

Sensitivity Reading List

- Depression
- Anxiety
- PTSD
- Borderline Personality Disorder
- Schyzotypal Personality Disorder
- Autism Spectrum Disorder
- Bullying (victim/survivor)
- Abuse by a parent (physical, psychological)
- Abuse by a partner in a relationship (physical, psychological, sexual)
- Sexual assault by a partner
- Leaving/escaping an abusive partner
- Gender-related body dysphoria
- Loss of a loved one to cancer
- Suicidal ideation
- Suicide attempts
- Self-harm
- Demisexuality
- Group & individual therapy
- Hospitalization in psych ward
- Low self-esteem, negative self-image