

Where Can I Get Help For Bipolar?

Top Resources for Bipolar

Groups / Online / Print/ Apps

PsychSolutions, Inc.,

Samantha Pekh, M.A., Reg.Psych



PSYCH
SOLUTIONS INC.



Bipolar Resource List

PsychSolutions, Inc.,

Edmonton, Alberta, Canada

Samantha Pekh, M.A., Registered Psychologist

Resource List

Resources

List of Resources by Category:

- Internal Resources & Strategies
- Community Resources / Non-Professional
- Community Resources / Professional
- Print Resources
- Online Resources / Websites & Apps

Internal Resources & Strategies

(Aka: Resources within You)

Self-Knowledge

- Know Thyself. Describe who you are when you are most yourself in order to distinguish you from depression and mania.
 - If you know what you are like, in very concrete and measurable ways when you feel most like you, then it will be easier to know when you are starting to slide into a mood that is not you but is more to do with your bipolar. For example, you may notice that you can get out of bed most days after only pressing the snooze button twice (instead of not at all or only after 8 times). Or, you may notice that when you are more like yourself, you tend to be able to complete 1-2 tasks/day that you committed yourself too, instead of none of the tasks on your list (due to lack of energy or due to too much energy and lack of follow through).
- Health Cards - Develop health cards by yourself and with your supports for each state you might find yourself in or which you tend to struggle with. For example, you may create a health card for: Depression, Mania, Suicidal Ideation, Stress, Overwhelm, Paranoia, etc. Collectively, these cards will help to build your “Self-Management Plan,” which is what the Edmonton Bipolar Support Group focuses on developing by the time the group ends. You can visit juliefast.com for more info.

Internal Resources & Strategies

Body Whispers & Clues

- Clue Awareness - Become aware of and attentive to the whispers of your body or the “clues” that might appear before a depressive or manic episode. If you pay attention to these, then you have more chance of being able to successfully intervene. Once you know what these clues are for you, then you can add them to your health cards for easy reference so they can become a part of your self-management plan. Examples:
 - Depression: Needing more sleep, starting to not enjoy things that you would normally look forward to, having less energy to do chores or work, having a specific set of thoughts (i.e., “no one cares about me”), etc.
 - Hypo/Mania: Needing less sleep but still feel rested, becoming much more productive at work and taking on too many responsibilities or tasks, having more desire to get new things, feeling like you are floating, starting to take on more projects, etc.
- Personal Questionnaire - Create a personal questionnaire that you can use to help determine if you are feeling depressed or manic. If needed, start implementing strategies from your Self-Management Plan (i.e., health Cards) before a full-blown episode. To hear more about this strategy, go to YouTube to watch Daniel Schaffer’s video “*Tips and Tricks for Living with Rapid Cycling Bipolar Type II.*”

Internal Resources & Strategies

Stabilizing Through Routine & Movement

- Weekly Schedule - Create a weekly activity schedule to bring balance into your everyday life. Don't forget to schedule in self-care time or down time every week for yourself!
 - Depression: If you have worked with me individually or in group, you will know that I often say, "Move because it's the plan, not because you feel like it." Schedule in small walks or plans to go somewhere so you are moving and getting out of the house.
 - Mania: Restrict the amount of activities you do and plan more down time. You will feel inclined to do lots (i.e., "I can get the whole house cleaned now"), but it will be important to schedule in down time. **Remember, being Overscheduled = Stress = Increased risk for Mania.
- Reduce Cortisol - Practice strategies that specifically target the physiologically of your body and which reduce the cortisol (stress hormone) levels in your body. These strategies include: Power Posing (Amy Cuddy), Square breathing, EFT-Tapping (Nick Ortner), One-Minute Meditations, Yoga, or many other mindful or relaxation type strategies.

