AGES**

### **Family & Community Resources**

Individual, group and family therapy.

**508-584-9161**

18 Newton Street Brockton, MA 02301

fcr-ma.org

**Insurance Accepted** | Most major insurances accepted

**ALL AGES**

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### **Gene Jacobs, MD**

Individual, group, and family therapy.

**508-895-9393**

1342 Belmont Street, #103 Brockton, MA 02301

**Insurance Accepted** | BCBS, Harvard Pilgrim, Tufts, Medicare, Optum

**ALL AGES**

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### **Gosnold Thorne Counseling Center**

Individual, group, intensive outpatient. Medication treatment.

**508-584-5190**

111 Torrey Street Brockton, MA 02301

gosnold.org

**ALL AGES**

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### **Habit OPCO**

Substance use case management

**508-586-6300**

180 Centre Street Brockton, MA 02302

crchealth.com

**Insurance Accepted** | Masshealth/MBHP, BC/BS, Fallon, NHP, BMC Healthnet, other Medicaid products

**ALL AGES**

### **Health Imperatives**

Sexual and reproductive health options counseling, sti treatment and education, gender affirming hormone therapy and more.

**508-583-3005**

942 West Chestnut Street, Brockton, MA 02301  
healthimperatives.com

**Insurance Accepted** | Cost is never a barrier to service provision and some services are free of charge.

**CHILD/ADOLESCENT THE LANGUAGES AVAILABLE ON EACH TEAM DEPEND ON THE PROGRAM. WE HAVE STAFF WHO SPEAK HAITIAN CREOLE, PORTUGUESE, SPANISH, AND CAPE VERDEAN CREOLE.**

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### **High Point Treatment Center**

Child and adolescent psychiatric services.

**Telehealth** | Monday and Tuesday evenings.  
Thursdays until 3pm.

**508-638-6022**

30Meadowbrook Road Brockton, MA 02301  
hptc.org

**Insurance Accepted** | You will need your insurance info when you call. When you call, please ask to be seen by Dr. Pereira. Most insurances are accepted (No Aetna & Cigna). There is currently no waitlist for Mass Health patients.

**CHILD/ADOLESENT**

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### **Joseph McCool & Associates**

Counseling

**508-580-2137**

1342 Belmont Street, #103 Brockton, MA 02301  
mccoolandassoc.com

**Insurance Accepted** | Most major insurances accepted

**ALL AGES**

### **Lamour Clinic Community Health Institute**

Substance uses and addition treatment, prevention services, youth intervention, driver alcohol education, second offender aftercare, recovery support navigator, recovery coach, outpatient individual and family therapy, substance abuse groups using dbt, dbt coaching.

**781-885-7252**

44 Diauto Drive, Randolph Ma 02368  
lamourclinic.org

**Insurance Accepted** | Neighborhood Health Plan, Boston Medical Center (BMC) Healthnet Plan, Fallon Community Health Plan, Mass. Behavioral Health Partnership (MBHP), Health New England (HNE), Commonwealth Care Alliance, Inc (CCA), Tufts Health Plan-Network Health, Optum: United Behavioral Health Plan, Blue Cross Blue Shield of Mass.

**ALL AGES**

**HOLISTIC, MULTICULTURAL HEALTH**

**LANGUAGES** | **VIETNAMESE, CAMBODIAN, CHINESE, PORTUGUESE, SPANISH, HAITIAN CREOLE, CAPE VERDEAN CREOLE, FRENCH CREOLE, ENGLISH, JAPANESE.**

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### **LifeStance Health**

Individual, group, and family therapy. Medication, transcranial magnetic stimulation.

**508-238-7766**

115 Main St. Stes 1A-C, 2D N. Easton, MA 02356  
cfpsych.org

**Insurance Accepted** | Most Major Insurances Accepted (No Masshealth)

**Mass Counseling Services  
Diala Alkhalil, LMHC**

Individual, group, and family therapy.

**617-966-0812**

DialaAlkhalil@gmail.com

6 N. Bedford St. E. Bridgewater, MA 02333

masscounselingservices.com

Insurance Accepted | Varies

**CHILD/ADOLESENT**

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**Maureen Carnes, PH.D, Psychologist  
Private practice**

Individual, group, and family therapy

**508-580-2137**

1342 Belmont Street, #103 Brockton, MA 02301

Insurance Accepted | Call for details

**ALL AGES**

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**Middleboro Counseling Center**

Individual, group, and family therapy medication management, neuropsychological testing, and psychiatric evaluation.

**508-947-6100**

94 South Main St. Middleboro, MA 02346

northeasthealthservices.com

Insurance Accepted | Most major

**CHILD/ADOLESENT**

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**Northeast Health Services - Brockton**

Individual, group, family therapy, and medications.

**508-586-2660**

231 Main Street Brockton, MA 02301

nehs.transformationsnetwork.com

Insurance Accepted | All major

**ALL AGES**

**Northeast Health Services - Plymouth**  
Individual, group, and family therapy.

**508-830-1444**

39A Industrial Park Rd, Plymouth, MA 02360

nehs.transformationsnetwork.com

Insurance Accepted | All major

**ALL AGES**

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**Old Colony YMCA Mental Health Clinic**

Individual, group, medication management (adults only), and structured outpatient addiction (18+).

