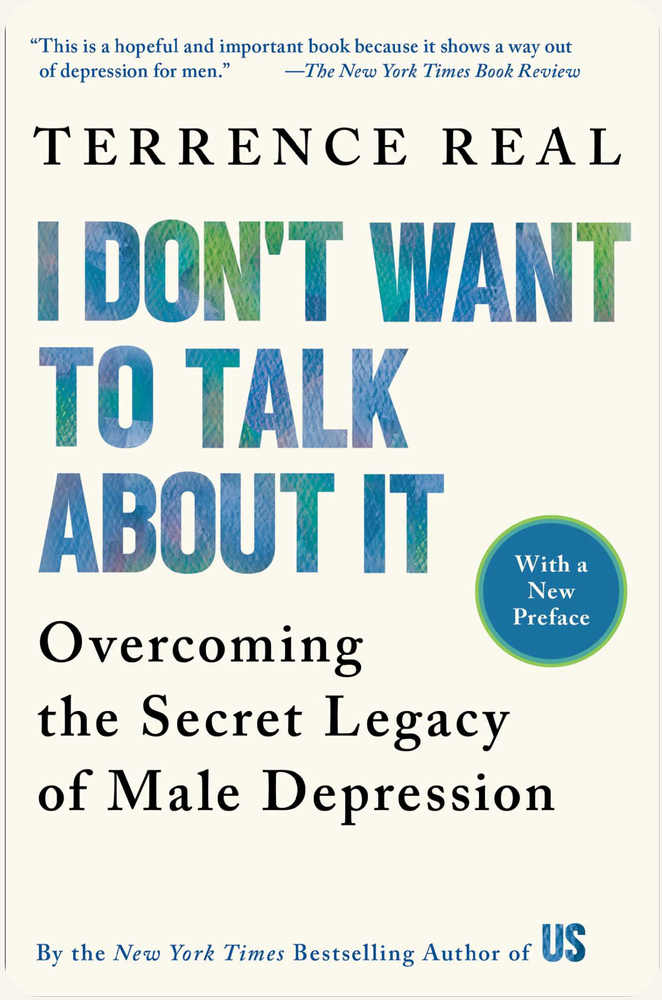
Secure Connections LLC
A PSYCHOTHERAPY PRACTICE