Internal Resources & Strategies

Stabilizing Through Routine & Movement

- Emotional Freedom Techniques (EFT) (aka: tapping). EFT is an emotional version of acupuncture or acupressure. By tapping on the meridian points the tension and emotions that are stuck in the body's bioenergy system begin to be released, thus helping to restore health. When we begin to release our pent-up emotional tension, we also make it much more likely that we will be able to respond to a situation rather than overreact to it. It is an effective and easy to use at-home technique. You can visit either of these two websites to watch intro videos or for more information 1) www.emofree.com 2) www.thetappingsolution.com
- Healthy Lifestyle - Bring protective factors into your life to help you stay in balance: Avoid drugs/alcohol, late nights out, high energy drinks, and eat balanced meals. Establish strong and healthy relationships, regular exercise and relaxation, regular sleep, and last but not least, take your medication as prescribed (even when feeling well).

Internal Resources & Strategies

Changing Thought Patterns

- ABC Model - Use the ABC model to help you dispute and challenge your irrational thoughts. If you have attended one of my groups, you can refer to the “Unhelpful Thoughts” hand-out to identify these thoughts or aka: default buttons (a patterned/habitual way of thinking).
 - A = Antecedent (What happened just prior to the arising belief or thought pattern? i.e., “My friend didn’t call me back”)
 - B = Behavior & Belief (What did you do and think? i.e., “No one likes me.”)
 - C = Consequence (What happened as a result? Did you sink lower in depression? Did you feel worse? Did your anxiety increase? Did you end up being impulsive? Is there evidence that disputes your thoughts or belief?)
- Unhelpful Thoughts or Thinking Errors (both for depression and mania)
 - Black & White Thinking, Catastrophising, Minimizing/Maximizing the Negative/Positive, Emotional Reasoning, Personalizing, Labeling, Discounting the Positive/Negative, and Over-Generalizing.

Internal Resources & Strategies - Con't -

Changing Thought Patterns

- Thought Reframing
 - Once you have identified the impact or consequence of your thoughts and what thinking error you are using, then begin decided what you could think instead. For example, “My friend din’t call me back, perhaps she is busy or perhaps he is having a bad day.”
 - If you are not doing well and you feel stressed, depressed, or hypo/manic, then consider: “Would I be thinking this way if I were doing well?”
 - For more information on tracking thought patterns and thought reframing, you can visit Dr. David Burns website: www.feelinggood.com.

Community Resources – Non Professional

Peer-Led Programs

- Mood Disorder Support Group – Peer-led facilitation. No-preregistration required & confidential. Grey Nuns Hospital, Basement, Room 0651, 1100 Youville Drive West, Edmonton AB, Thursdays (7:00-9:00)
- COMPASS Caregiver Support Group (Cdn Mental Health Association, CMHA) - The unexpected responsibilities of caring for a loved one can be overwhelming. COMPASS is a 9-module program led by current and former caregivers and its purpose is to assist caregivers in reducing their stress, guilt, learning how to get the most out of the system, and in how to begin caring for themselves. Weekly Sessions include the following topics: The Emotional Journey, Knowing your Capacities, Assertiveness and Sharing the Care, Self Care, Managing Stress and Burnout, and Navigating the System. Information & Registration: Peer Connections Coordinator, 780.414.6300 or smcdonald@cmha-edmonton.ab.ca
- Drop-In Family Peer Support Group - This group is led by volunteers who have lived experiences supporting a family member or friend living with mental illness. CMHA-ER (please press buzzer by the door) 300-10010-105 Street NW, Edmonton, AB, T5J 1C4. It is held on Wednesday evenings from 6:30-8:30pm, Cost: Free. For more information, please contact Sarah McDonald at 780.414.6300 or smcdonald@cmha-edmonton.ab.ca.

