

## BERT NASH MENTAL HEALTH FIRST AID SELF-HELP AND OTHER SUPPORT STRATEGIES

### Books

Xavier Amador, *I Am Not Sick and I Don't Need Help*  
Tara Brach, *Radical Acceptance*  
Brene Brown, *I Thought It Was Just Me (But It Isn't)*  
Brene Brown, *The Gifts of Imperfection*  
Brene Brown, *Rising Strong*  
Gail Hornstein, *Agnes's Jacket: A Psychologist's Search for the Meanings of Madness*  
Johann Hari, *Chasing the Scream*  
Johann Hari, *Lost Connections*  
Nadine Burke Harris, *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity*  
Stephen Ilardi, *The Depression Cure*  
Jon Kabat-Zinn, *Full Catastrophe Living*  
Carolyn Knapp, *Drinking: A Love Story*  
Harriet Lerner, *The Dance of Intimacy*  
Zach McDermott, *Gorilla and the Bird*  
M. Scott Peck, *The Road Less Traveled*  
Kay Redfield Jamison, *The Unquiet Mind*  
Kay Redfield Jamison, *Nothing was the Same*  
Cheryl Strayed, *Tiny Beautiful Things*  
Cheryl Strayed, *Brave Enough*  
David Treleaven, *Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing*  
Bessel Van Der Kolk, *The Body Keeps the Score: Brain, Mind, and Body In the Healing of Trauma*  
Laura van Dernoot Lipsky, *Trauma Stewardship*

### Podcasts

Happy Place by Fearne Cotton  
The Minimalists by Joshua Fields Millburn and Ryan Nicodemus  
Mad World by Bryony Gordon  
Mental Illness Happy Hour with Paul Gilmartin  
Mentally Yours by the Metro with Yvette Caster and Ellen Scot  
The Struggle Bus hosted by Katharine Heller and Sally Tamarkin  
The Hilarious World of Depression with John Moe  
Happier with Gretchen Rubin and Elizabeth Craft

### TED Talks

Bill Bernat, How to Connect with Depressed Friends  
[https://www.youtube.com/watch?v=m-8tQ\\_TYLgk](https://www.youtube.com/watch?v=m-8tQ_TYLgk)  
Brene Brown, Listening to Shame  
[https://www.ted.com/talks/brene\\_brown\\_listening\\_to\\_shame](https://www.ted.com/talks/brene_brown_listening_to_shame)  
Brene Brown, The Power of Vulnerability  
[https://www.ted.com/talks/brene\\_brown\\_on\\_vulnerability](https://www.ted.com/talks/brene_brown_on_vulnerability)  
Johann Hari, Everything You Think You Know About Addiction Is Wrong  
[https://www.ted.com/talks/johann\\_hari\\_everything\\_you\\_think\\_you\\_know\\_about\\_addiction\\_is\\_wrong?language=en](https://www.ted.com/talks/johann_hari_everything_you_think_you_know_about_addiction_is_wrong?language=en)  
Elyn Saks, A Tale of Mental Illness From the Inside  
[https://www.ted.com/talks/elyn\\_saks\\_seeing\\_mental\\_illness](https://www.ted.com/talks/elyn_saks_seeing_mental_illness)  
Michi Marshall, TED Talk at NatCon18  
<https://www.youtube.com/watch?v=jowammhWXzs>  
Cecilia McGough, I am not a monster: Schizophrenia.  
<https://www.youtube.com/watch?v=xbagFzcyNiM>  
Megan Phelps-Roper, I grew up in Westboro Baptist Church. Here's why I left. <https://www.youtube.com/watch?v=bVVZk88beY>  
Jordan Raskopoulos, Living with High Functioning Anxiety  
[https://www.youtube.com/watch?v=JUedQ0\\_EGCQ](https://www.youtube.com/watch?v=JUedQ0_EGCQ)  
Jake Tyler, "I'm Fine" – Learning to Live with Depression.  
<https://www.youtube.com/watch?v=IDPDEKtd2yM>

### Websites

Live Through This: <http://livethroughthis.org/>  
National Suicide Prevention Hotline:  
<http://lifelineforattempturvivors.org/>

### Apps

MyStrength (create account with app or at [www.mystrength.com](http://www.mystrength.com);  
access code: DCBertNash)  
Calm  
Insight Timer  
Headspace (fees may apply and student rates may be available)

This list is a work-in-progress. If you have resources to add, please email the recommendations to [jgaughan@bertnash.org](mailto:jgaughan@bertnash.org).