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Bipolar Disorder: New Understandings, New Hope
Toronto: Mood Disorders Association of Ontario & Freedom Films, 2002 (Video)

Several people with bipolar disorder relate their experiences and how they have learned to live with their condition. Doctors and other experts discuss causes, diagnosis, and treatment.

Availability for loan:

CD 304 O58 2002 Health Information and Wellness Centre, both locations

COMMUNITY RESOURCES

The Mood Disorders Association of Ontario

36 Eglinton Avenue West Ste. 602
Toronto ON M4R 1A1
416-486-8046 or 1-888-486-8236
Email: info@mooddisorders.on.ca
<http://www.mooddisorders.on.ca>

R. Samuel McLaughlin Addiction & Mental Health Information Centre

219 Dufferin Street, Ste 3B
Toronto, ON M6K 3J1
Tel: 416 595-6111 or 1-800-463-6273
Email: mclaughlininformation@camh.net

Mental Health Service Information Ontario

Provides information about mental health services and supports in Ontario
Tel: 1-866-531-2600

Trillium Health Centre Central Intake Mental Health Services

Tel: 416-521-4006

Child & Adolescent Mental Health

Tel: 905-451-4655

CONTACT

Health Information & Wellness Centres

Trillium Health Centre - Mississauga

100 Queensway West
Mississauga L5B 1B8
(905) 848-7511

Trillium Health Centre - West Toronto

150 Sherway Drive
Toronto M9C 1A5
(416) 521-4187

Email: hiwc@thc.on.ca
<http://www.trilliumhealthcentre.org/health>

Mississauga Library System

(905) 615-3500 (for book locations)
<http://www.mississauga.ca/portal/residents/library>

Toronto Public Library

(416) 393-7131 (for book locations)
<http://www.torontopubliclibrary.ca>

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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Life. We're in it together.

Bipolar Disorder



INTERNET SITES

The Mood Disorders Association of Ontario

<http://www.mooddisorders.on.ca>

This is a not-for-profit, self-help organization which provides education and information for people with mood disorders and their families. Sources of practical help are provided, such as information about finding a doctor, a clinic, self-help resources, or a support group. A good selection of relevant books and videos are also available and may be ordered at the site.

Centre for Addiction and Mental Health

<http://www.camh.net>

This Canadian site deals with all aspects of mental health and addiction and is a good starting place for research. CAMH provides direct care to those with mental illness and addiction problems, in addition to being a research and training facility. Click on the link About Mental Health & Addictions in the left-hand column and you will find information on mood disorders and the relevant treatment and supportive programs.

CANMAT – Canadian Network for Mood and Anxiety Treatments

<http://www.canmat.org>

This website is aimed primarily at health care professionals but may also answer many questions you have about bipolar disorder. Click on 'Help & Resources' on the top toolbar to access this information.

Canadian Mental Health Association, Ontario Branch

<http://www.ontario.cmha.ca>

This is the Ontario site of the umbrella organization for mental health issues in

Canada. Details can be found about the 33 branches throughout Ontario, which provide a variety of services to meet local needs.

Particularly noteworthy is the Family Members and Caregivers Resource Centre which has a very helpful list of books, articles and websites, along with a list of support and educational groups in the province. Click on the links in the blue box at the homepage to access this information.

National Institute of Mental Health

<http://www.nimh.nih.gov>

This US site contains extensive research information about all types of mental illness. At the homepage, click on the link 'Mental Health Topics' under the Health & Outreach heading and then select Bipolar Disorder to find information about the condition. There are also a variety of helpful free publications on the topic, some of which are immediately available for download.

BOOKS & VIDEOS

Bipolar Disorder: a Guide for Patients and Families by Francis Mark Mondimore.

Baltimore, MD: John Hopkins University Press, 1999

Dr. Mondimore offers a comprehensive and practical guide to the causes, symptoms and diagnosis of bipolar disorder. The advantages, disadvantages, and side affects of various treatment options are discussed, enabling patients to make informed decisions. Information on the disease in children and adolescents is included.

Availability for loan:

CD 304 M66 1999 Health Information and Wellness Centre, both locations
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Depression and Bipolar Disorders by Virginia Edwards. Toronto: Key Porter, 2002

This is a straightforward, clearly written review of the major depressive disorders. Dr. Edwards explains how depression affects the brain, and offers practical self-help suggestions and detailed case histories. The book also includes drug information and suggestions for further reading.

Availability for loan:

CD 300 E39 2002 Health Information and Wellness Centre, both locations
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The Bipolar Workbook: Tools for Controlling Your Moodswings by Monica Ramirez Basco. New York: Guilford Press, 2006

Dr. Vasco has assembled a versatile toolkit of proven self-help strategies which will enable patients to recognize early signs of relapse, resist manic episodes, and escape the paralysis of depression. Guidelines and worksheets are provided.

Availability for loan:

CD 304 B28 2006 Health Information and Wellness Centre, both locations

Loving Someone with Bipolar Disorder by Julie A. Fast and John D. Preston. Oakland, CA: New Harbinger, 2004

This book is written specifically for the partner of a person with bipolar disorder. It offers supportive information and strategies to help people overcome the challenges of maintaining a relationship and dealing with the uncertainty and changing moods of their partner.

Availability for loan:

CD 304 F28 2004 Health Information and Wellness Centre, both locations