My favorite depression book, a series of short stories that portray depression, McInniss says. Sometimes, fiction can portray and explain depression more clearly than it is possible with nonfiction, and fiction fans may prefer this to more journalistic endeavors. The Noonday Demon: An Atlas of Depression, by Andrew Solomon. It is educational but also instructive, giving good tips for how to help teen girls in particular prevent and combat depressive symptoms. Self care and ideas to help you live a healthier, happier life. Obsessed with travel? Discover unique things to do, places to eat, and sights to see in the best destinations around the world with Bring Me! Something for everyone interested in hair, makeup, style, and body positivity. Buzz. After he passed away from cancer, reading the Harry Potter books is what helped keep me sane. This book series is one of the last attachments I have to my father. Harry Potter saved me more than once, and I canâ€™t thank J.K. Rowling enough. "It helped me to read about a character that talks a lot about his depression because it helped me make more sense of my own. At the time I was insecure because nobody knew I was gay, and it was inspiring to read about a gay character." Chris Fielding, Facebook. Amazing books have about depression and mental health, from autobiographies to self-help. About 15 million people in the U.S. are depressed, and there are millions more coping and caring for those in the throes of depression. Not everyone wants to read about it, but there are some amazing books about depression from how-to-help advice books to autobiographies written by people battling the black dog (Winston Churchillâ€™s name for his depression). If youâ€™re interested in the topic, these books are worth checking out.

The author Bryony Gordon chooses books to help with depression, books in which she has found solace and a sense of community. I need this day at home. I need to be cared for by my family. Or, â€œI need you to say lovely things to me.â€ That is really important. Heartburn isnâ€™t strictly a book about depression. Itâ€™s a book about heartbreak and failing marriage and all that stuff. But what I really like about it is that it is really very funnyâ€”horrible things are happening to her, but itâ€™s very funnyâ€”and it is really important to find humour in the bleakest of moments, wherever possible. Certainly, when I was writing Mad Girl, I didnâ€™t want it to be a misery memoir. This book is very inspirational and helpful whether you suffer with depression or have a loved one who is struggling, says Vinay Saranga, M.D., psychiatrist and founder of Saranga Comprehensive Psychiatry. "The author shares the personal account of his darkest days and how he turned it all around. Itâ€™s honest, heartfelt and offers immense hope." When a teen from school reaches out, she wonders if it's worth it to let someone care about her. 33 Mind Easing. Bick Wanck, M.D.