SUPPORTING PARTNERS WITH MENTAL HEALTH DIAGNOSES: BOOK RECOMMENDATIONS

Last Updated: 2026

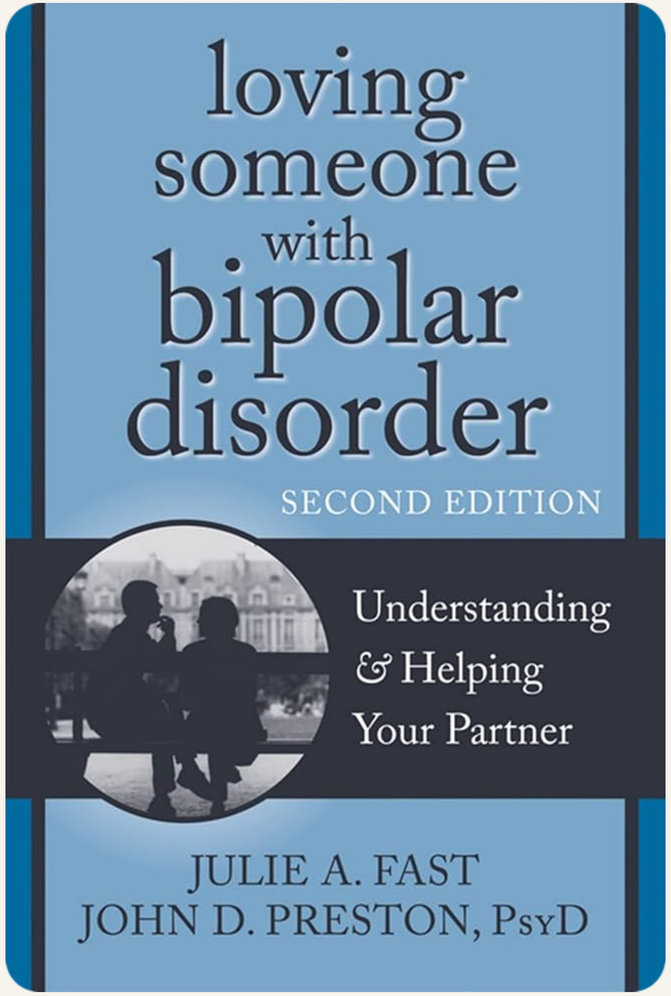


I DON'T WANT TO TALK ABOUT IT

Overcoming the Legacy of Male Depression

Terrence Real

Real explores how depression in men is often hidden behind anger, work, substance use, withdrawal, or emotional disconnection rather than obvious sadness. The book connects these patterns to family history, cultural expectations, and shame, while offering a path toward greater emotional awareness and connection.

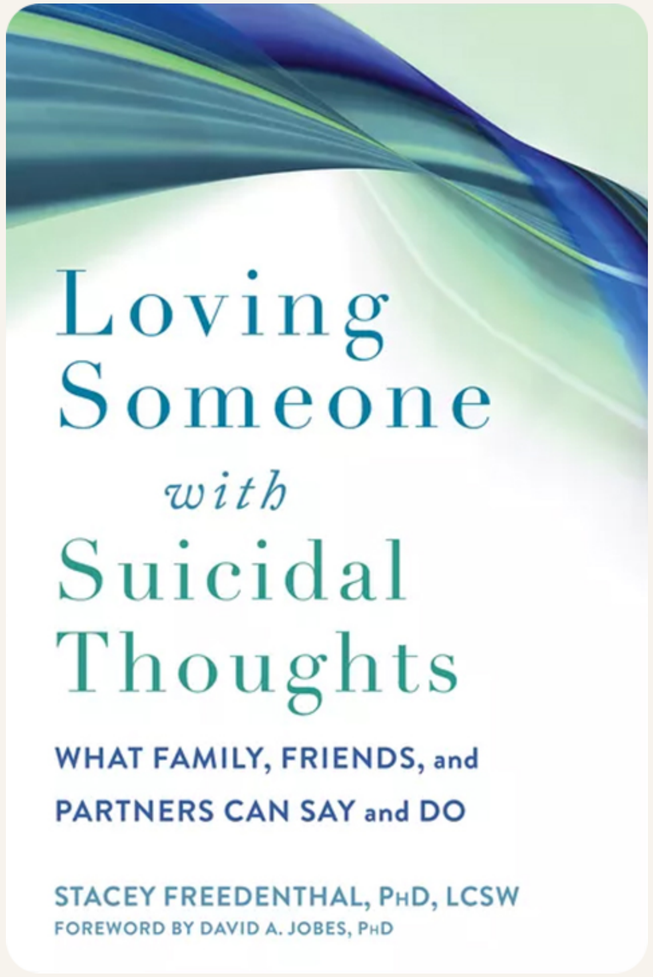


LOVING SOMEONE WITH BIPOLAR DISORDER

John D. Preston, PsyD

Terrence Real

This book helps partners understand bipolar disorder and recognize how mood episodes can affect communication, intimacy, and daily life. It offers practical strategies for creating stability, setting boundaries, and supporting both the relationship and the partner living with bipolar disorder.