**508-427-4383 x114**

891 Montello St. Brockton, MA 02301

oldcolonymca.org/mentalhealth

Insurance Accepted | BC/BS MA, BMC Healthnet, Fallon, Masshealth, MBHP, Neighborhood Health Plan, Tufts Public Health Plans & Tufts Direct, Uninsured adults w/substance use can have services covered by agency funds

**Pinnacle Partnerships**

Parental consultation and resource navigation.

**805-699-6469**

pinships.org

**AGES 0-21**

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**Southbay Mental Health**

Individual, group, family therapy, and medication management. Home based services.

**508-427-5362**

103 Commercial St. 2nd Floor, Brockton, MA 02302

southbaycommunityservices.com

Insurance Accepted | Most major

**SPANISH, PORTUGUESE, CV CREOLE**



**Starr Psychiatric Center**

Individual, group, family therapy,  
prescription monitoring, and suboxone.

**508-580-2211**

529 Pearl Street Brockton, MA 02301

starrpsychiatriccenter.com

Insurance Accepted | BCBS, Harvard Pilgrim, Tufts,  
Medicare, Optum

**AGE 12+**

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**Therapy to You**

Individual and family therapy.

**508-342-5518**

therapytoyou.org

Insurance Accepted | None but reimbursement  
available.

**AGES 5-21+**

**Whitman Counseling (BAMSI)**

Individual, couples, family therapy,  
counseling, and medication.

**781-447-6425**

288 Bedford Street Whitman, MA 02382

bamsi.org

Insurance Accepted | Most major

**ALL AGES**

# Insurance Information

**About 1 in 8 people in Massachusetts** struggle with medical debt. Health Law Advocates (HLA) is the state's top provider of free legal help for Massachusetts residents who need affordable health care or health coverage. HLA provides direct representation to individuals across Massachusetts who are facing pressure from health care providers or debt collectors to pay unaffordable medical bills.

## **For help with health care, health coverage, and medical debt**

617-338-5241 or  
855-218-2519 (toll-free)

## **For specialized help with kids' mental health and special education services**

617-275-2919 or  
855-218-3965 (toll-free)

70 Franklin Street, Suite 500. Boston, MA 02110

[www.healthlawadvocates.org](http://www.healthlawadvocates.org)

### **Email**

<https://www.healthlawadvocates.org/contact-us>

### **Details of the audience/languages spoken**

English, Spanish, Portuguese, Haitian Creole, French, and any other language (interpreters available)

**Aetna Medicare Solutions**

1-855-335-1407

aetnamedicare.com

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**Allways Health Partners/  
Neighborhood Health Plan**

1-866-414-5533

allwayshealthpartners.org

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**Beacon Behavioral Health  
Associates**

1-508-743-5542

beaconbehavioralhealthassociates.com

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**Bluecross/Blueshield (BSBS)**

1-800-262-2583

bluecrossma.org

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**Boston Medical Center Healthnet**

1-888-566-0010

bmchp.org

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**Cigna (CT)**

1-800-997-1654

cigna.com

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**Commonwealth Care Alliance  
(CCA)**

1-866-610-2273

commonwealthcarealliance.org

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**Compsych**

1-800-851-1714

compsych.com

**Boston Medical Center Healthnet**

1-888-566-0010

bmchp.org

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**Cigna (CT)**

1-800-997-1654

cigna.com

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**Commonwealth Care Alliance  
(CCA)**

1-866-610-2273

commonwealthcarealliance.org

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**Compsych**

1-800-851-1714

compsych.com

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**ConnecticutCare**

1-860-674-5757

connecticare.com

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**Fallon Health**

1-800-868-5200

fchp.org

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**Harvard Pilgrim Health Care**

1-888-888-4742

harvardpilgrim.org

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**Health New England**

1-413-787-4004

healthnewengland.org

## **Husky Health CT**

1-855-805-4325

huskyhealthct.org

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## **Magellan Health**

781-425-5059

magellanhealth.com

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## **Massachusetts Behavioral Health Partnership (MBHP)**

1-800-495-0086

masspartnership.com

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## **MassHealth**

1-855-264-3156

masshealth.com

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## **Optum/United Behavioral Health Plan**

1-855-445-8745

optumcare.com

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## **Senior Whole Health**

1-888-794-7268

seniorwholehealth.com

## **Tricare**

1-800-444-5445

tricare.mil

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## **Tufts Health Plan**

617-972-9400

tuftshealthplan.com

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## **Unicare**

1-866-663-4176

unicarestatplan.com

## **United Health Care**

1-855-356-6098

uhc.com



# Food Assistance

## **Avon Baptist Church**

Avon

**508-583-8076**

119 N Main St, Avon, MA 02322

Hours | Monday -Thursday 8:00 AM -12:00 PM

**AVON RESIDENTS ONLY**

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## **Brockton Assembly of God-Food Pantry**

Brockton

**508-583-7222**

199 Warren Ave, Brockton, MA 02301

Hours | Fridays 10-Noon except on Holidays

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## **Brockton Temple SDA Food Pantry**