Community Resources - Professional

Professional Programs

- [AHS Adult Mental Health Intake](#) – To book an appt with a community therapist, call to 780-342-7600.
- [Community Urgent Services and Stabilization Team \(AHS\)](#) – 780-342-7777. This team is the amalgamation of the Adult Crisis Response Team and the Community Support Team offering a range of community based and recovery focused assessments and stabilization services to people who are experiencing a mental health crisis. Services include crisis response, either by phone or mobile in-person visits, and short term clinic, community, or home-based stabilization services.
- [Edmonton Mental Health Board / Society](#) (Alberta Health Services). Providing access to therapy, psychiatry, and funding options. Adult Intake Line: 780-342-7600.
- [Living with Bipolar Support Group](#) - Walk-In Counseling Society of Edmonton (WICSOE). Facilitated by Samantha Pekh, M.A., Registered Psychologist, Mondays 6:30pm-8:00pm, Address: Suite 200, 9562-82 Ave, Edmonton, AB, Tel: 780-757-0900. 8 week groups held 3 times/year – call for current group dates.
- [Psychiatric-Outpatient Programs](#) - Grey Nuns & Misericordia Hospital. Daytime groups which focus on understanding lifelong patterns, learning new information and skills (i.e., anger, assertiveness, and emotional awareness), developing insights and dealing with concerns. Group is for 20-25 hours/week for 12 weeks, Tuesdays & Fridays - 9:30 - 1:00, Wednesdays & Thursdays - 9:30 - 3:00. To register, call Health Link - 780-408-5465

Community Resources - Professional

Professional Programs

- University of Alberta, Psychiatry Clinics - Bipolar Clinic. Access to psychiatry services by referral from family doctor only (Fax: 780-407-7767; Clinic Tel: 780-407-6693).
- Wellness Recovery Action Plan (WRAP®) – founded by Mary Ellen Copeland, PHD. WRAP® is a structured plan that individuals with mental health issues or other issues develop for themselves to manage the life challenges they face. Through careful self-reflection, each individual identifies those things (behaviors and thoughts) that help them feel better when they are not feeling well and those things they can do to stay well. These things are referred to as: wellness tools and are used to develop personal action plans. Anyone interested in developing their own WRAP® can join a WRAP® group. These peer-led groups occur once a week for ten weeks and run quarterly throughout the year. You can also check out the WRAP® website at www.mentalhealthrecovery.com to find out more about the founder of WRAP®, Mary Ellen Copeland, PHD. For more information regarding WRAP® or to sign up, please contact Michelle Knox at (780) 342-7786 or michelle.knox@albertahealthservices.ca.
- Family Matters Support Group - Offers a free drop-in support group for people who have a family member or friend living with a mental health or addiction issue and require support. Facilitated by a Family Support Worker and a mental health therapist. Participants share experiences, information and support each other. Informal counseling also available to help members find resources or information. 9942-108 St., NW, Edmonton, Alberta T5K 2J5 , Tel: 780-710-7370

Community Resources - Professional

Professional Programs

- Distress Line - Provides 24-hour supportive listening, crisis intervention and referrals to people coping with stressful situations (including abuse, violence, and suicide)._Edmonton Area: Telephone: 780-482-HELP (4357). Vermillion area: 1-800-232-7288.
- Recovery Support Canadian Mental Health Association (CMHA). Learn about mental illnesses and techniques to improve your life and the way you interact with others. Tuesdays from 1-am-12pm. Call Colin at 780.414.6302 for more information.
- Marks on a Page - Canadian Mental Health Association (CMHA). A weekly drop-in group for people to explore various forms of writing and expressive arts on their recovery journey. There is no fee and supplies are included! For location, day and time phone Colin at 780.414.6302
- Writing for Recovery - Canadian Mental Health Association (CMHA). A weekly drop-in group for people to explore forms of writing as an expression of their personal recovery stories. There is no fee and supplies are included! Edward Street Apartments group 12406—116 Ave, Fridays, 1:30—3:30 pm. For more information phone Colin at 780.414.6302.
- Family Matters Support Group – A support group for people who have a family member or friend living with a mental health or addiction issue and require support. It is offered on Tuesday evenings from 6:30-8pm through Alberta Health Services. Address: 9942-108 Street (108 Street Building), 6th Floor. Contact Number: 780-710-7370.

