

Bipolar Disorder Resources



INTERNET WEBSITES

www.dbsalliance.org – This is the national website for the Depression and Bipolar Support Alliance (DBSA). This is a very comprehensive website and maintains discussion forums as well as links and information on a great many other resources. This website is highly recommended as a starting point on the Internet searching for information about the illness.

www.mentalhealthamerica.net – This is the national website for Mental Health America. It provides very useful information on mental illnesses, advocacy, latest research on bipolar and a lot more.

www.nami.org – This is the national website of NAMI, with general information on mental illness, advocacy and research.

www.ohiopsych.org – This is the website for the Ohio Psychiatric Physicians Association. It provides information for Ohio's psychiatric physicians and their patients on issues related to mental illness.

www.healthyminds.org – This is the American Psychiatric Association's consumer-oriented website that seeks to inform and educate the public about mental health treatment and resources.

www.bpkids.org – This is the website of the Child and Adolescent Bipolar Foundation. It has the latest information on pediatric bipolar disorder, with a network of parents and experts who can help.

www.pendulum.org - This is a private website that contains a wealth of information on the illness. It also is very active in searching for the latest news on the illness. On the home page is a listing and summary of recent news items on bipolar. This site also has chat rooms and discussion forums.

MAGAZINES

BP Magazine

This is an excellent magazine for people who have bipolar and their family members. It comes out four times a year. It covers topics ranging from new research on the illness to personal accounts of living with bipolar disorder. It provides hope and success stories for people dealing with this illness. For more information, visit their website at www.bphope.com or subscribe by phone. Cost for a one-year subscription is \$19.95. Their phone number is 1-888-834-5537.

BOOKS

Bipolar Disorder: A Guide For Patients And Families

Written by Francis Mark Mondimore, M.D.

This is a comprehensive summary of what is known about bipolar disorder. It covers everything from the history of the disease and past treatment to the latest on medications and psychotherapy. It contains information about co-occurring problems such as drug abuse and alcoholism, as well as other medical problems. Special treatment of topics involving women and children is also available.

Surviving Manic Depression: A Manual On Bipolar Disorder For Patients, Families, and Providers

Written by E. Fuller Torrey, M.D. and Michael B. Knable, D.O.

This is a comprehensive summary of what is known about bipolar disorder. This book does not spend as much time on the history of the disease as the above book, but spends more time on the relationship with schizoaffective disorder and medications. Both books are a good place to start your search.

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The Depression Workbook and Living with Depression and Manic Depression

Written by Mary Ellen Copeland

These are a must-read for all people living with depression and bipolar disorder. They focus on how you can help yourself feel better. You can learn and practice the latest research-based self-help strategies to relieve depression and bipolar disorder and address other mental health issues.

Raising A Moody Child: How To Cope With Depression And Bipolar Disorder

Written by Mary A. Fristad Ph.D. and Jill S. Goldberg Ph.D

"Bipolar illness and depression can derail a child's normal development at any age. With sage advice to parents (and kids) that 'it's not your fault, but it's your challenge,' the authors provide a roadmap and a toolkit of strategies for families facing these complicated, heritable, and treatable medical disorders. Highly recommended."--Martha Hellander, Executive Director, Child and Adolescent Bipolar Foundation

I Am Not Sick, I Don't Need Help! – Helping The Seriously Mentally Ill Accept Treatment

Written by Xavier Amador with Anna-Lisa Johanson

This book helps you learn what the latest research says about why so many do not believe they are ill, why they refuse treatment, and how you can help. A good book for people who have a family member or friend who does not understand that they have bipolar disorder and don't think they need help. It is written for families and therapists, and is available in Spanish. (*No Estoy Enfermo! No Necesito Ayuda!*)

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This resource sheet was developed for educational purposes and is not meant to serve as an endorsement. Information may be subject to change.

Educating Patients on Mental Illnesses and Community Services

A Joint Educational Collaboration Between



www.ohiopsych.org



www.mhafc.org



www.namifc.org