Brockton

**508-588-8436**

235 Court St, Brockton, MA 02302

Hours | Last Wed of the Month 9:30-11:30AM

**MUST RESIDE IN BROCKTON FOR 1 MONTH.**

## **Central Square Congregational Church**

Bridgewater

**508-697-6016**

71 Central Square, Bridgewater, MA 02324

Hours | Monday -Thursday 8:00 AM -12:00 PM

**BRIDGEWATER RESIDENTS ONLY.**

**BRING PROOF OF RESIDENCY; 1ST THURSDAY 10-1PM; 1ST MONDAY 6-7:30PM. OFFICE OPEN M-F 10-2PM. EMERGENCY PACKAGES AVAILABLE IF CANNOT WAIT UNTIL THURSDAY.**

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## **Department of Transitional Assistance (DTA)**

Boston

**877-382-2363**

60 Main Street, Brockton, MA

**SNAP/EBT, CASH ASSISTANCE**

**Greater Boston Food Bank**

Boston

**617-427-5200**

70 S Bay Ave, Boston, MA 02118

gbfb.org

**PROVIDES FOOD TO PANTRIES FROM BOSTON TO FRAMINGHAM**

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**Lincoln Church Food Pantry**

Brockton

**508-587-8219**

180 Oak St, Brockton, MA 02301

**Hours** | 3rd Thursday 2-4:30 PM

**AVON RESIDENTS ONLY. BROCKTON RESIDENT, BILL/MAIL, IDENTIFICATION**

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**Massasoit Food Pantry**

Brockton

**508-583-9100 ext. 1018**

1 Massasoit Blvd, Brockton, MA 02302

**Hours** | Monday -Friday 11:00 AM -1:00 PM when school is in session

**MASSASOIT STUDENTS & STAFF MEMBERS ONLY**

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**Project Bread**

Bridgewater

**800-645-8333**

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**Soup Kitchen & Pantry Mt. Moriah  
Emergency Food Program**

Brockton

**508-588-0856**

24 Pleasant St, Brockton, MA 02301

**Hours** | Tuesdays Noon-1PM & (soup kitchen),  
Last two Saturdays of the month 10-11AM

**BROCKTON RESIDENT. PHOTO ID AND CURRENT BILL/MAIL.**

**Soup Kitchen Trinity Baptist Church**

Brockton

**508-588-4668 ext. 100**

1367 Main St, Brockton, MA 02301

champ4life.org

**Hours** | Last Tuesday of each month (community dinner) 5:00 -6-00 PM. Second Tuesday of the month outdoor dinner 5:00 -6:00 PM.

**NO RESTRICTIONS. ALL ARE WELCOME.**

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**St. Vincent De Paul**

Abington

**781-878-1194**

425 Plymouth St, Abington, MA 02351

**Hours** | Tuesday evenings 5:30 -7:00 PM

**ABINGTON RESIDENTS ONLY. CALL AHEAD FOR APPT. (GLUTEN FREE ITEMS AVAILABLE)**

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**St. Vincent De Paul**

Bridgewater

**508-697-6084**

103 Center St, Bridgewater, MA 02324

**Hours** | 1st & 3rd Thursday each month -  
8:30 AM -10:00 AM

**BRIDGEWATER RESIDENTS ONLY.**

**BRING INCOME VERIFICATION, PROOF OF RESIDENCY, BIRTH CERTIFICATE FOR ANYONE UNDER 18.**

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**The Salvation Army Brockton Citadel**

Brockton

**508-583-1896 ext. 302**

216 Centre St, Brockton, MA 02302

**Hours** | Tuesdays and Fridays 1-2 PM

**RESIDENTS OF BROCKTON, HOLBROOK, EAST BRIDGEWATER, WEST BRIDGEWATER, STOUGHTON, OR AVON.**

**VALID PHOTO ID AND CURRENT BILL/MAIL, CLIENTS CAN RECEIVE FOOD ONCE PER MONTH.**





# Book resources

## General Mental Health

### **How to Raise a Healthy Child in Spite of Your Doctor**

by Robert S. Mendelsohn

A guide for parents to raise healthy children, emphasizing natural health practices.

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### **The Opposite of Worry: The Playful Parenting Approach to Childhood Anxieties and Fears**

by Lawrence J. Cohen

This book provides playful and practical techniques for addressing childhood anxieties and fears.

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### **Raising Resilient Children: Fostering Strength, Hope, and Optimism in Your Child**

by Robert Brooks and Sam Goldstein

A guide to fostering resilience in children, focusing on building strength, hope, and optimism.

### **Parenting with Love and Logic: Teaching Children Responsibility**

by Charles Fay and Foster Cline

This book offers techniques for teaching children responsibility through love and logic.

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### **The 7 Habits of Highly Effective Teens**

by Sean Covey

A guide for teens to develop effective habits for success and personal growth.

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### **The Teenage Guide to Stress**

by Nicola Morgan

A practical guide for teens to understand and manage stress.

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### **Stuff That Sucks: Accepting What You Can't Change and Committing to What You Can**

by Ben Sedley

This book helps teens accept difficult situations and commit to positive actions.

### **The Mindfulness and Acceptance Workbook for Teen Anxiety**

by Sheri L. Turrell and Christopher McCurry

A workbook that teaches mindfulness and acceptance techniques to help teens manage anxiety.

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### **Your Defiant Teen: 10 Steps to Resolve Conflict and Rebuild Your Relationship**

by Russell A. Barkley and Arthur L. Robin

A guide for parents to resolve conflicts and rebuild relationships with their defiant teens.