Community Resources - Professional

Professional Programs

- Reproductive Mental Health Program – A program for women who are experiencing reproductive health issues and who are experiencing anxiety, depression, stress, grief, or bereavement. Program is located in Edmonton at the Lois Hole Hospital for Women, Royal Alexandra Hospital - (780) 735-6642
- Primary Care Networks – There are now 42 PCNs operating throughout Alberta with more than 3,700 family physicians, and more than 1,100 other health practitioners. A PCN mental health professional can provide programs and services on stress management, relaxation, and coping with anxiety/depression. You can locate a local PCN by asking your doctor or by visiting <https://www.pcnpmo.ca/alberta-pcns/pages/map.aspx>
- Caregivers Alberta: Caring for the Caregivers - Regular Information Sessions and individual support for caregivers supporting someone with challenges resulting from mental or physical illness, disability or aging. Individual support is provided through the Caregiver Advisor Program. Receive help in navigating the system, finding resources, and learning how to advocate for yourself as a caregiver. Contact: 780-453-5088 (in Edmonton), 1-877-453-5088 (toll-free), or by email advisor@caregiversalberta.ca.
- Connecting by Choice – Addiction Information Series. Education Support Group for Parents, Family members & Friends Who are supporting a young adult with a mental health and/or addiction concern. Topics range from substances of abuse, the stages of change, the process of addiction, and relapse prevention. Monthly meetings on every 2nd Wednesday from 6:30-8:30pm. To register call: 780-700-2189.

Community Resources - Professional

Professionals Specializing in Bipolar

- Psychiatrist - Dr. Richard Hibbard, Address: 10240- Kingsway NW, Edmonton, AB, 6th Floor Outpatient Psychiatry, 780-735-4564.
- Psychiatrist - Dr. Chokka, The Chokka Center, Address: #201, 2603 Hewes Way NW, Edmonton, AB, 780-465-5749.
- Psychiatrist - Dr. J Freed, Royal Alexandra Mental Health Outpatient, Edmonton, AB, (780) 735-4181
- Psychiatrist – Dr. Finola Fogarty. 10024 116 St NW, Edmonton, AB T5K 1V6. 780.413.0360
- Psychiatrist - Dr. Xin Min Li. Department of Psychiatry, University of Alberta, 1E1 Walter Mackenzie Health Sciences Centre (WMC), 8440 112 St NW, Edmonton, AB T6G 2B7 Tel: (780) 407-6504.
- Psychiatrist. Dr. Nnamdi Nkire. Edmonton Mental Health Clinic. 780.342.7644.
- Psychologist – Samantha Pekh, M.A., Registered Psychologist, Individual & Group Therapy. Areas of Interest: Bipolar, Trauma, & Parenting. Address: Suite 806, 10050-112 street, Edmonton, AB, T5K 2J1, 780-710-9567
- Psychologist - Dr. Marnie Finstad, 11520 100 Avenue Northwest 202, Edmonton, AB, (780) 447-3032
- Psychologist - Dr. Gary Hoston Ph.D., Edmonton Psychological Group, #312, 9707 – 110 St. NW, Edmonton, AB T5K 2L9 Phone: 780-454-0162. Fax: 780-454-0519. Email: drgaryhoston@gmail.com

Print Resources

Books

- Julie Fast – a world leading mental health expert on the topics of bipolar disorder, depression, seasonal affective disorder, personality disorders and mood management. Julie is a critically acclaimed national speaker, family and partner coach and sought after media source on the topic of mental health management including violent behavior and mental health. Julie was diagnosed with rapid cycling bipolar disorder II (two) in 1995. Below is a list of some of her books. www.juliefast.com.
 - *Loving Someone with Bipolar Disorder: Understanding and Helping Your Partner* (Workbook as well)
 - *Taking Charge of Bipolar Disorder*
 - *Getting it Done When You're Depressed: 50 Strategies to Get Your Life on Track*
 - *Tips for Talking With Health Care Professionals - Everything you Need to Know to Talk to Your Doctor With Confidence.*
 - *Bipolar Happens! 35 Tips to Manage Bipolar Disorder Successfully.*
 - *The Health Cards System for Bipolar Disorder - A Revolutionary 3-Step Program for the Management of Bipolar Disorder.*