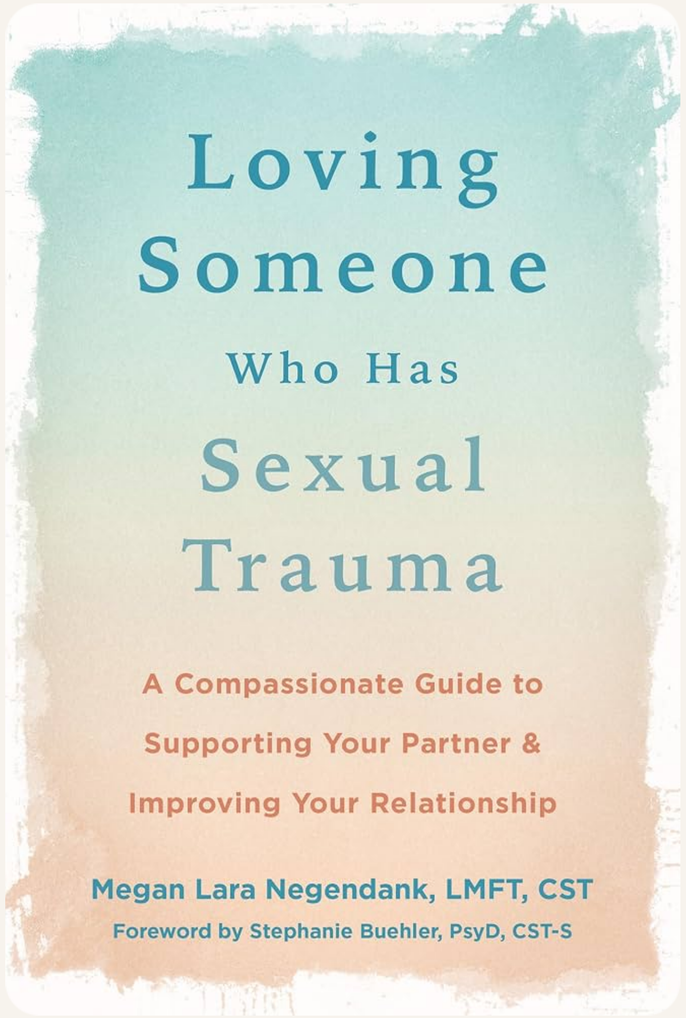


LOVING SOMEONE WITH SUICIDAL THOUGHTS

Stacey Freedenthal, PhD, LCSW

Harville Hendrix, PhD, & Helen LaKelly Hunt, PhD

Freedenthal offers compassionate guidance for supporting someone experiencing suicidal thoughts without relying on fear, pressure, or judgment. The book focuses on how to listen, respond, maintain connection, and take concerns seriously while also protecting the well-being of the support person.

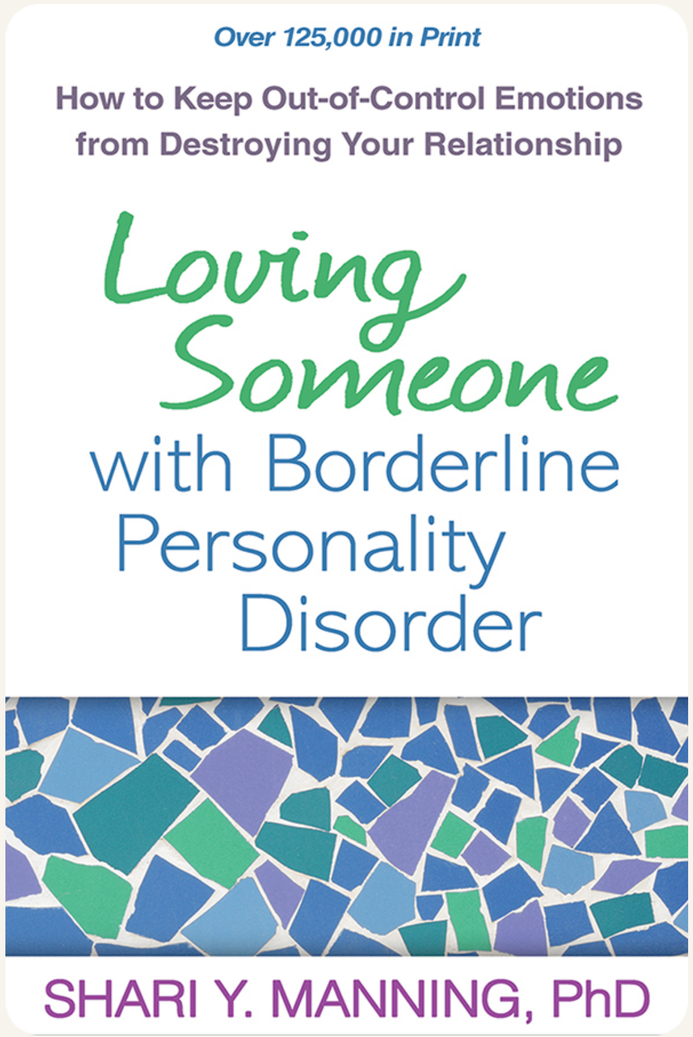


LOVING SOMEONE WHO HAS SEXUAL TRAUMA

Megan Lara Negendank, LMFT, CST

Jennine Estes Powell, LMFT, & Jacqueline Wielick, LMFT

This book helps partners understand how sexual trauma can affect intimacy, trust, communication, and sexual connection. It emphasizes patience, consent, emotional safety, and ways to support healing without pressuring a partner or taking over their recovery.

