



## Resources When a Family Member/Friend is Sick

### ***Recommended Books:***

Bipolar Disorder Survival Guide: What You and Your Family Need to Know, David Miklowitz

Emmy's Question, Jeannine Auth

For Teenagers Living With a Parent Who Abuses Alcohol/Drugs, Edith Lynn Honik-Bear

If You Loved Me, You'd Stop! What You Really Need to Know When Your Loved One Drinks Too Much, Lisa Frederiksen

Living With Someone Who's Living With Bipolar Disorder: A Practical Guide for Family, Friends, and Coworkers, Chelsea Lowe

Prescription Pill Drug Abuse: How to Deal With an Addict Teen, Teenager, Adult Child, Friend or Family Member, Grace Child

Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder, Paul Mason

When Parents Have Problems: A Book for Teens and Older Children Who Have a Disturbed or Difficult Parent, Susan B. Miller

### ***Recommended Websites:***

Alateen  
<http://al-anon.alateen.org/>

MedlinePlus  
<http://www.nlm.nih.gov/medlineplus/>

National Association of Children of Alcoholics  
<http://www.nacoa.org/cankids.htm>

TeenHealth  
<http://kidshealth.org/teen/>