Print Resources

Books

- Kay Redfield Jamison, PhD – is an American clinical psychologist and writer. Her work has centered on bipolar disorder, which she has had since her early adulthood. Her book is titled: *An unquiet Mind: A memoir of Moods and Madness*. She has also authored: *Night Falls Fast, Touched With Fire, Nothing Was the Same*.
- Bipolar Happens - BP Magazine: Hope and Harmony for People with Bipolar. This organization offers a website, blog, and magazine full of tips and personal stories. A yearly subscription to the magazine will set you back only \$20. <http://www.bphope.com/>
- Jane Mountain, MD., is a internationally known author and speaker acknowledged for her expertise in bipolar disorder and recovery. Her breakthrough perspectives have helped thousands seek mental wellness. She is the author of the books *Bipolar Disorder — Insights for Recovery* and *Beyond Bipolar — 7 Steps to Wellness*.
- International Bipolar Foundation – IBF offers a free resource manual (which includes tips, strategies, success stories and other helpful tips). Free copies of this manual, *Healthy Living with Bipolar*, can be obtained by going to this link: <http://ibpf.org/webform/healthy-living-bipolar-disorder-book> or by emailing dbrown@ibpf.org. If you would prefer a hard paper copy, this option is available as well but would come at a cost.

Print Resources

Books

- *“Mind and Emotions - A Universal Treatment for Emotional Disorders”* by Matthew McKay, PhD, Patrick Fanning, and Patricia Zurita Ona, PSyD. This book walks people through techniques on how to manage Anxiety, Phobia, PTSD, Anger, Shame, Guilt, and Depression. It is based on proven techniques from Cognitive Behavior Therapy, Acceptance, and Commitment Therapy, and Dialectical Behavior Therapy.
- *“Using Acceptance & Commitment Therapy to Move Through Depression & Create a Life Worth Living”*, a Mindfulness & Acceptance Workbook for Depression by Kirk D. Strosahl, PH.D. and Patricia J. Robinson, PH.D. This book helps you understand depression in a completely new way, recognize the depression traps in your life, use acceptance to move through painful life situations, develop a mindful, values-oriented lifestyle, and commit to acting in ways that promote vitality, purpose & meaning.
- *Madness by Marya Hornbacher*. At age twenty-four, Hornbacher was diagnosed with Type I rapid-cycle bipolar. Through scenes of astonishing visceral and emotional power, she takes us inside her own desperate attempts to counteract violently careening mood swings by self-starvation, substance abuse, numbing sex, and self-mutilation. How Hornbacher fights her way up from a madness that all but destroys her, and what it is like to live in a difficult and sometimes beautiful life and marriage--where bipolar always beckons--is at the center of this brave and heart-stopping memoir.

Print Resources

Books

- *Prozac Nation by Elizabeth Wurtzel*. The book describes the author's experiences with atypical depression,^[1] her own character failings and how she managed to live through particularly difficult periods while completing college and working as a writer.
- *Lost Marbles by Natasha Tracy*. the unvarnished reality of living with a serious mental illness to help the mentally ill and those who love them understand the inner workings and how to fight these complex disorders. *Lost Marbles* straddles the line between self-help and memoir detailing real-life experiences that drive tips that work when life includes a mental illness. Improve your life or the life of a person you love with informative and experienced new takes on:
 - Thinking like a person with bipolar or depression
 - What the elevated mood of bipolar disorder feels like
 - Medication issues, including detailed information on choosing (or not choosing) a specific medication
 - The realities of suicide and suicide attempts
 - How to live better with a serious mental illness
 - How dealing with mental illness encourages a form of wisdomCalled a book that will “certainly save lives,” whether you have a mental illness or you love someone who does, *Lost Marbles* will help you fathom the seemingly-impossible world of bipolar or depressive disorder and arm you with the tools to improve quality of life.