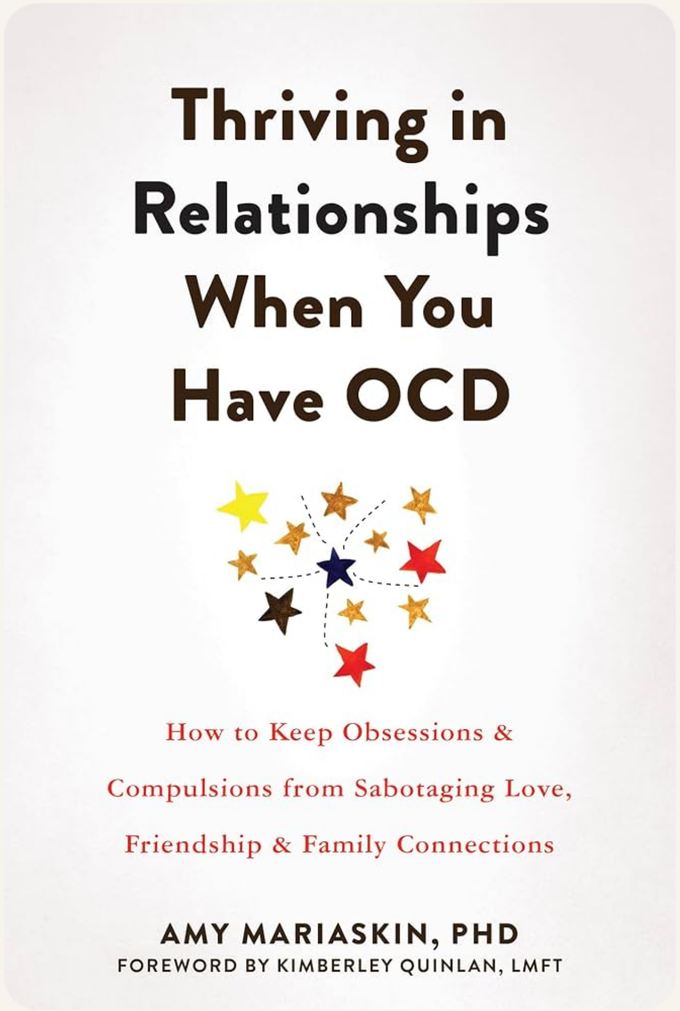


LOVING SOMEONE WITH BORDERLINE PERSONALITY DISORDER

How to Keep Out-of-Control Emotions from Destroying Your Relationship

Shari Y. Manning, PhD

Manning explains borderline personality disorder through a validating, skills-based lens and helps loved ones respond to intense emotions more effectively. The book emphasizes validation, boundaries, communication, and reducing patterns that can escalate conflict or disconnection.

