*These resources have been gathered, organized, and graciously provided by the incredible* [*Dr. Leslie Berntsen*](https://www.leslie-bern.com/) *at USC.*

**WELCOME & INTRODUCTION**

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[We gave a loving home to a Romanian orphan... now he’s studying at Oxford University](http://www.thesun.co.uk/sol/homepage/woman/parenting/4044890/Romanian-orphans-adopted-by-British-families-in-the-1990s-show-how-their-lives-changed-for-the-better.html) (The Sun)

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Documentary recommendation, in case you’re interested: Children Underground (watch a preview [here](https://www.youtube.com/watch?v=ewueiZzSitE&has_verified=1), and you might be able to find the full version somewhere on the internet)

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**EMOTIONS, HEALTH, & HAPPINESS**

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[My name is Wil Wheaton. I Live With Chronic Depression and Generalized Anxiety. I Am Not Ashamed.](https://medium.com/%40wilw/my-name-is-wil-wheaton-i-live-with-chronic-depression-and-generalized-anxiety-i-am-not-ashamed-8f693f9c0af1) (Medium)

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[Ask Andrew W.K.: "Do You Ever Get Depressed?"](http://blogs.villagevoice.com/music/2015/04/ask_andrew_wk_do_you_ever_get_depressed.php#more) (The Village Voice)

**BONUS:** [I Have Bipolar Disorder & This Is What A Mixed Episode Feels Like For Me](https://www.bustle.com/articles/156019-i-have-bipolar-disorder-this-is-what-a-mixed-episode-feels-like-for-me) (Bustle)

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[17 Steps For Recognizing and Responding To Warning Signs Of Suicide](https://www.buzzfeed.com/annaborges/heres-how-to-recognize-and-respond-to-warning-signs-of) (BuzzFeed)

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[Here's What Happens When You Call Into A Suicide Prevention Hotline](https://www.buzzfeed.com/carolinekee/what-happens-when-you-call-suicide-hotline) (BuzzFeed)

**BONUS:**[A Survivor Talks About His Leap From the Golden Gate](http://content.time.com/time/nation/article/0%2C8599%2C1197707%2C00.html) (Time Magazine)

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**BONUS:** [This teenager posted 40 uplifting notes on a bridge to stop suicides. It’s working.](https://www.upworthy.com/this-teenager-posted-40-uplifting-notes-on-a-bridge-to-stop-suicides-it-s-working-2?c=ufb1) (Upworthy)

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[Can ADHD Be Prevented?](http://www.scientificamerican.com/article/can-adhd-be-prevented/) (Scientific American)

[When You're Both Overweight and Anorexic](https://broadly.vice.com/en_us/article/when-youre-both-overweight-and-anorexic) (Broadly)

Video: [A 40-Pound Woman With Anorexia Has Released A Heartbreaking Video Asking For Help](http://www.buzzfeed.com/stephaniemcneal/a-40-pound-woman-has-detailed-her-shocking-descent-into-anor) (BuzzFeed) (plz be warned: if you click this, the first thing you’re going to see is a picture of a 40-pound woman)

[40-Pound Anorexic Woman Who Begged for Help Has Made a Stunning Recovery](http://www.cosmopolitan.com/health-fitness/news/a48399/rachael-farrokh-anorexia-recovery-update/) (Cosmopolitan)

[Anorexia Nervosa Can Strike and Kill as Early as Kindergarten](http://abcnews.go.com/Health/anorexia-nervosa-strike-kill-early-kindergarten/story?id=18581747) (ABC News)

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[How a Young Woman (with Dissociative Fugue) Lost Her Identity](https://www.newyorker.com/magazine/2018/04/02/how-a-young-woman-lost-her-identity) (The New Yorker)

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[From Split to Psycho: why cinema fails dissociative identity disorder](https://www.theguardian.com/film/2017/jan/12/cinema-dissociative-personality-disorder-split-james-mcavoy) (The Guardian)

[Can People Have Multiple Personalities?](https://www.scientificamerican.com/article/can-people-have-multiple-personalities/) (Scientific American)

[My many selves: how I learned to live with multiple personalities](https://mosaicscience.com/story/my-many-selves-multiple-personalities-dissociative-identity-disorder) (Mosaic Science)