Print Resources

Books

- *Madness by Marya Hornbacher*. At age twenty-four, Hornbacher was diagnosed with Type I rapid-cycle bipolar, the most severe form of bipolar disorder. In *Madness*, Hornbacher tells her new story. Through scenes of astonishing visceral and emotional power, she takes us inside her own desperate attempts to counteract violently careening mood swings by self-starvation, substance abuse, numbing sex, and self-mutilation. How Hornbacher fights her way up from a madness that all but destroys her, and what it is like to live in a difficult and sometimes beautiful life and marriage--where bipolar always beckons--is at the center of this brave and heart-stopping memoir.
- *Bipolar Breakthrough* by Ronald R. Fieve, MD. Dr. Fieve presents a highly successful program that allows Bipolar II patients to harness the creativity and energy of their hypomanic "highs" while minimizing the potentially devastating "lows" of depression. Now with a new foreword explaining the most up-to-date research on the bipolar spectrum, *Bipolar Breakthrough* includes: six stay-well strategies for anyone suffering from Bipolar II, the latest information on cutting-edge medications with fewer side effects, a special section on the complications of a bipolar diagnosis for pregnant women, children, and the elderly.

Print Resources

Books

- *Marbles (Mania, Depression, Michelangelo & Me) a Graphic Memoir by Ellen Forney*. Cartoonist Ellen Forney explores the relationship between “crazy” and “creative” in this graphic memoir of her bipolar disorder, woven with stories of famous bipolar artists and writers. Searching to make sense of the popular concept of the crazy artist, she finds inspiration from the lives and work of other artists and writers who suffered from mood disorders, including Vincent van Gogh, Georgia O’Keeffe, William Styron, and Sylvia Plath. She also researches the clinical aspects of bipolar disorder, including the strengths and limitations of various treatments and medications, and what studies tell us about the conundrum of attempting to “cure” an otherwise brilliant mind.

Online Resources

Online Supports

- Organization for Bipolar Affective Disorders Society (OBAD).
 - Website - OBAD's mission is to help people affected directly or indirectly by Bipolar Disorder, Depression, and Anxiety to live better lives. (<http://www.obad.ca/>)
 - Booklet - OBAD's Bipolar Affective Disorder – “*Guide to Recovery Booklet*.” Go to this link (<http://obad.ca/book>) to obtain a PDF or paper copy of this booklet.
- Mood Disorder Canada
 - Website – Mood Disorder Canada is a national, not-for-profit, registered charitable organization that is volunteer-driven and committed to improving the quality of life for those Canadians with mood disorders and their families. (www.mooddisorderscanada.com)
 - Booklet - Mood Disorder Canada's Bipolar Affective Disorder – “*What is Bipolar Disorder Booklet*.” Go to this link to obtain a PDF copy. (<http://www.mooddisorderscanada.ca/documents/Consumer%20and%20Family%20Support/Bipolar%20Brochure%20English%20FINAL%20150109.pdf>)