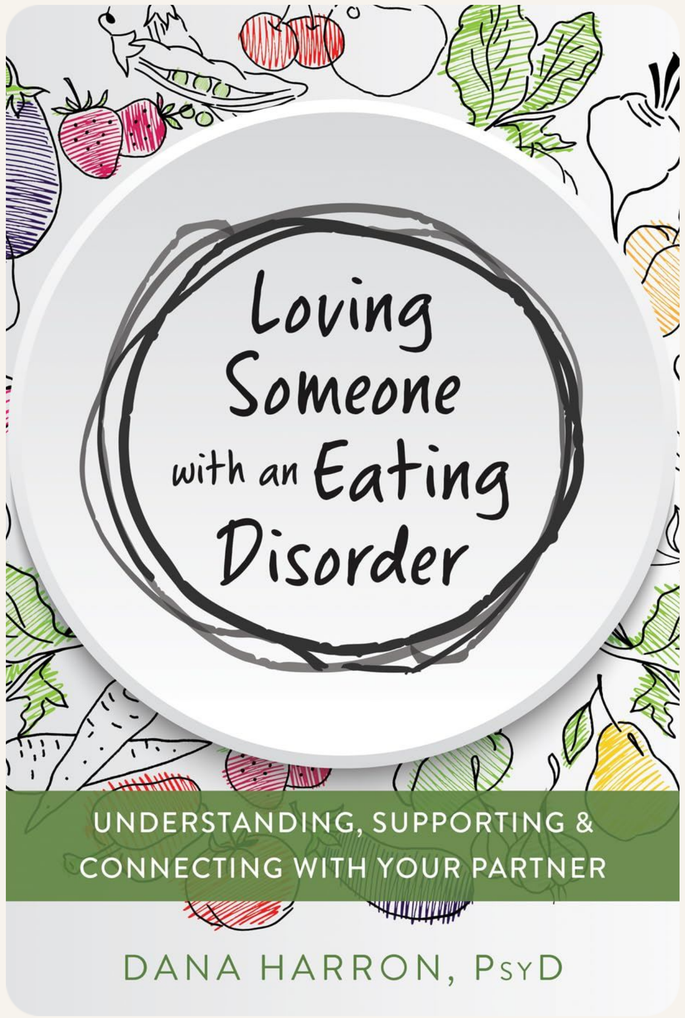


THRIVING IN RELATIONSHIPS WHEN YOU HAVE OCD

How to Keep Obsessions & Compulsions from Sabotaging Love, Friendship, & Family Connections

Amy Mariaskin, PhD

Mariaskin explores how OCD can affect reassurance-seeking, conflict, intimacy, family routines, and social relationships. The book offers practical tools for reducing the ways OCD takes over relationships while helping readers stay connected to the people and values that matter to them.

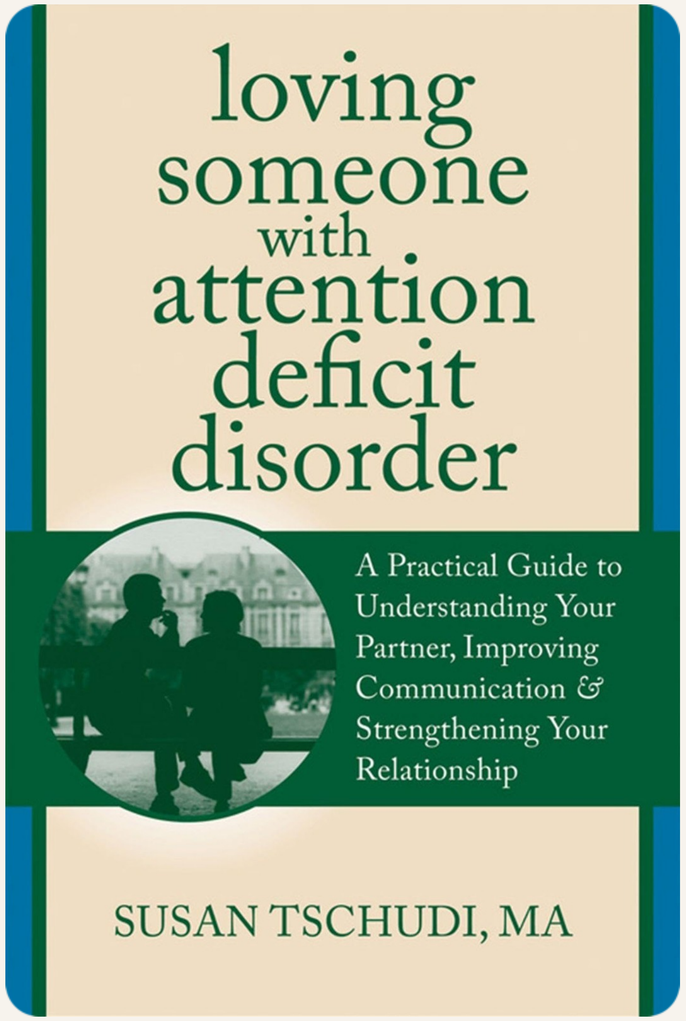


LOVING SOMEONE WITH AN EATING DISORDER

Understanding, Supporting, and Connecting with Your Partner

Dana Harron, PsyD

Harron helps partners understand the emotional and relational impact of eating disorders without reducing the person to their symptoms. The book offers guidance on communication, support, boundaries, body image, intimacy, and maintaining connection during recovery.