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### **The Noonday Demon: An Atlas of Depression**

by Andrew Solomon

A comprehensive exploration of depression, combining personal narrative with scientific research.

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### **Furiously Happy: A Funny Book About Horrible Things**

by Jenny Lawson

Jenny Lawson's humorous memoir about living with mental illness.

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### **Darkness Visible: A Memoir of Madness**

by William Styron

William Styron's memoir about his battle with depression.

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### **Reasons to Stay Alive**

by Matt Haig

Matt Haig's account of his struggle with depression and the reasons he found to stay alive.

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### **The Center Cannot Hold: My Journey Through Madness**

by Elyn R. Saks

Elyn R. Saks' memoir about her experiences with schizophrenia and her journey to stability.

### **The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind**

by Daniel J. Siegel and Tina Payne Bryson (suitable for older children)

This book offers strategies to nurture a child's developing mind, combining neuroscience with practical advice.

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### **The Way I Feel**

by Janan Cain

A children's book that explores different emotions through simple text and illustrations.

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### **Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids**

by Carol McCloud

A guide for children to understand the concept of kindness and the importance of daily happiness.

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### **In My Heart: A Book of Feelings**

by Jo Witek

A beautifully illustrated book that explores a wide range of emotions in a child-friendly way.

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### **Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents)**

by Eline Snel

A book that introduces mindfulness exercises for children and their parents to practice together.

## ADHD

### **Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder**

by Edward M. Hallowell and John J. Ratey

This classic book explores the nature of ADHD, offering insights and practical strategies for individuals and families dealing with the condition.



### **The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children**

by Ross W. Greene

Greene provides a compassionate and effective approach for managing children with challenging behaviors often linked to ADHD.

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### **Smart but Scattered: The Revolutionary “Executive Skills” Approach to Helping Kids Reach Their Potential**

by Peg Dawson and Richard Guare

A guide for parents to help their children develop crucial executive skills necessary for success, especially useful for those with ADHD.

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### **ADHD: What Everyone Needs to Know**

by Stephen P. Hinshaw and Katherine Ellison

This book offers a comprehensive overview of ADHD, addressing common misconceptions and providing valuable information for understanding the disorder.

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### **Parenting Children with ADHD: 10 Lessons That Medicine Cannot Teach**

by Vincent J. Monastra

Monastra combines medical and psychological perspectives to provide parents with practical tools and strategies for raising children with ADHD.

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### **The ADHD Workbook for Teens: Activities to Help You Gain Motivation and Confidence**

by Lara Honos-Webb

A workbook designed for teens with ADHD to help them improve their focus, organization, and overall well-being through engaging activities.

### **ADHD & Me: What I Learned from Lighting Fires at the Dinner Table**

by Blake E. S. Taylor

Taylor shares his personal experiences growing up with ADHD, offering insights and advice for teens facing similar challenges.

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### **Taking Charge of ADHD: The Complete, Authoritative Guide for Parents**

by Russell A. Barkley

Barkley’s guide provides parents with practical advice on managing ADHD, from diagnosis to treatment options and behavioral strategies.

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### **Thriving with ADHD Workbook for Teens: Improve Focus, Get Organized, and Succeed**

by Allison Tyler

This workbook helps teens develop skills to manage their ADHD symptoms and thrive in various aspects of their lives.

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### **The Survival Guide for Kids with ADHD**

by John F. Taylor

A resource for older teens, offering practical tips and strategies to help them understand and manage their ADHD.

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### **Buzz: A Year of Paying Attention**

by Katherine Ellison

Ellison chronicles her journey as a mother navigating her son’s ADHD diagnosis, providing a candid and informative perspective.

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### **ADHD According to Zoë: The Real Deal on Relationships, Finding Your Focus, and Finding Your Keys**

by Zoë Kessler

Kessler offers practical advice and personal anecdotes for women with ADHD, covering various aspects of life from relationships to organization.

## **My Brain Still Needs Glasses: ADHD in Adults**

by Annick Vincent

Vincent addresses the challenges of living with ADHD as an adult, providing strategies for managing symptoms and improving quality of life.

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## **The Gift of ADHD: How to Transform Your Child's Problems into Strengths**

by Lara Honos-Webb

Honos-Webb encourages parents to view ADHD as a potential strength, offering positive and empowering strategies for raising children with ADHD.

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## **Learning to Slow Down and Pay Attention: A Book for Kids About ADHD**

by Kathleen G. Nadeau and Ellen B. Dixon

This book helps children understand their ADHD and provides practical tips for managing their symptoms in a relatable and engaging way.

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## **Cory Stories: A Kid's Book About Living With ADHD**

by Jeanne Kraus

Kraus tells the story of Cory, a child with ADHD, offering insights and coping strategies for young readers dealing with similar issues.

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## **Shelley, the Hyperactive Turtle**

by Deborah M. Moss

A charming story about Shelley, a turtle with hyperactivity, helping children understand and cope with their ADHD symptoms.

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## **My Brother's a World-Class Pain: A Sibling's Guide to ADHD-Hyperactivity**

by Michael Gordon

Gordon provides a guide for siblings of children with ADHD, helping them understand and support their brother or sister.