**BONUS:** Video: [Meet the Mother with 20 Personalities](https://www.youtube.com/watch?v=n2atzoaA2NI) (The Oprah Winfrey Show)

**BONUS:** Video:Law & Order: SVU episode with dissociative identity disorder: Season 9, Episode 1 (available on Hulu Plus)

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[Can You Call a 9-Year-Old a Psychopath?](http://www.nytimes.com/2012/05/13/magazine/can-you-call-a-9-year-old-a-psychopath.html) (NY Times Magazine)

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[Warmer Parenting Makes Antisocial Toddlers More Empathetic](http://www.psmag.com/navigation/health-and-behavior/warmer-parenting-makes-toddlers-empathetic-87287/) (Pacific Standard)

**BONUS:** Video: Law & Order: SVU episode with a psychopathic child: Season 14, Episode 19 (available on Hulu Plus)

**TREATING MENTAL ILLNESS**

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[Jails and Emergency Rooms Are Now Our De Facto Mental Health Clinics. So Now What?](http://www.psmag.com/health-and-behavior/jails-emergency-rooms-de-facto-mental-health-clinics-73948) (Pacific Standard)

[How Gaps In Mental Health Care Play Out In Emergency Rooms](http://www.npr.org/sections/health-shots/2016/10/17/498270772/how-gaps-in-mental-health-care-play-out-in-emergency-rooms) (NPR)

[Cook County Jail, America's Largest Mental-Health Facility](http://www.theatlantic.com/politics/archive/2015/06/americas-largest-mental-hospital-is-a-jail/395012/) (The Atlantic)

[A worried mom wanted the police to take her mentally ill son to the hospital. They shot him.](https://www.vox.com/the-big-idea/2018/5/30/17406900/police-shootings-mental-illness-book-vidal-vassey-mental-health) (Vox)

[Mental Health Counselors In 'CAHOOTS' With Local Police In Eugene, Oregon](https://www.wbur.org/hereandnow/2019/03/12/eugene-oregon-mental-health) (WBUR)

[Why Don’t Teachers Get Training On Mental Health Disorders?](https://ww2.kqed.org/mindshift/2016/10/19/why-dont-teachers-get-training-on-mental-health-disorders/) (KQED)

[Mental Health In Schools: A Hidden Crisis Affecting Millions Of Students](http://www.npr.org/sections/ed/2016/08/31/464727159/mental-health-in-schools-a-hidden-crisis-affecting-millions-of-students) (NPR)

[10 Tips For Talking To Your Parents About Your Mental Health](https://www.buzzfeed.com/annaborges/how-do-i-tell-my-parents-i-need-mental-health-help?utm_term=.hbRzpYRKPN#.hbRzpYRKPN) (BuzzFeed)

[Wholesome Tumblr Post on Skittles and Antidepressants](http://try-to-stay-positive.tumblr.com/post/119344996409/dionnesyl-so-i-came-home-from-school-to-see-my) (Tumblr)

[Talk Therapy or Antidepressant? A Brain Scan Predicts Which Works Best for Your Depression](http://healthland.time.com/2013/06/17/talk-therapy-or-antidepressant-a-brain-scan-predicts-which-works-best-for-your-depression/) (Time Magazine)

[The Fascinating Reason This Man Is Playing Violin During His Own Brain Surgery](http://mic.com/articles/96010/the-fascinating-reason-this-man-is-playing-violin-during-his-own-brain-surgery) (Mic)

**BONUS:** [UCLA Live-Tweets Brain Surgery, Posts Vine Videos](http://www.huffingtonpost.com/2013/05/23/ucla-live-tweets-brain-surgery_n_3328967.html) (Huffington Post)

[How Electroconvulsive Therapy Works for Depression](http://healthland.time.com/2012/03/21/how-electroconvulsive-therapy-works-for-depression/) (Time Magazine)

Video: [Man with Parkinson's Disease Relieved of Tremors Thanks to Science](https://gawker.com/man-with-parkinsons-disease-relieved-of-tremors-thanks-531107576) (Gawker)

Video: [Deep Brain Stimulation for Depression](http://www.youtube.com/watch?v=Lq5rIILcVgA) (CNN)

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