

---

# Integrative Mental Health Resources

---

See [www.OnwardMentalHealth.com](http://www.OnwardMentalHealth.com) (Resources) for an array of integrative mental health material including the latest version of this monograph, extracted from our book, *Choices in Recovery*.



Onward Mental Health maintains a variety of integrative mental health resources available for free download. See [www.OnwardMentalHealth.com](http://www.OnwardMentalHealth.com) → *Resources* for the latest versions. Resources

include a large list of *Integrative Mental Health Organizations*. These organizations engage in education, advocacy, research and patient services.

## Alternative Psychiatric Treatments and Recovery Resources

- Complementary and Alternative Medicine for Mental Health, MH America, <http://goo.gl/gFXz3w>.
- Alternative Treatments for Extrapyrimalidal Symptoms, Schizophrenia, Bipolar, <https://goo.gl/8VJe7X>.
- Codex Alternus: Depression and Anxiety Spectrum alternative treatments, <http://goo.gl/nfXVSa>.
- Evidence-based Psychological Interventions in the Treatment of Mental Illness, <https://goo.gl/5XS0EE>.
- Clinical Naturopathy, An evidence-based guide to practice, Jerome Sarris. <http://goo.gl/V6SeiJ>.
- Integrative Medicine, University of Wisconsin. <http://goo.gl/UdDS6E>.
- Integrative Medicine for Mental Health white paper <https://goo.gl/J7BZJj>.
- Mad in America. [www.MadInAmerica.com](http://www.MadInAmerica.com).
- Madness Radio [www.madnessradio.net](http://www.madnessradio.net).

## Psychotropic Drug Safety and Withdrawal Resources

- Early Psychosis Intervention Program Directory. <https://goo.gl/wK8IEN>.
- Harm Reduction Guide to Coming Off Psychiatric Drugs, Icarus Project, <http://theicarusproject.net/resources/publications>.
- MIND, Making Sense of Coming off Psychiatric Drugs, <http://bit.ly/yPjusy>.
- Addressing Non-Adherence to Antipsychotic Medication: a Harm-Reduction Approach. <http://bit.ly/wbUA6A>.
- Rxisk Guide to Stopping Antidepressants. <https://goo.gl/aW6ztr>.
- Psychiatric Drug Withdrawal: Guide for Prescribers, Therapists, Patients, and their Families, Peter Breggin.
- Over Dose, Dr. Jay Cohen, 2004. If psychotropics are used, he advocates “Start Low. Go Slow” approach.
- Benzodiazepine addiction, withdrawal and recovery. [www.benzo.org.uk](http://www.benzo.org.uk).

## Psychosis, Schizophrenia and Voices

- Hearing Voices Network, <http://goo.gl/GlbkqY>.
- Better Sleep for Voice Hearers, <http://goo.gl/HBOf3i>.
- Schizophrenia Commission. 2012 report <http://goo.gl/wdSjRQ>, and executive summary <http://goo.gl/4M0JXi>.
- Recovery from Schizophrenia, [www.recoveryfromschizophrenia.org](http://www.recoveryfromschizophrenia.org).

- Recent Advances in Understanding Mental Illness and Psychotic Experiences, <http://bit.ly/fC7BGf>.
- A Practical Guide to Coping with Hearing Voices, <http://goo.gl/QYbIxd>.
- Nutrition for Schizophrenia. Overview <https://goo.gl/7klKaK>.
- Niacin Trials <http://goo.gl/ka8sLs>.
- Voices. Hearing Voices, Talking with Voices, [www.rufusmay.com](http://www.rufusmay.com).
- Living with Voices, 50 Stories of Recovery, <http://goo.gl/4gz653>.
- Understanding Psychosis and Schizophrenia, British Psychological Society, <https://goo.gl/GjoA1e>.
- Dealing With Psychosis Toolkit. <http://goo.gl/oQgJUk>.
- Mind-Body Tools for Psychosis. <https://goo.gl/Oj5Xe4>.

**Other tools.**

- A Guide to Cooperative Communication Skills, <http://goo.gl/H374Nw>.
- National Mental Health Consumers' Self-Help Clearinghouse. <http://goo.gl/MXoDwJ>.
- WRAP. [www.copelandcenter.com](http://www.copelandcenter.com), [www.wrapandrecoverybooks.com](http://www.wrapandrecoverybooks.com).