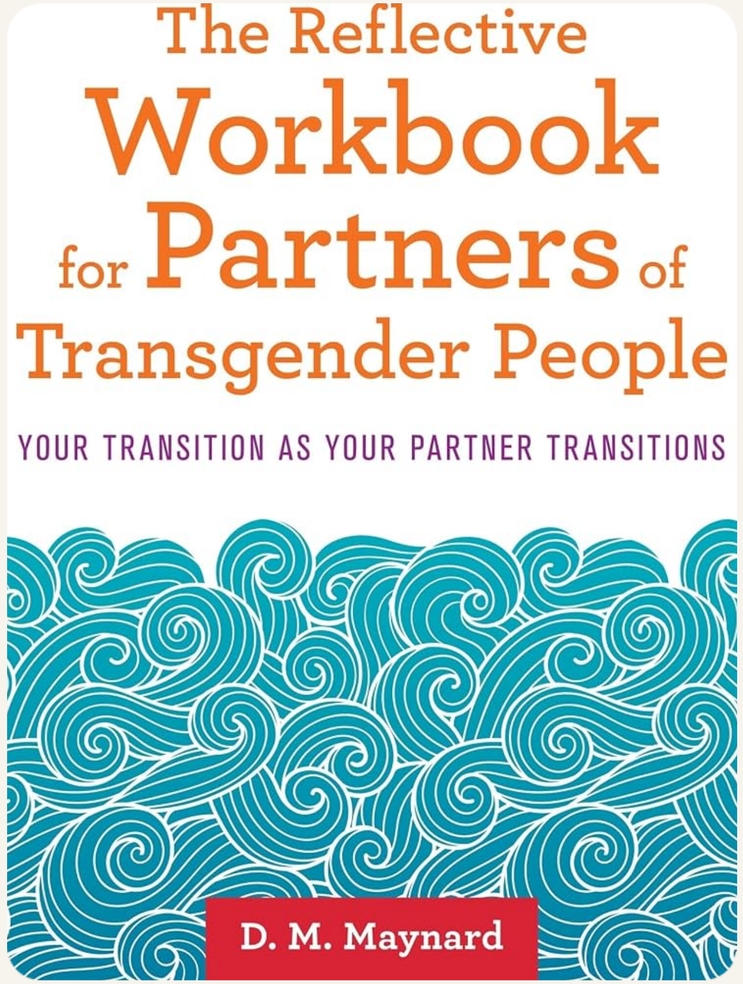


LOVING SOMEONE WITH ATTENTION DEFICIT DISORDER

A Practical Guide to Understanding Your Partner, Improving Communication & Strengthening Your Relationship

Susan Tschudi, MA

This book examines how ADHD-related challenges such as forgetfulness, impulsivity, distractibility, and organization difficulties can affect relationships. It provides practical strategies for improving communication, reducing resentment, and creating systems that work better for both partners.

