

# Bipolar Disorder

## Websites

### Centre for Addiction and Mental Health

[www.camh.net](http://www.camh.net) | Navigate to Health Information > Mental Health and Addiction Information > Bipolar Disorder

A Canadian website providing information on mental health and addictions, including information on Bipolar Disorder for consumers and their families.

### Child and Adolescent Bipolar Foundation

[www.bpkids.org](http://www.bpkids.org)

A US-based website providing extensive information and support for teens and parents coping with Bipolar Disorder, including online forums and chat, a blog, webinars and podcasts, and recommended reading.

### CREST.BC Bipolar Wellness Centre

[www.bdwellness.com/](http://www.bdwellness.com/)

Self-managing bipolar disorder is like 'a ship always righting itself'. We're here to help you navigate! This is a place to learn about managing your bipolar disorder - on your own terms - to improve your health and quality of life.

### HealthLinkBC

[www.healthlinkbc.ca](http://www.healthlinkbc.ca) | Search for "Bipolar Disorder"

A BC-based website providing a wide variety of health information, including extensive information on Bipolar Disorder for consumers and their loved ones.

### HeretoHelp

[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca) | Search for "Bipolar Disorder"

A BC-based website on mental health and substance use, including information and fact sheets on Bipolar Disorder.

### Kids Health

[kidshealth.org](http://kidshealth.org) | Search for "Bipolar Disorder"

A US-based website providing general health and healthy living information for kids, teens and parents, including information on Bipolar Disorder, related issues, coping skills, and more. Website also available in Spanish.

### Organization for Bipolar Affective Disorder

[www.obad.ca](http://www.obad.ca)

An Alberta-based website to help those affected by Bipolar Disorder, including "A Guide to Recovery" and "Ask an Expert."

### Pacific Bipolar Foundation

[www.pacificbipolarfoundation.com](http://www.pacificbipolarfoundation.com)

A BC-based website devoted to providing information, resources and peer support for residents of BC with Bipolar Disorder.

## Books & Videos

### The Bipolar Teen: What You Can Do to Help Our Child and Your Family (2008)

David J. Miklowitz & Elizabeth, L. George | FSRC

This book helps parents understand how bipolar disorder is diagnosed in adolescents, how to find the right treatment, and what the whole family can do to manage.

### Depression and Bipolar Disorder (2006)

Vatsal Thakkar

For youth grades 9 and up, discusses the types of depressive disorders and provides information



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about bipolar spectrum disorders, including discussion of symptoms, diagnostic criteria, therapies, pharmacological agents, as well as, photos and diagrams, case studies, and a glossary.

### **Not Just A Bad Day: Living with Bipolar Disorder** (2007)

Gillian Hrankowski | FSRC

This video tells the story of three individuals living with bipolar disorder, and the treatment they received through Community Psychiatric Services on Vancouver's North Shore, where the three attend a mood disorder program.

### **Sometimes My Mommy Gets Angry** (2003)

Bebe Moore Campbell | FSRC

Written from a child's perspective, this illustrated book tells the story of a girl living with a mother who has bipolar disorder. A good tool to encourage conversation with children coping with a mentally ill parent.

### **Turbo Max: A Story for Siblings and Friends of Children with Bipolar Disorder** (2008)

Tracy Anglada & Deirdre Baxedndale | FSRC

This is a story of Rick, whose hope to get a remote control car seems dashed when his sister is hospitalized with bipolar disorder. Siblings of children with Bipolar Disorder can relate to Max's struggle to understand and cope with his sister's illness.

### **What Works for Bipolar Kids: Help and Hope for Parents** (2008)

Mani Pavuluri | FSRC

This book, written by a clinician and researcher, provides information, advice and researched strategies to help parents deal with the challenges of bipolar disorder, including mania, aggression, sleep disturbances, and depression.

FSRC: Family Support & Resource Centre at BC Children's Hospital. Books and videos can be borrowed at no charge from anywhere in the province, or purchased from the online bookstore.

Tel: 604-875-2345 ext. 5102 | Website: <https://libraries.phsa.ca/fsrc>

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## Support Services

### **Bipolar Babes**

[bipolarbabe.com/](http://bipolarbabe.com/)

Non-profit which provides youth focused programs to increase awareness about bipolar disorder in the hopes of eliminating stigma and discrimination.

**Kelty Mental Health Resource Centre** Tel: 604-875-2084 | Toll-Free: 1-800-665-1822

[keltymentalhealth.ca](http://keltymentalhealth.ca) | [keltycentre@cw.bc.ca](mailto:keltycentre@cw.bc.ca) | [youtube.com/user/KeltyMentalHealth](https://www.youtube.com/user/KeltyMentalHealth)

Offers information, resources, help with system navigation, and peer support to children, youth and families across BC dealing with mental health and substance use challenges. The Centre also provides resources and peer support to individuals of any age struggling with an eating disorder.

### **Mood Disorders Association of BC**

[mdabc.net](http://mdabc.net)

The Mood Disorders Association of BC (MDABC) is a nonprofit organization that provides treatment, support, education, and hope of recovery for people living with a mood disorder or other mental illness. MDABC has more than 40 free, drop in support groups in cities and towns across British Columbia.