

IF WE TALKED ABOUT MENTAL HEALTH LIKE WE DO PHYSICAL HEALTH

2018 Education Series



READ

**Crazy: A Father's Search Through
America's Mental Health Madness**

Pete Earley

**Insane: America's Criminal
Treatment of Mental Illness**

Alisa Roth

**Losing Tim: How Our Health and
Education Systems Failed My Son
with Schizophrenia**

Paul Gionfriddo

National Alliance on Mental Illness Blog

goo.gl/BB24zB

**No One Cares About Crazy People:
The Chaos and Heartbreak of Mental
Health in America**

Ron Powers

School Mental Health Toolkit

Mental Health Colorado | goo.gl/FV51Kz

The State of Mental Health in America

Mental Health America | goo.gl/c4NEKP

Wellbeing: The Five Essential Elements

Tom Rath and Jim Harter, Ph.D.



LISTEN

The Addicted Mind

Duane Osterlind | theaddictedmind.com

All In The Family, Part 1

CBC | <https://goo.gl/Hbci8i>

The Mental Illness Happy Hour

Paul Gilmartin | mentalpod.com

**Overwhelmed In The ER: Georgia's
Mental Health Crisis**

Elly Yu | goo.gl/dhsd55



WATCH

Infinitely Polar Bear

2015 Film

It's Kind of a Funny Story

2010 Film

The Struggle of Mental Health

TED Talk Playlist | goo.gl/t59ryt

**What if We Treated Mental Health
Like Cancer?**

Jürgen Unützer, MD, MPH, MA | goo.gl/b5KQKY

Colorado Coalition for the Homeless
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