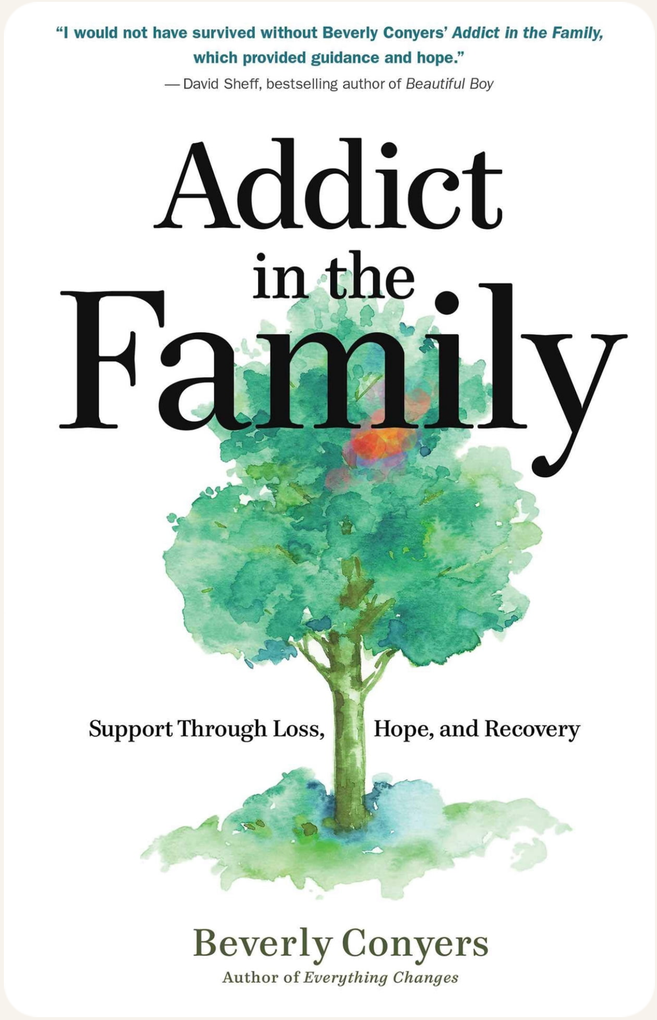


THE REFLECTIVE WORKBOOK FOR PARTNERS OF TRANSGENDER PEOPLE

Your Transition as Your Partner Transitions

D.M. Maynard

This workbook gives partners of transgender people space to explore their own emotions, questions, identity, relationship changes, and hopes during a partner's transition. It is designed to support reflection without framing the transgender partner's identity as the problem.

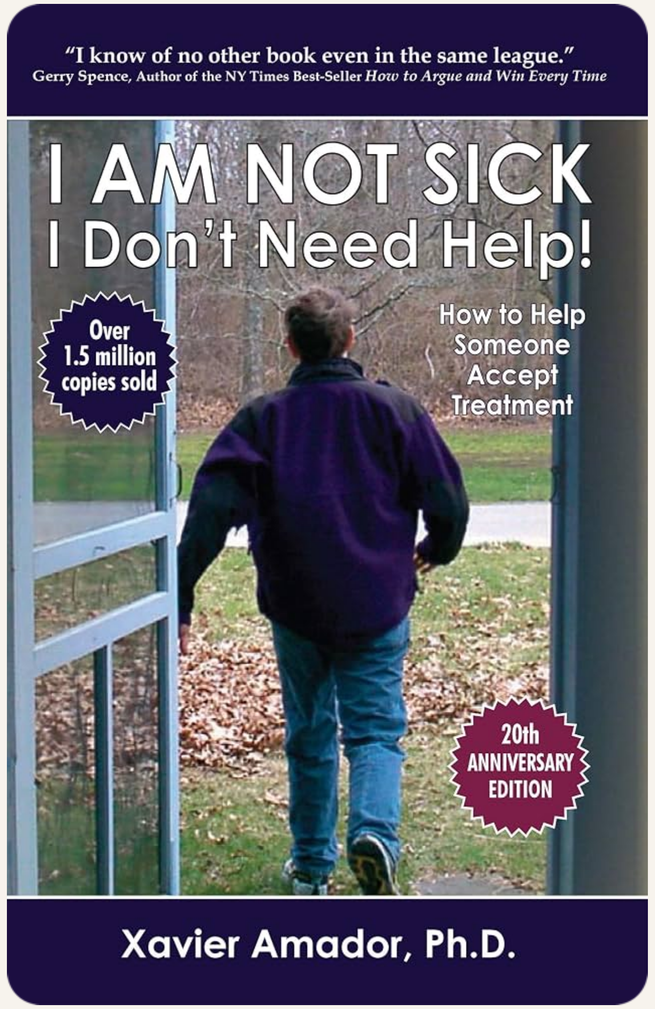


ADDICT IN THE FAMILY

Support Through Loss, Hope, & Recovery

Beverly Conyers

Conyers focuses on the experiences of family members and loved ones affected by addiction. The book addresses grief, fear, enabling, boundaries, recovery, and the importance of caring for yourself while remaining connected to someone struggling with substance use.



I AM NOT SICK! I DON'T NEED HELP!

How to Help Someone Accept Treatment

Xavier Amador

Amador introduces the LEAP approach—Listen, Empathize, Agree, and Partner—for communicating with people who do not believe they need mental health treatment. The book emphasizes preserving trust and collaboration rather than arguing about diagnosis or trying to force insight.