

# Bipolar Disorder Resources

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## COMMUNITY RESOURCES and SUPPORT GROUPS

### Families In Touch

This is an ongoing support group for family members and friends of adults with a mental illness. It is sponsored by Mental Health America of Franklin County. It is not specific to bipolar but covers all diagnoses. For information and meeting times and locations, call Mental Health America of Franklin County at (614) 221-1441 or visit their website at [www.mhafc.org](http://www.mhafc.org).

### Mental Health America of Franklin County

MHAFC provides information and referral to community mental health services. They are one of 340 local affiliates of Mental Health America. They provide advocacy and education about mental health and mental illness. The Ombudsman for the Franklin County system works for MHAFC. His job is to help consumers and family members who are having problems. He can be reached at (614) 242-4357. The MHAFC also provides support groups for families and people with mental illness, media outreach, and parenting newsletters. For more information, see their website at [www.mhafc.org](http://www.mhafc.org), or call them at (614) 221-1441.

### NAMI Franklin County (National Alliance on Mental Illness)

This is the local affiliate of NAMI. It is active in education, support and advocacy for persons with severe mental illness and their families. In addition to FREE monthly education meetings, it offers a FREE 12-week class "Family-to-Family" for family members who have a loved one with a mental illness, and also "Hand-to-Hand," an 8-week class for families who have children with a mental illness. These classes cover mental illnesses in detail explaining symptoms, causes, treatment as well as self-help and are designed for caregivers of someone who has a mental illness. For more information, see their website at [www.namifc.org](http://www.namifc.org) or call them at (614) 501-NAMI (501-6264).

### Depression and Bipolar Support Alliance

This is a national support group, which currently has chapters in Columbus. For the latest information on meeting times and locations, call 1-800-826-3632, or visit their website at [www.dbsalliance.org](http://www.dbsalliance.org) and check for listings of support groups in Columbus.

### Suicide Prevention Hotline

(phones answered 24-hours a day): **(614) 221-5445**

## INTERNET WEBSITES

[www.dbsalliance.org](http://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.mhafc.org](http://www.mhafc.org) – This is the website of Mental Health America of Franklin County. It provides information on mental health and resources for Franklin County. It also provides advocacy information on issues affecting Ohio. It has a comprehensive list of fact sheets available on all diagnoses.

[www.mentalhealthamerica.net](http://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](http://www.nami.org) – This is the national website of NAMI, with general information on mental illness, advocacy and research.

[www.namifc.org](http://www.namifc.org) – This is the website of NAMI Franklin County. It provides information on mental illnesses, FREE education classes and support for family members and FREE monthly meetings, plus a whole lot more.

[www.ohiopsych.org](http://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](http://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](http://www.bpkids.org) – This is the website of the Child and Adolescent Bipolar Foundation. It has

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the latest information on pediatric bipolar disorder, with a network of parents and experts who can help.

[www.pendulum.org](http://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](http://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.

### ***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*



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