

*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 Assoc. 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](mailto:info@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](mailto:mclaughlininformation@camh.net)

**Centre for Addiction and Mental Health Central Access Phone Line**

(for all services)  
 Tel: 416-595-6111 OR 1-800-463-6273

**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](mailto: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.*

HEALTH INFORMATION  
 AND WELLNESS CENTRE

**HEALTHFINDER**

**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 including bipolar disorder.

### **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. The site provides comprehensive information about mental illnesses including bipolar disorder, plus references to local services and supports.

### **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* 2<sup>nd</sup> ed. by Francis Mark Mondimore. Baltimore, MD: John Hopkins University Press, 2006

This comprehensive and practical guide has been thoroughly updated to include new options for diagnosis and treatment, along with information on the genetics of the disease. Dr. Mondimore incorporates real life stories and expert advice to help make living with this disorder manageable for patients and families.

**Availability for loan:**  
CD 304 M66 2006 Health Information and Wellness Centre, both locations  
616.895 MON Mississauga Library System  
616.895 MON Toronto Public Library System

*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.

**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  
616.895 FAS Toronto Public Library System

*The Bipolar Teen* by David Miklowitz & Elizabeth George. New York: Guilford Press, 2008

This book provides tools to parents facing the challenging task of raising a teenager with bipolar disorder. It delivers practical ways to manage and relieve stress so everyone in the family can find stability, support and peace of mind.

**Availability for loan:**  
CD 304.6 M45 2008 Health Information & Wellness Centre, both locations  
616.895 MIK Mississauga Library System  
616.895 MIK Toronto Public Library System