



# Bipolar Disorder Resource Guide

FRIENDS Depression Education Resource Center  
(FDERC)

## BOOKS

### Adults

- Burgess, Wes. **The Bipolar Handbook: Real-Life Questions with Up-to-date Answers.** New York, NY: Avery, 2006. <sup>1,2</sup>
- Copeland, Mary Ellen. **Living Without Depression & Manic Depression: A Workbook for Maintaining Mood Stability.** Oakland, CA: New Harbinger Publications, 1994. <sup>2</sup>
- Evans, Dwight L.; Andrews, Linda Wasmer. **If Your Adolescent Has Depression or Bipolar Disorder: An Essential Resource for Parents.** New York, N.Y.: Oxford University Press, 2005. <sup>1,2</sup>
- Jamison, Kay R. **An unquiet mind.** New York, NY: A.A. Knopf, 1995. <sup>1,2</sup>
- Miklowitz, David J. **The Bipolar Disorder Survival Guide: What You and Your Family Need to Know.** New York, NY: Guilford Press, 2002. <sup>1, 2</sup>

### Youth

- Anglada, Tracy; Taylor, Jennifer; Ferguson, Toby. **Brandon and the Bipolar Bear: A Story for Children with Bipolar Disorder.** Victoria, B.C.: Trafford, 2004.
- Hebert Bryna; Hebert, Hannah; Hebert, Jessica; Hebert, Matthew. **My Bipolar, Roller Coaster, Feelings Book.** Victoria, B.C.: Trafford, 2005.
- Joachim, Harold, ed. **The Storm in my Brain: Kids and Mood Disorders.** Wilmette, IL: Child & Adolescent Bipolar Foundation, 2003.
- Lewandowski, Lisa M.; Trost, Shannon M.B. **Darcy Daisy and the Firefly Festival: Learning About Bipolar Disorder and Community.** Livonia, MI: First Page Pub., 2005.
- Peacock, Judith. **Bipolar Disorder.** Minnetonka, MN: Life Matters, 2000. <sup>1</sup>

<sup>1</sup> available at the Ann Arbor District Library

<sup>2</sup> available at the FRIENDS Depression Education Resource Center

## **VISUAL RESOURCES**

- **In Our Own Words: Teens with Bipolar Disorder (VHS).** Northfield, IL: Josselyn Center, 2001.<sup>2</sup>
- **Ann Arbor/Ypsilanti Reads Event : Understanding Bipolar Disorder (DVD).** Ann Arbor, MI.: Ann Arbor Public Library, 2006.<sup>1</sup>

## **PAMPHLETS**

- **A Story of Bipolar Disorder (Manic-Depressive Illness).** National Institute of Mental Health.<sup>2</sup>
- **Bipolar Disorder: What You Need to Know.** National Mental Health Association.<sup>2</sup>
- **Finding Peace of Mind: Medication and Treatment Strategies for Bipolar Disorders.** Depression and Bipolar Support Alliance.<sup>2</sup>
- **Introduction to Depression and Bipolar Disorder.** Depression and Bipolar Support Alliance.<sup>2</sup>

## **WEB RESOURCES**

- **Child and Adolescent Bipolar Foundation:** <http://www.bpkids.org/>
- **Depression and Bipolar Support Alliance:** <http://www.dbsalliance.org/>
- **National Alliance for the Mentally Ill:** <http://www.nami.org/>
- **University of Michigan Depression Center:** <http://www.med.umich.edu/depression/>

<sup>1</sup> available at the *Ann Arbor District Library*

<sup>2</sup> available at the *FRIENDS Depression Education Resource Center*

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**THIS INFORMATION SHOULD NOT BE USED AS A SUBSTITUTION FOR PROFESSIONAL MEDICAL TREATMENT BUT RATHER AS A STARTING POINT FOR PERSONAL RESEARCH. PLEASE CONSULT WITH YOUR PHYSICIAN IF YOU HAVE ANY QUESTIONS AFTER REVIEWING THIS GUIDE.**