Online Resources

Online Supports

- [International Bipolar Foundation](http://ibpf.org) – The IBF foundation also hosts free monthly webinars. These webinars are archived on their website at <http://ibpf.org/articles/educational-videos>.
- [The International Society for Bipolar Disorders](http://www.isbd.org/). The ISBD is a major source for emerging research and clinical data on bipolar disorders and is the only bipolar focused, research-oriented Society working to bring this data to patients, families, and other mental health professionals working on the front lines of bipolar care. The ISBD also has its own scientific journal called "[Bipolar Disorders – An International Journal of Psychiatry and Neurosciences](#)," which was launched in September 1999. <http://www.isbd.org/>
- [Julie Fast E-Newsletter](http://www.juliefast.com/newsletter/) – A free newsletter that is reported to be packed with life management tools for people with bipolar disorder and their friends and family. www.juliefast.com/newsletter/
- [Jane Mountain E-Newsletter](http://www.beyondbipolar.com/About/about.htm) – A free newsletter with tips on managing bipolar and other topics related to bipolar. <http://www.beyondbipolar.com/About/about.htm>
- [EverydayHealth.com](http://www.everydayhealth.com). This website allows you to indicate the topics you are interested in so you can receive short blurbs on them regularly. Helpful information for supporters as well.

Online Resources

Online Supports

- [Beyondbipolar.com](http://www.beyondbipolar.com) is the website of Jane Mountain, MD, author of [Bipolar Disorder: Insights for Recovery](#), and in-demand speaker on bipolar disorder and other mental health issues. When she faced the challenges of bipolar disorder, Dr. Jane Mountain chose to give up her practice, cut down on her daily activities and pursue recovery. In doing so, she became interested not only in her own recovery but in helping others who have bipolar disorder. Dr. Mountain brings fascinating insight and hope to the millions who have bipolar disorder, as well as their families and friends.
<http://www.beyondbipolar.com>
- [Depression and Bipolar Support Alliance](http://www.dbsalliance.org/site/PageServer?pagename=home) – DBSA is a leading peer-directed national organization that provides hope, help, support, and education to improve the lives of people who have mood disorders.
<http://www.dbsalliance.org/site/PageServer?pagename=home>
- [National Institute of Mental Health](https://www.nimh.nih.gov/health/topics/bipolar-disorder/index.shtml) – NIMH is a USA-based federal agency that conducts research on mental disorders. Its mission is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure.
<https://www.nimh.nih.gov/health/topics/bipolar-disorder/index.shtml>

Online Resources

Online Supports

- [Mood Disorders Society Canada](https://mdsc.ca/). Bringing mental health consumers together to educate and advocate on a national level. Its vision is to improve access to treatment, inform research, and shape program development and government policies with the goal of improving the quality of life for people affected by mood disorders and to support the inclusion of persons with disabling mental illnesses in Canadian society. Support can also be obtained by accessing the online forums that range from bipolar, depression, anxiety to addictions. <https://mdsc.ca/>
- [Bipolar Caregivers](http://bipolarcaregivers.org) - is an information resource for close family, partners and friends of people with bipolar disorder. It includes information on bipolar disorder and its management, suggestions about ways caregivers can provide support, deal with the illness and take care of themselves, and links to helpful resources. This information is based on guidelines for caregivers developed by combining the research literature with the opinions and consensus of international panels of clinicians, caregivers and people with bipolar disorder, selected for their expertise and experience in dealing with the illness. The website was developed at the University of Melbourne in Australia. <http://bipolarcaregivers.org>
- [Bipolar News](http://www.bipolarnews.org) – Provides the latest clinical and research information on bipolar disorder and can be accessed by going to: www.bipolarnews.org. The bipolar network newsletter (BNN) has been published multiple times per year since 1995 and all back issues are available, as well as new volumes for 2009 and 2010. This newsletter can be accessed by going to: <http://www.bipolarnews.org>

