

Learn all you can about bipolar disorder

Learning about your condition is an important part of taking an active role in your treatment. Check out national organizations, Web sites, and books, including those listed below, to find answers and support.

National organizations

Depression & Bipolar Support Alliance (DBSA)*

Formerly known as National DMDA: Depressive & Manic-Depressive Association

730 North Franklin Street, Suite 501

Chicago, IL 60610

800-826-3632 or 312-642-0049

www.DBSAlliance.org

A patient-directed organization, focusing on depression and bipolar disorder. DBSA has a grassroots network of more than 1,000 patient run support groups across the country and assists more than 2.5 million individuals each year.

NAMI The Nation's Voice on Mental Illness*

Colonial Place Three

2107 Wilson Blvd., Suite 300

Arlington, VA 22201

800-950-NAMI (6264) or 703-524-7600

www.nami.org

A nonprofit, grassroots, self-help, support and advocacy organization of consumers, families, and friends of people with severe mental illnesses, including bipolar disorder. Founded in 1979, NAMI today works to achieve equitable services and treatment for more than 15 million Americans living with severe mental illnesses and their families.

Child & Adolescent Bipolar Foundation

820 Davis St., Ste. 520

Evanston, IL 60201

847-492-8519

Fax 847-492-8250

www.bpkids.org

The Child & Adolescent Bipolar Foundation educates families, professionals, and the public about early-onset bipolar disorders; supports families; and advocates for increased services to families and research on the nature, causes, and treatment of bipolar disorders in the young.

National Institute of Mental Health (NIMH)

Office of Communications and Public Liaison
Information Resources and Inquiries

6001 Executive Blvd., Rm. 8184, MSC 9663

Bethesda, MD 20892

866-615-NIMH (6464) or 301-443-4513

www.nimh.nih.gov

e-mail: nimhinfo@nih.gov

The federal health agency devoted to public education and scientific research in mental disorders. NIMH offers information about diagnosis and treatment of bipolar disorder.

National Mental Health Association (NMHA)

2001 N. Beauregard St., 12th Floor

Alexandria, VA 22311

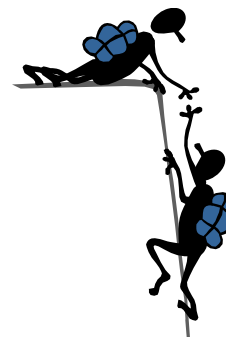
800-969-NMHA (6642) or 703-684-7722

www.nmha.org

e-mail: infoctr@nmha.org

This nonprofit organization addresses all aspects of mental health and mental illness. With more than 340 affiliates nationwide, NMHA works to improve the mental health of the 54 million people with mental disorders, through advocacy, education, research, and services.

**These organizations offer referrals to local chapters that provide support groups.*



Internet resources

www.bipolar.com is sponsored by GlaxoSmithKline and is designed to give everyone touched by bipolar disorder the information and support they need to live with the illness.

www.nlm.nih.gov

The US National Library of Medicine Web site contains extensive databases that include health information, clinical references, and a medical library on disease states.

www.supportpath.com is a directory of support related online communities and message boards, chat rooms, organizations, and information on more than 300 health, personal, and relationship topics.

www.webmd.com

WebMD is a consumer-friendly Web site that provides valuable health information, tools, and support to those who seek information.

Books about bipolar disorder

A Brilliant Madness: Living With Manic-Depressive Illness by Patty Duke and Gloria Hochman.

The former child star grew up in a demanding profession while struggling with bipolar disorder that wasn't diagnosed until many years later. Her story inspires hope and motivates change.

An Unquiet Mind by Kay Redfield Jamison, PhD.

This personal memoir of a psychologist's own struggle with bipolar disorder is one of the most moving and popular books about the condition.

Bipolar Disorder: A Guide for Patients and Families by Francis Mark Mondimore, MD.

Writing in an easy-to-understand style, Dr. Mondimore offers a comprehensive, practical, and compassionate guide to the symptoms, diagnosis, and treatment of bipolar disorder.

Detour: My Bipolar Road Trip in 4-D by Lizzie Simon.

This is the first book by a 23-year-old woman living with bipolar disorder. Lizzie Simon writes with the eye of an insider and the heart and soul of a survivor.

New Hope for People With Bipolar Disorder

by Jan Fawcett, Bernard Golden, and Nancy Rosenfeld. Learn more about treatment for bipolar disorder.

The Bipolar Disorder Survival Guide: What You and Your Family Need to Know by David J. Miklowitz.

A "nuts and bolts" guide that helps patients and their families understand the condition and cope with it on a daily basis.

Other resources to consider

Your local hospital

Many hospitals run support groups for people with bipolar disorder, or can provide a list of support groups and doctors/therapists in your area.

Churches and synagogues

Religious organizations may offer support and guidance when coping with illness in a family.

National Hopeline Network

Call 1-800-SUICIDE (1-800-784-2433)

Check your local phone book under "Emergency Numbers" to find your local crisis line telephone number (or "Hopeline" or "Suicide Hot Line").

Alcohol and drug abuse support groups

Alcoholics Anonymous, Narcotics Anonymous, and Al-Anon are community-based support groups for people who are recovering from alcoholism or drug addiction or are family members and friends of recovering alcoholics. Check your phone book for information on the nearest location.

Workplace

Ask about employee assistance programs or other programs to support families coping with bipolar disorder.