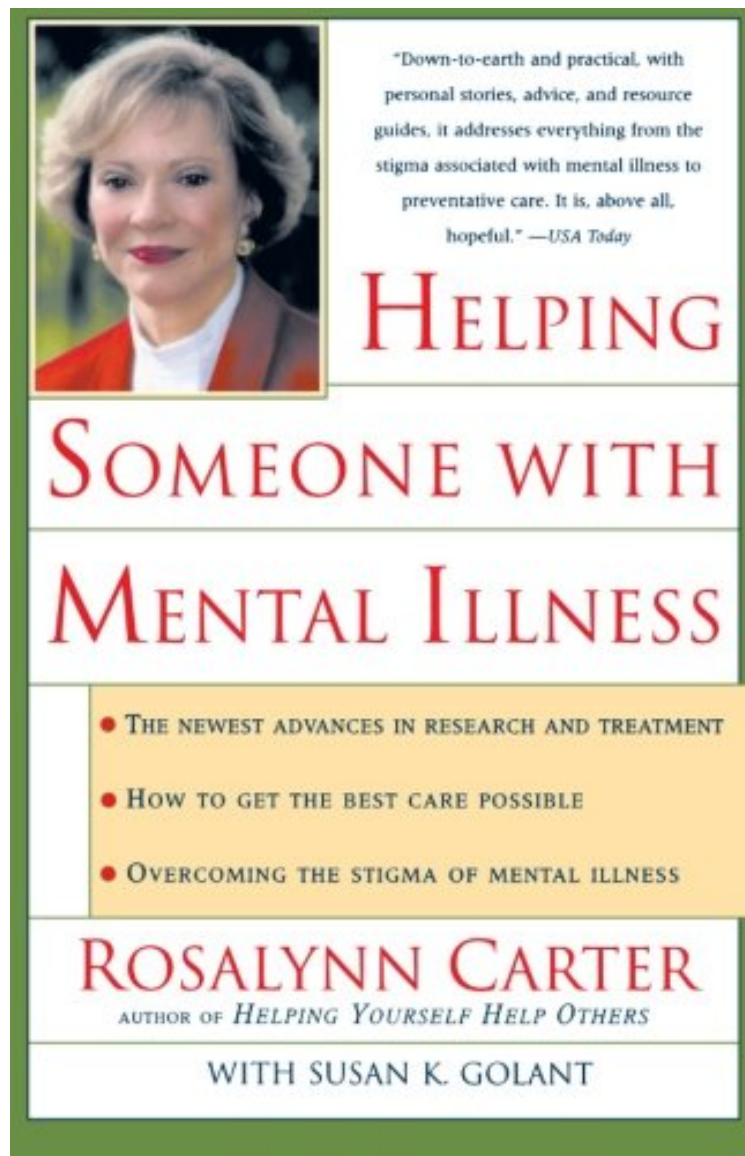


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Helping Someone with Mental Illness: A Compassionate Guide for Family, Friends, and Caregivers

Rosalynn Carter, Susan Golant M.A.
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Rosalynn Carter, Susan Golant M.A. : **Helping Someone with Mental Illness: A Compassionate Guide for Family, Friends, and Caregivers** before purchasing it in order to gauge whether or not it would be worth my time,

and all praised *Helping Someone with Mental Illness: A Compassionate Guide for Family, Friends, and Caregivers*:

3 of 3 people found the following review helpful. Very good book
By HappyI have a brother who has schizoaffective disorder and it has been such a hard battle. He is 20 years old and has been in the hospital so many times I cant count. I bought this book to try and understand this difficult process. I was shocked that she was very compassionate. It is sad that the battle is ongoing for the mentally ill. I am impressed that she has fought so hard for those with illnesses. It is hard to deal with the insurance company because they allow my brother to stay in a hospital for a few days. They release him and then he returns a week later. It's so upsetting. I have been told to fight for my my brother. He is not the same person I used to know. Most of the time, he is highly medicated or is pacing the floors. Our options are so limited. I know I am not alone in this fight.
0 of 0 people found the following review helpful. Great resource for caregivers
By Roy K. SutherlandWonderful help book. This book has many sources for information and organizations that are helpful.
4 of 4 people found the following review helpful. Excellent Guide
By hlmccallI teetered on giving this a 4 on the rating only because I had really hoped Mrs. Carter would have given more of an update on current methods with the last printing, however as a guide the book is excellent. As this problem continues to become ever more apparent a book like this could be a living document that keeps us abreast of modern developments. I know that I sure appreciate the work that was put into this guide because it helped me and my friends (who also bought the book) at a critical time in a friends life.

The first thing you need to know is that life isn't over. "The good news," writes Mrs. Carter in *Helping Someone with Mental Illness*, "is that with proper diagnosis and treatment, the overwhelming majority of people with mental illness can now lead productive lives." Based on Mrs. Carter's twenty-five years of advocacy and the latest data from the Rosalynn Carter Symposia for Mental Illness, her book offers step-by-step information on what to do after the diagnosis: seeking the best treatment; evaluating health-care providers; managing workplace, financial, and legal matters. Mrs. Carter addresses the latest breakthroughs in understanding, research, and treatment of schizophrenia, depression, manic depression, panic attacks, obsessive-compulsive disorder, and other mental disorders. She also discusses the emotional and psychological issues in caregiving for people with mental illness and offers concrete suggestions to help erase the prejudice and discrimination based on misinformation about mental illness. Her book is also a rich clearinghouse that guides readers to hundreds of specialized resources, including organizations, hot lines, newsletters, videos, books, websites, and more.

.com Rosalynn Carter's "*Helping Someone with Mental Illness*" is a powerful tool that anyone--families, social workers, doctors, consumers--can put to good use. There are other such books on the shelf, such as *Surviving Schizophrenia: A Family Manual*, but Carter's is by far the best. She has managed to weave the deeply moving stories of many individuals into a cleanly organized discussion of every salient issue: diagnosis, treatment, scientific research, stigma, advocacy. Her descriptions of the different mental illnesses--schizophrenia, depression, manic-depression or bipolar illness, and the anxiety disorders--are particularly cogent, and her 20-page list of references is alone worth the price of the book. Carter never sugarcoats a hard truth or omits a painful statistic, but somehow her voice--warmly personal but also respectfully reserved--comes through so strongly that it is almost as if she is in the room with the reader. Coauthor Susan K. Golant, whom Carter thanks for her organizational skills--among other things--has done her work in a particularly unobtrusive way. This is much more than a book; it is a companion. Reading Carter on mental illness is like reading Dr. Spock on child care. Having advocated for the mentally ill for most of her adult life, she is an acknowledged expert by now, and she writes with the authority one might expect. But her special status as a mother also subtly informs her text. Discussing caregiver burnout, she writes, "Having dinner at 6:00 p.m. each evening, going to church every Sunday, or watching a favorite TV show every day are all simple ways of maintaining a sense of control. Routines can create structure and a feeling of safety." Readers will be particularly grateful for Carter's constant, explicit suggestions for beating the stigma that often surrounds mental illness. Perhaps no book can be perfect--Carter writes little about post-traumatic stress disorder, a common affliction--but *Helping Someone with Mental Illness* comes very, very close. --Peggy Moorman High Praise for *Helping Someone with Mental Illness*" An important resource for families, friends, and those facing the challenges of mental illness. It delivers its message with warmth, clarity, and candor."--Laurie Flynn, executive director, National Alliance for the Mentally Ill "Family and friends of persons with mental illness will want to turn to Mrs. Carter's book first for empathy, information, and advice. This is an excellent guide."--C. Everett Koop, M.D., former Surgeon General of the United States
From the Inside Flap
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