

MENTAL HEALTH RESOURCES

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- Meier Clinics website. Look for our providers' profiles : www.meierclinics.com
 - Multiple locations throughout the country
 - Referrals should contact our caring Intake Team at 888-725-4642
- National Alliance on Mental Illness, a wealth of information and support : www.nami.org
- Good sites for price checking meds: www.goodrx.com
- *The Anxiety & Phobia Workbook* by Edmund J. Bourne, PhD
- *Feeling Good* by David Burns, M.D. – Cognitive therapy in an accessible book.
- *Brain Lock* by Jeffrey Schwartz – Recommended book on OCD
- For women's mental health and pregnancy issues : <http://www.womensmentalhealth.org>
- 12 Step programs : <http://www.celebraterecovery.com>, <http://www.aa.org>
- Depression and Bipolar Support Alliance: <http://www.dbsalliance.org>
- Popular ADHD books: *Driven to Distraction*, and *Delivered from Distraction* by Edward Hallowell, MD
- *Organizing Solutions for People with Attention Deficit Disorder* by Susan C. Pinsky, a very practical book full of pictures written by a professional organizer

Books addressing mental health sensitive to a spiritual perspective:

- ❖ *New Light on Depression* by David B. Biebel, D. Min & Harold Koenig, MD
- ❖ *Blue Genes* by Paul Meier, MD
- ❖ *Souls in the Hands of a Tender God* by Craig Rennebohm
- ❖ *Ancient Christian Wisdom and Aaron Beck's Cognitive Therapy* by Father Alexis Trader - a rather scholarly and technical book; included as an example of a particularly different source, i.e. Orthodox Christian monk

Non-medicinal aids for mood: (may confer mild-moderate benefit. Supplements are not regulated by the FDA. *If there is a concern for bipolar spectrum disorder, even non-medicinal aids can bring out mood cycling or mania, and thus should be done with doctor's supervision*)

- Vitamin D3: Majority of people low especially during the winter. In general, 2000-4000 IU daily is probably safe but blood levels can be ordered by a physician. Sometimes mega-doses are prescribed. <http://www.vitamindcouncil.org>
- SAMe (s-adenosylmethionine) : Oral doses of 200-400mg daily may be tried
- Fish oil (omega-3 fatty acids EPA, DHA) : as tolerated 1000-2000mg daily. Studies suggest 1800 mg of EPA daily for depression. Watch for increased risk of bleeding.
- Bright Light Therapy: helpful for seasonal and non-seasonal depression. *10,000 lux (power rating of lamp) for 30 minutes early morning is the standard dose. Lower powered lamps can be used but may require a longer duration of use (5,000 lux for 1 hour).*
 - Search "bright light therapy" on Amazon. Also may be found @ Costco, Walmart.
Example of brands: Verilux, Northern Light Technology.