## **Putting on the Brakes: Understanding and Taking Control of Your ADD or ADHD**

by Patricia O. Quinn and Judith M. Stern

Quinn and Stern offer practical advice for children and teens to manage their ADHD symptoms and take control of their lives.

## **Autism Spectrum Disorders**

### **The Reason I Jump: The Inner Voice of a Thirteen-Year-Old Boy with Autism**

by Naoki Higashida

This memoir provides an intimate look into the thoughts and feelings of a nonverbal autistic boy. Naoki Higashida offers profound insights into autism and his own experiences.

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### **The Out-of-Sync Child: Recognizing and Coping with Sensory Processing Disorder**

by Carol Kranowitz

This book explores the challenges faced by children with sensory processing disorder (SPD) and offers practical advice for parents and educators to help these children thrive.

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### **Uniquely Human: A Different Way of Seeing Autism**

by Barry M. Prizant and Tom Fields-Meyer

Barry Prizant offers a compassionate and optimistic perspective on autism, focusing on understanding and appreciating the individuality of each person on the spectrum.

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### **Ten Things Every Child with Autism Wishes You Knew**

by Ellen Notbohm

Ellen Notbohm shares ten essential insights into the world of a child with autism, providing a better understanding for parents, educators, and caregivers.

## **Parenting a Child with Autism Spectrum Disorder**

by Albert Knapp

This guide offers strategies and support for parents raising children with autism, addressing challenges and celebrating successes.

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## **The Survival Guide for Kids with Autism Spectrum Disorders (And Their Parents)**

by Elizabeth Verdick and Elizabeth Reeve  
(suitable for teens)

A practical and supportive guide designed for teens with autism and their parents, covering a range of topics from self-advocacy to coping strategies.

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## **The Autism Acceptance Book: Being a Friend to Someone with Autism**

by Ellen Sabin

This interactive and educational book teaches children how to befriend and support their peers with autism.

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## **Different Like Me: My Book of Autism Heroes**

by Jennifer Elder

A beautifully illustrated book that introduces children to famous and inspirational figures with autism, celebrating their achievements and uniqueness.

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## **Asperger's Rules!: How to Make Sense of School and Friends**

by Blythe Grossberg

This book offers practical advice for children with Asperger's on navigating school and friendships, helping them to better understand social rules and expectations.

## **The Spark: A Mother's Story of Nurturing Genius**

by Kristine Barnett

Kristine Barnett shares her journey of raising her son, Jacob, a child prodigy with autism, focusing on nurturing his extraordinary talents.

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## **Carly's Voice: Breaking Through Autism**

by Carol Kranowitz

This book explores the challenges faced by children with sensory processing disorder (SPD) and offers practical advice for parents and educators to help these children thrive.

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## **Uniquely Human: A Different Way of Seeing Autism**

by Arthur Fleischmann and Carly Fleischmann

This inspirational memoir tells the story of Carly Fleischmann, a nonverbal autistic girl who learns to communicate and shares her unique perspective with the world.

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## **Life, Animated: A Story of Sidekicks, Heroes, and Autism**

by Ron Suskind

Ron Suskind chronicles his son's journey of overcoming the challenges of autism through the help of Disney movies, highlighting the power of storytelling and imagination.

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## **All My Stripes: A Story for Children with Autism**

by Shaina Rudolph and Danielle Royer

This children's book tells the story of Zane, a zebra with autism, who learns to appreciate his unique qualities and find his place in the world.

### **My Brother Charlie**

by Holly Robinson Peete and  
Ryan Elizabeth Peete

This heartwarming story, written by a mother-daughter duo, explores the bond between a boy with autism and his sister, emphasizing love and acceptance.

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### **I See Things Differently: A First Look at Autism**

by Pat Thomas

This introductory book for young children provides a gentle explanation of autism, helping them understand and accept their peers who are different.

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### **A Friend Like Simon**

by Kate Gaynor

This book tells the story of a young boy who befriends a classmate with autism, teaching children the importance of acceptance and friendship.

## **Depression**

### **Raising a Moody Child: How to Cope with Depression and Bipolar Disorder**

by Mary A. Fristad and  
Jill S. Goldberg Arnold

This book provides parents with practical strategies for managing mood disorders in children, focusing on both depression and bipolar disorder.

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### **The Childhood Depression Sourcebook**

by Jeffrey A. Miller

A comprehensive guide that offers information on the symptoms, causes, and treatments of childhood depression, along with resources for parents and caregivers.

### **When Your Child Is Depressed: A Guide for Parents**

by David G. Fassler and Lynne Dumas

This guide helps parents recognize the signs of depression in their children and provides practical advice on how to support them through their struggles.

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### **Raising an Emotionally Intelligent Child**

by John Gottman and Joan DeClaire

John Gottman offers insights into how parents can nurture emotional intelligence in their children, which can help mitigate the effects of depression.

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### **Beyond the Blues: A Workbook to Help Teens Overcome Depression**

by Lisa M. Schab

This workbook is filled with exercises and strategies for teens to manage and overcome depression.

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### **Depression: A Teen's Guide to Survive and Thrive**

by Jacqueline B. Toner and  
Claire A. B. Freeland

A practical guide that helps teens understand depression and develop skills to cope with and recover from it.

