

Living with a Mental Illness and Modern, Yet Insufficient, Treatments

Online Resource List

- [Mental Illness Policy .org](http://MentalIllnessPolicy.org) – a great resource for statistics and facts about those with serious mental illness
- [Treatment Advocacy Center](http://TreatmentAdvocacyCenter.org) – a resource that focuses on the barriers to treatment for those with mental illness
- [Bipolar Burble](http://BipolarBurble.com) – Natasha Tracy’s writing on bipolar disorder and mental illness issues
- “55% of people don’t take their medications because they did not believe they were sick” – Kessler et al. ([The prevalence and correlates of untreated serious mental illness, Health Services Research](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1471111/) 36:987–1007, 2001)

Book Resource List

- [*I Am Not Sick, I Don't Need Help! How to Help Someone with Mental Illness Accept Treatment*](#) by Xavier Amador
- [*You Need Help!: A Step-by-Step Plan to Convince a Loved One to Get Counseling*](#) by Mark S Komrad M.D.
- [*Insane Consequences: How the Mental Health Industry Fails the Mentally Ill*](#) by DJ Jaffe
- [*Lost Marbles: Insights into My Life with Depression & Bipolar*](#) by Natasha Tracy

Find Natasha Tracy

- Website: <https://NatashaTracy.com>
- Twitter: https://twitter.com/natasha_tracy
- Facebook: <https://www.facebook.com/BipolarBurble/>
- Google+: <https://plus.google.com/u/2/+NatashaTracy>
- HealthyPlace blog: <https://www.healthyplace.com/blogs/breakingbipolar/>
- Book: [*Lost Marbles: Insights into My Life with Depression & Bipolar*](#)