Mental Health

Mental health has always been a central concern for LGBTQ people, who frequently face forms of adversity in order to be themselves. The SNMA has a diverse collection of over 120 books related to queer people and mental health, including psychotherapy, counseling, social work, and psychiatry. These texts consist of academic studies for practitioners, memoirs, guidebooks, historical studies, and cultural criticism, mainly from the 1970s to the 2000s. Topics represented range from coming out to HIV/AIDS, feminism to alcoholism, and institutionalization to alternative treatments.

A book for therapists eager to draw on new critical approaches in their practices.

A memoir by the pioneering lesbian psychotherapist and activist.

A major study of women’s psychology.

A book about the effect of homophobia on mental health as well as the beneficial possibilities of psychotherapy for gay men.

An anthology for therapists who want to become more sensitive and effective in their work with lesbians.

A collection of essays about homosexuality and bisexuality in psychology.

A collection of essays about clinical work with bisexuals.

Information about psychotherapeutic services for gay men and lesbians.
A book for social workers about meeting the needs of lesbian women of color.

A psychoanalytic reading of gay men’s difficulty sustaining serious, long-term romantic partnerships.

Charna Klein, *Counseling Our Own Lesbian/Gay Subculture Meets the Mental Health System* (Seattle: Consultant Services Northwest, 1986).
A book about lesbian/gay counseling services and the mental health movement in the U.S.

A collection of essays and reflections about the workshops at the Women’s Therapy Centre in London.

A study of recent empirical research on mental health in lesbian, gay, and bisexual people.

A study of historical and contemporary attitudes toward homosexuality in the mental health professions in Europe and Asia.

A collection of essays on sexism, women’s mental health issues, alternative treatments, and prevention strategies.

A collection of essays about how women, particularly feminist therapists, have impacted the theory, research, and practice of psychotherapy.

An account of the changing mental health needs of gay teenagers.

A memoir of being hospitalized in a psychiatric institution.
A comprehensive anthology of writings about the mental and physical health of Black women.

A book about psychotherapy for people affected by HIV/AIDS.

A study of programs and treatment protocols utilized to help gay people with alcohol-related problems.