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### **Conquering the Beast Within: How I Fought Depression and Won... and How You Can, Too**

by Cait Irwin

Cait Irwin shares her personal battle with depression and provides inspiration and advice for others facing similar struggles.

### **Stuff That Sucks: A Teen’s Guide to Accepting What You Can’t Change and Committing to What You Can**

by Ben Sedley

This guide encourages teens to accept difficult emotions and situations while committing to positive actions and thoughts.

### **Mindfulness for Teen Depression: A Workbook for Improving Your Mood**

by Christopher Willard and Mitch Abblett

A workbook that introduces mindfulness techniques to help teens manage their depression and improve their overall mood.

### **The Self-Esteem Workbook for Teens: Activities to Help You Build Confidence and Achieve Your Goals**

by Lisa M. Schab

This workbook is designed to help teens build self-esteem, which can be a crucial factor in overcoming depression.

### **Darkness Visible: A Memoir of Madness**

by William Styron

William Styron’s memoir offers a poignant and personal account of his battle with depression.

### **An Unquiet Mind: A Memoir of Moods and Madness**

by Kay Redfield Jamison

Kay Redfield Jamison, a clinical psychologist, shares her experiences living with bipolar disorder and depression.

### **The Noonday Demon: An Atlas of Depression**

by Andrew Solomon

This book provides an in-depth exploration of depression, combining personal narrative with scientific research and cultural analysis.

### **Shoot the Damn Dog: A Memoir of Depression**

by Sally Brampton

Sally Brampton’s memoir details her journey through severe depression and her road to recovery.

### **Black Rainbow: How Words Healed Me: My Journey Through Depression**

by Rachel Kelly

Rachel Kelly shares how writing and poetry helped her overcome depression, offering hope and insight to others.

### **Sometimes I’m Sad**

by Deborah Serani

This children’s book helps young readers understand and cope with feelings of sadness and depression.

### **When My Worries Get Too Big!**

### **A Relaxation Book for Children Who Live with Anxiety**

by Kari Dunn Buron

A relaxation guide for children dealing with anxiety and depression, providing strategies to manage overwhelming emotions.

### **Sad Days, Glad Days: A Story about Depression**

by DeWitt Hamilton

A story aimed at children that explains depression in a way they can understand and relate to, promoting empathy and support.

### **The Red Tree**

by Shaun Tan

A beautifully illustrated book that depicts the journey through sadness and despair, ultimately offering hope and resilience.

### **How Big Are Your Worries Little Bear?**

by Jayneen Sanders

This book provides children with strategies to deal with their worries and emotions, helping them understand and manage their feelings.

## Sensory Processing Issues

### **The Highly Sensitive Child: Helping Our Children Thrive When the World Overwhelms Them**

by Elaine N. Aron

This book provides insights and strategies for parents to help their highly sensitive children thrive in an often overwhelming world.

### **The Out-of-Sync Child Has Fun: Activities for Kids with Sensory Processing Disorder**

by Carol Kranowitz

A practical guide with fun activities designed to help children with sensory processing disorder develop their motor skills and feel more comfortable in their environment.

### **Understanding Your Child's Sensory Signals: A Practical Daily Use Handbook for Parents and Teachers**

by Angie Voss

This handbook offers easy-to-understand explanations and strategies for parents and teachers to help children with sensory processing issues.

### **Raising Your Spirited Child: A Guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent, and Energetic**

by Mary Sheedy Kurcinka

This guide helps parents understand and nurture their spirited, highly sensitive children.

### **Sensational Kids: Hope and Help for Children with Sensory Processing Disorder**

by Lucy Jane Miller

A comprehensive resource offering hope and practical advice for parents of children with sensory processing disorder.

### **The Highly Sensitive Person's Survival Guide: Essential Skills for Living Well in an Overstimulating World**

by Ted Zeff

This guide provides essential skills and strategies for highly sensitive individuals to manage overstimulation and thrive in everyday life.

### **The Highly Sensitive Person**

by Elaine N. Aron

(suitable for older teens and young adults)

A foundational book that explores the traits of highly sensitive people and offers advice on how to navigate an often overwhelming world.

### **Thriving in the World: A Handbook for Highly Sensitive People and Those Who Love Them**

by Barrie Jaeger

A practical handbook that helps highly sensitive individuals and their loved ones understand and cope with sensitivity.

### **Too Loud, Too Bright, Too Fast, Too Tight: What to Do If You Are Sensory Defensive in an Overstimulating World**

by Sharon Heller

This book provides strategies for managing sensory defensiveness and reducing overstimulation.

### **The Highly Sensitive Person in Love: Understanding and Managing Relationships When the World Overwhelms You**

by Elaine N. Aron

(suitable for older teens and young adults)

This book offers advice for highly sensitive individuals on how to navigate and thrive in relationships.

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### **The Out-of-Sync Child**

by Carol Stock Kranowitz

A guide to understanding and managing sensory processing disorder in children, helping them lead more balanced lives.

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### **Arnie and His School Tools: Simple Sensory Solutions That Build Success**

by Jennifer Veenendall

A children's book that provides simple sensory solutions to help children succeed in school and other environments.

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### **Sensitive Sam: Sam's Sensory Adventure Has a Happy Ending!**

by Marla Roth-Fisch

This story follows Sam, a boy with sensory processing disorder, as he navigates his challenges and finds solutions.