Online Resources

Online Supports

- Bipolar Poetry - is for anyone who enjoys reading poetry or would like gain insight into the emotional world of the bipolar poet and anyone who lives with bipolar illness that writes bipolar poetry as a creative expression about how it affects their lives. <http://www.bipolarpoetry.com>
- BipolArt - is a project that offers people with bipolar disorder the opportunity to publish their artwork on the internet for free. More than 1000 works of art, created by more than 300 artists from all over the world, are on display. Kay Redfield Jamison is the official patron of BipolArt. <http://www.bipolart.de/> The website (www.bipolart.de) is in German, but you can easily translate its content into English or another language with a click in the Google Translate Gadget.
- The Quality of Life Tool is designed to help you achieve health and wellness. This free resource supports effective management of bipolar disorder by revealing areas of life you're flourishing in, and those that may need some attention. You can access the tool by going to: <https://www.bdqol.com/>. To watch an intro video and to try out the tool without having to register, go to <https://www.bdqol.com/questionnaire/>.
- The Wellness Network is committed to offering options for promoting, re-balancing and maintaining your wellness. Their online Wellness Quiz helps to identify which areas of one's life are balanced and which ones may need some improvement. The quiz will increase awareness of available choices and will allow one to consider alternate decisions that may result in a healthier, more satisfying and fulfilling life. (<http://wellnessnetworkedmonton.com/wellness-quiz/>),

Online Resources

Phone Apps

Please Note: Before signing up for any apps, read the agreement contract information and the app's policy of privacy protection. You may not want your personal information sold to a third party or to be out "there" in some cloud. Using a pseudonym may be helpful.

- Bipolar Disorder Connect (Free) - This app reports that you can follow discussions while on the go, ask your questions and add comments to interesting posts. It declares itself as the place to discuss treatments, start conversations, and learn from others. Bipolar Disorder Connect aims to empower people living with bipolar disorder through sharing experiences and creating a community of support.
- Optimism (Free) - Optimism is a mood charting app that helps you develop strategies for managing depression, bipolar or other mental health conditions.
- iMoodJournal (\$1.99) - This app is a mood journal, personal diary and charting tool. It reports that it will help you discover the causes of your ups and downs, and that you will get surprising insights into yourself.
- VirtualHopeBox.com – This app is designed for use by clients and their behavioral health providers as an accessory to treatment. The VHB contains simple tools to help patients with coping, relaxation, distraction, and positive thinking, and supportive material can be uploaded to it, such as family photos, videos and recorded messages from loved ones, inspirational quotes, and music. VHB can also assist with positive activity planning, distraction tools, and interactive relaxation exercises including guided imagery, controlled breathing and muscle relaxation.

Online Resources

Phone Apps

Please Note: Before signing up for any apps, read the agreement contract information and the app's policy of privacy protection. You may not want your personal information sold to a third party or to be out "there" in some cloud. Using a pseudonym may be helpful.

- In Flow – Mood and Emotion Diary (Free). InFlow reports that it helps you to better understand yourself and your ever-changing mood, keeping your friendships healthy and happy along the way. The developers state that even though we may know what makes us feel good, we tend to spend our time doing absolutely different things. InFlow believes that tracking your emotions and habits is the first step to feeling like your best you. InFlow's aim is to make it easy to track your emotional pattern and be your guide to happiness.

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Physical Products

Products

- Light Therapy - Model 205 is totally automatic. You program it by plugging it into the wall. 8 hours later it begins the sunrise simulation. 30 minutes later it reaches full brightness and stays on for an additional 60 minutes. Then it resets itself so you get another sunrise the next day at the same time. The only way to change this sequence is to unplug it and plug it in again at 8 hours before you want the simulation to begin. Or, turn off your lamp to prevent sunrise the next day. Get more info from <http://psycheducation.org/treatment/bipolar-disorder-light-and-darkness/> or from <http://windhovermfg.com/model/205/212>
- Light Therapy - Model 212 is just a brightener. When it gets power it begins to brighten your lamp. 30 minutes later it reaches full brightness and will stay at full power until you shut off the power. This model is intended for use with an external timer or app such as [WeMo](#). Set the timer to come on 20 - 30 minutes before you want to be awake. Set the timer to go off some time after that, usually 10 - 60 minutes, your choice. Get more info from <http://psycheducation.org/treatment/bipolar-disorder-light-and-darkness/> or from <http://windhovermfg.com/model/205/212>