

Bipolar Disorder

Websites

American Academy of Child & Adolescent Psychiatry
www.aacap.org

American Psychological Association
www.apa.org/topics/bipolar/index.aspx

Anxiety and Depression Association of America
www.adaa.org/understanding-anxiety/related-illnesses/bipolar-disorder

Child Mind Institute
www.childmind.org/topics/disorders/bipolar-disorder

Depression and Bipolar Support Alliance
www.dbsahouston.org/what-is-bipolar-disorder

Kids Health
www.kidshealth.org

National Alliance on Mental Health
www.nami.org/Learn-More/Mental-Health-Conditions/Bipolar-Disorder

National Institute of Mental Health
www.nimh.nih.gov/health/topics/bipolar-disorder/index.shtml

Local Support Groups

Depression and Bipolar Support Alliance of Greater Houston
www.dbsahouston.org/list-of-houston-support-groups

National Alliance on Mental Health Gulf Coast
www.namigulfcoast.org/business-directory/support

Psychology Today
groups.psychologytoday.com/rms

Books:

For Parents

An Unquiet Mind by Kay Redfield Jamison, MD

The Bipolar Child: The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disorder by Demitri Papolos, Janice Papolos

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

Bipolar Disorders: A Guide For Helping Children And Adolescents by Mitzi Waltz

The Bipolar Workbook: Tools for Controlling Your Mood Swings by Monica Ramirez

Survival Strategies for Parenting the Child and Teen With Bipolar Disorder by George T. Lynn

Surviving the Crisis of Depression & Bipolar (Manic-Depression) Illness by Mark A. Halebsky

The Ups and Downs of Raising a Bipolar Child: A Survival Guide for Parents by J. Lederman and C. Fink

What Works For Bipolar Kids: Help and Hope by Mani Pavuluri, M.D., Ph.D.

For Children

Brandon and the Bipolar Bear: A Story for Children with Bipolar Disorder by Tracy Anglada and Jennifer Taylor

My Bipolar Roller Coaster Feelings Book by Bryna Hebert

Turbo Max: A Story for Siblings of Children with Bipolar Disorder by Tracy D Anglada