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### **My Sensory Book: Working Together to Explore Sensory Issues and the Big Feelings They Can Cause: A Workbook for Parents, Professionals, and Children**

by Lauren H. Kerstein

A workbook designed to help children and their caregivers understand and manage sensory issues and related emotions.

### **The Highly Sensitive Person**

by Elaine N. Aron

(suitable for older teens and young adults)

A foundational book that explores the traits of highly sensitive people and offers advice on how to navigate an often overwhelming world.

## Trauma

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### **The Boy Who Was Raised as a Dog: And Other Stories from a Child Psychiatrist's Notebook**

by Bruce D. Perry and Maia Szalavitz

This book offers a collection of case studies from a child psychiatrist, illustrating how children are affected by trauma and how they can heal.

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### **Trauma Through a Child's Eyes: Awakening the Ordinary Miracle of Healing**

by Peter A. Levine and Maggie Kline

This guide provides insights and techniques to help children recover from trauma, focusing on natural healing processes.

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### **Helping Your Child Heal from Trauma: A Parent's Guide to PTSD**

by Ruth Gerson and Patrick Heppell

This guidebook helps parents understand PTSD in children and offers practical steps to support their healing journey.

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### **Parenting a Child Who Has Experienced Trauma**

by Dan Hughes and Jonathan Baylin

This book provides strategies and insights for parents raising children who have gone through traumatic experiences.

### **Waking the Tiger: Healing Trauma**

by Peter A. Levine

Peter Levine presents a new approach to healing trauma, focusing on the body's natural healing abilities.

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### **The PTSD Survival Guide for Teens: Strategies to Overcome Trauma, Build Resilience, and Take Back Your Life**

by Sheela Raja

This guide provides teens with strategies to cope with PTSD, build resilience, and reclaim their lives.

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### **Healing Days: A Guide for Kids Who Have Experienced Trauma**

by Susan Farber Straus

A guide designed to help children understand and process their traumatic experiences in a supportive way.

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### **Courage to Heal Workbook for Teens**

by Laura Davis

This workbook offers exercises and support for teens recovering from trauma, helping them to heal and grow.

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### **The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma**

by Bessel van der Kolk

(suitable for older teens)

A comprehensive look at how trauma affects the body and mind, and how various therapies can help in the healing process.

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### **You Are Not Alone: The NAMI Guide to Navigating Mental Health**

by Ken Duckworth

This guide from NAMI provides information and support for navigating mental health challenges, including trauma.

### **A Child Called It: One Child's Courage to Survive**

by Dave Pelzer

Dave Pelzer's memoir recounts his experiences of severe childhood abuse and his journey to recovery.

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### **Lucky**

by Alice Sebold

Alice Sebold's memoir details her experience of being raped as a college student and her subsequent path to healing.

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### **A Terrible Thing Happened: A Story for Children Who Have Witnessed Violence or Trauma**

by Margaret M. Holmes

A story for children who have experienced violence or trauma, helping them to process their emotions and find comfort.

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### **The Invisible String**

by Patrice Karst

This story teaches children that they are always connected to the ones they love, even when they are not physically together.

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### **When Something Terrible Happens: Children Can Learn to Cope with Grief**

by Marge Heegaard

This book helps children understand and cope with grief, offering strategies for managing their emotions.



## **Brave Bart: A Story for Traumatized and Grieving Children**

by Caroline H. Sheppard

A story about a cat named Bart who learns to cope with trauma and grief, providing a comforting narrative for children in similar situations.

## **Bipolar Disorder**

### **The Bipolar Child: The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder**

by Demetri Papolos and Janice Papolos

This book provides an in-depth understanding of bipolar disorder in children, offering guidance and reassurance to parents.

### **Raising a Moody Child: How to Cope with Depression and Bipolar Disorder**

by Mary A. Fristad and  
Jill S. Goldberg Arnold

A practical guide for parents dealing with children who have mood disorders, including bipolar disorder.

### **Brandon and the Bipolar Bear: A Story for Children with Bipolar Disorder**

by Tracy Anglada

A storybook designed to help children understand and cope with their bipolar disorder.

### **Bipolar Kids: Helping Your Child Find Calm in the Mood Storm**

by Rosalie Greenberg

This book offers strategies and insights for parents to help their children manage bipolar disorder.

### **The Everything Parent's Guide to Children with Bipolar Disorder: Professional, Reassuring Advice to Help You Understand and Cope**

by William Stillman and Jon P Bloch

A comprehensive guide for parents to understand and manage their child's bipolar disorder.

### **The Bipolar Workbook for Teens: DBT Skills to Help You Control Mood Swings**

by Sheri Van Dijk

A workbook for teens with bipolar disorder, providing DBT skills to help them manage their mood swings.

### **Bipolar Teen: What You Can Do to Help Your Child and Your Family**

by David J. Miklowitz and  
Elizabeth L. George

This book offers guidance for parents on how to support their bipolar teens and maintain family harmony.

### **When Nothing Matters Anymore: A Survival Guide for Depressed Teens**

by Bev Cobain

A survival guide for teens dealing with depression, suitable for those with bipolar disorder.

