



Whether it's bipolar disorder, depression, schizophrenia, PTSD, or eating disorder — people must learn that these illnesses last and they need to find good services and stay in treatment. However, for most families the biggest challenge is understanding and managing the mental health system, and the second challenge is helping their loved one get care when they don't want it.

What keeps people from getting care? Sometimes it's the illness itself. With some of the more serious mental illnesses, including those involving psychosis, people don't believe that they're sick. Or they've had bad experiences with the mental health system. Or they don't know enough about the illness to believe that anything can be done...

[Read more](#) about how families can help their loved ones get mental healthcare in an interview with America's psychiatrist, Dr. Lloyd Sederer, on the National Council for Behavioral Health's Conference 365

blog.

Dr. Sederer's *The Family Guide to Mental Health Care* is the first comprehensive print resource for the millions of people who have loved ones suffering from some kind of mental illness. In this book, families can find the answers to their most urgent questions. What medications are helpful? Is there a way to navigate privacy laws so I can discuss my adult daughter's treatment with her doctor? Is my teenager experiencing typical adolescent distress or an illness? From understanding depression, bipolar illness, and anxiety to eating and traumatic disorders, schizophrenia, and much more, readers will learn what to do and how to help. Real-life scenarios and authoritative information are written in a compassionate, reader-friendly way, including checklists to bring to a doctor's appointment so you can ask the right questions. [Order today](#) and enter the code COUNCIL at checkout for a 20% discount.

"Dr. Sederer's book recognizes the essential contributions families make, discusses every challenge they face, and provides them with clear and exceptionally well-informed advice. There is no book like it. I recommend this book to families as a highly useful guide for what is too often a confusing and frightening journey."

Linda Rosenberg, President & CEO, National Council for Behavioral Health