### **A Brilliant Madness: Living with Manic-Depressive Illness**

by Duke and Gloria Hochman

(suitable for older teens)

Patty Duke's memoir about living with manic-depressive illness, offering insights and hope.

### **An Unquiet Mind: A Memoir of Moods and Madness**

by Kay Redfield Jamison

Kay Redfield Jamison's memoir provides a personal account of living with bipolar disorder.

## **Manic: A Memoir**

by Terri Cheney

Terri Cheney shares her experiences of living with bipolar disorder in this powerful memoir

## **Hurry Down Sunshine**

by Andy Behrman

Andy Behrman recounts his life with bipolar disorder and the extreme behaviors it triggered.

## **Madness: A Bipolar Life**

by Marya Hornbacher

Marya Hornbacher's memoir about her struggles and triumphs living with bipolar disorder.

## **Matt the Moody Hermit Crab: A Story About Bipolar Disorder**

by Alicia Pepe

A children's book that explains bipolar disorder through the story of a hermit crab.

## **My Bipolar Roller Coaster Feelings Book**

by Bryna Hebert

A book for children to help them understand and express their feelings related to bipolar disorder.

## **Turbo Max: A Story for Siblings of Bipolar Children**

by Tracy Anglada

A storybook designed to help siblings understand and cope with their brother or sister's bipolar disorder.

## **Bipolar Bear Family: When a Parent Has Bipolar Disorder**

by Angela Ann Holloway

A children's book that helps explain bipolar disorder to kids when a parent is affected.

## Eating Disorders

### **Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too**

by Jenni Schaefer and Thom Rutledge

Jenni Schaefer's memoir and self-help book provides a roadmap for those struggling with eating disorders to reclaim their lives.

### **Help Your Teenager Beat an Eating Disorder**

by James Lock and Daniel Le Grange

This book offers parents practical advice and strategies to help their teenagers overcome eating disorders.

### **Brave Girl Eating: A Family's Struggle with Anorexia**

by Harriet Brown

Harriet Brown shares her family's journey through her daughter's anorexia, providing insight and hope.

### **The Eating Disorders Sourcebook: A Comprehensive Guide to the Causes, Treatments, and Prevention of Eating Disorders**

by Carolyn Costin and Gwen Schubert Grabb

A comprehensive guide that covers the causes, treatments, and prevention strategies for eating disorders.

### **Surviving an Eating Disorder: Strategies for Family and Friends**

by Michele Siegel, Judith Brisman, and Margot Weinschel

This book offers strategies for family and friends to support a loved one dealing with an eating disorder.

### **Wasted: A Memoir of Anorexia and Bulimia**

by Marya Hornbacher

Marya Hornbacher's memoir details her battle with anorexia and bulimia, providing an unflinching look at the realities of eating disorders.

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### **Gaining: The Truth About Life After Eating Disorders**

by Aimee Liu

Aimee Liu explores the long-term recovery process from eating disorders, sharing personal stories and research.

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### **Goodbye Ed, Hello Me: Recover from Your Eating Disorder and Fall in Love with Life**

by Jenni Schaefer

Jenni Schaefer offers practical advice and inspiration for those recovering from eating disorders to embrace life fully.

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### **Full Mouse, Empty Mouse: A Tale of Food and Feelings**

by Dina Zeckhausen

A children's book that helps young readers understand and manage their feelings about food.

### **My Body's Special and Belongs to Me**

by BSally Berenzweig and Cherie Benjoseph

This book empowers children to respect and take care of their bodies, promoting healthy body image and self-acceptance.

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### **Andrea's Voice: Silenced by Bulimia**

by Doris Smeltzer

(suitable for older children)

A mother's heartfelt account of her daughter's struggle with bulimia and the devastating impact it had on their family.

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### **Perfectly Me**

by Meredith Marple

A children's book that encourages self-acceptance and positive body image.

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### **The Poodle Who Barked at the Wind: A Story About Self-Acceptance and Healthy Living**

by JCharlotte Rodenberg

A story that teaches children about self-acceptance and healthy living through the adventures of a poodle.

## Finding Books on General Mental Health

### Local Libraries

Check your local public library's catalog for availability. Many libraries also offer e-books and audiobooks through platforms like OverDrive or Libby.

### Bookstores

Major bookstores like Barnes & Noble, Books-A-Million, and independent bookstores often carry these titles. You can visit their websites or physical stores.

### Online Retailers

- **Amazon:** Offers a wide selection of new and used books, along with e-book versions for Kindle.
- **Book Depository:** Provides free worldwide shipping on a large selection of books.
- **AbeBooks:** Specializes in used, rare, and out-of-print books.

### E-book Platforms

- **Amazon Kindle:** For e-book versions.
- **Apple Books:** For e-books available on Apple devices.
- **Google Play Books:** For e-books and audiobooks.
- **Kobo:** Another e-book retailer with a wide selection.

### Libraries and Online Resources for Free Access

- **Project Gutenberg:** Offers free access to a large collection of public domain books.
- **Open Library:** An initiative of the Internet Archive, it provides access to many e-books for free borrowing.

### Academic Libraries

If you are affiliated with a university, check the university library's catalog. Many academic libraries also offer interlibrary loan services.

### Specialty Bookshops

Some bookshops specialize in mental health and wellness literature and might offer these titles.

