

Resource List for Bipolar

SSD Family & Community Resource Center

Parent Education & Diversity Awareness

12110 Clayton Road

St. Louis, MO 63131

314-989-8438/989-8108/989-8194

The Bipolar Child: The Definitive and Reassuring Guide to Childhood's Most Misunderstood Disease. Demitri Papolos, M.D. & Janice Papolos (2000, 3rd edition 2006)

Resource includes how to receive proper diagnosis, treatment, and long-term care.

Bipolar Disorder in Children and Teens: A Parent's Guide. National Institute of Mental Health. (2013)

Guide for parents who think their child may have symptoms of bipolar disorder, or parents whose child has been diagnosed with the illness.

Bipolar Disorders: A Guide to Helping Children and Adolescents. Mitzi Waltz (2000)

Covers the range of topics parents need to know in order to help their children, such as: diagnosis and common misdiagnoses, family life, support, safety and how to recognize and prevent mood swings, medications, therapeutic interventions, insurance issues, and education, including how to work with school systems.

The Bipolar Disorder Survival Guide: What You and Your Family Need to Know. David Miklowitz (2002)

Consumer text discusses how to distinguish between early warning signs of bipolar mood swings and normal ups and downs of life, what medications are available, what to do when symptoms arise, how to get help and support from family and friends, and how to tell coworkers about the illness without endangering a career

Bipolar Kids: Helping Your Child Find Calm in the Mood Storm. Rosalie Greenberg, MD (2007)

This book helps parents: understand why bipolar disorder is often overlooked or misdiagnosed, distinguish bipolarity from other common childhood disorders like ADHD, explain why their child may be well behaved in school but out of control at home, communicate effectively with their child and learn about the latest treatment options available.

Bipolar Not ADHD: Unrecognized Epidemic of Manic Depressive Illness in Children. George Issac (2001)

This book is intended to make everyone aware of how Bipolar Disorder, otherwise known as Manic Depressive Illness, especially in its atypical forms, is presently misunderstood and misdiagnosed as ADHD, Conduct Disorder, and other related behavioral disorders.

The Bipolar Teen: What You Can Do to Help Your Child and Your Family. David J. Miklowitz (2008)

Delivers practical way to manage chaos and relieve stress so everyone in the family can find stability, support, and peace of mind.

Brandon and the Bi-Polar Bear: A Story for Children with Bi-Polar Disorder. Tracy Anglada (2004)

Ages 4 and up. Story about a young boy with bipolar disorder. Readers learn about his symptoms, fears, and treatment from a child's viewpoint. (20 pages)

The Childhood Bipolar Disorder Answer Book: Practical Answers to the Top 300 Questions Parents Ask. Tracy Anglada (2008)

Explains confusing medical lingo & provides straightforward answers to questions about treatment, parenting strategies, etc.

Demystifying Psychiatry: A Resource for Patients and Families. Charles F Zorumski & Eugene H Rubin (2010)

Range from a basic discussion of what psychiatry is, to the types of illnesses psychiatrists treat, the training of psychiatrists, the treatment of psychiatric disorders (covering medications, psychotherapy, lifestyle interventions, electroconvulsive therapy, and much more), and how families can help with treatment.

Duct Tape & WD-40: A Parent's Guide to the Mysteries of a Bipolar Child. When The "Fix-it" Approach Doesn't Work. David Anderson Brown (2009)

Inspirational journey of one father through the world of mental illness. Offers tools often unknown to parents and the children they love.

If Your Adolescent has Depression or Bipolar Disorder: An Essential Resource for Parents. Dwight L. Evans, PhD & Linda Wasmer Andrews (2005)

Guide to understanding and getting effective help for adolescents with depression or bipolar disorder.

If Your Child is Bipolar: The Parent-to-Parent Guide to Living with and Loving a Bipolar Child. Cindy Singer & Sheryl Gurrentz (2004)

Provide parents with specific information to deal with the everyday but incredibly challenging issues confronting the entire family.

Intense Minds: Through the Eyes of Young People with Bipolar Disorder. Tracy Anglada (2006)

Young people with bipolar disorder and adults who grew up with the condition speak out to share how they experienced the symptoms of this illness during their youth and how it affected their functioning in school, at home and with friends.

Kids in the Syndrome Mix of ADHD, LD, Asperger's, Tourette's, Bipolar, and More!: The One Stop Guide for Parents, Teachers, and Other Professionals. Martin Kutscher, M.D. (2005)

Guide to the whole range of often co-existing neuro-behavioral disorders in children—from attention deficit hyperactivity disorder (ADHD), obsessive-compulsive disorder, and bipolar disorder, to autistic spectrum disorders, nonverbal learning disabilities, sensory integration problems, and executive dysfunction.

A Mental Health Survival Guide: How to Manage the Severities of Multi-Mental Health Diagnosis. Brian D Stubbs.

Memoir and survival guide that offers tips on how to manage and find relief from mental illness.

Mind Race: A Firsthand Account of One Teenager's Experience with Bipolar Disorder. Patrick Jamieson. (2006)

Teens. First-person account, aimed at teens who have recently been diagnosed with bipolar disorder, informative in a compassionate, good-humored, yet authoritative manner.

My Bipolar Roller Coaster Feeling Book. Bryna Hebert (2005)

Elementary. The purpose of this book is to help the child with bipolar disorder better understand his or her feelings, learn coping strategies, and feel less alone in this world. (24 pages)

New Hope for Children and Teens with Bipolar Disorder. Boris Birmaher (2004)

Provides compassionate and informative methods to help manage the diagnosis and develop the strengths, gifts and skills that every child has to offer.

New Hope for People With Bipolar Disorder. Jan Fawcett, MD et al (2000)

This book dispels the myths and fears surrounding bipolar disorder.

Parenting a Bipolar Child: What to Do and Why. Gianni L. Faedda & Nancy B. Austin (2006)

Overview from a psychiatrist and a psychologist of the available treatment options and most effective parenting strategies you can use to deal with a Child with Bipolar Disorder.

Perfect Chaos: A Daughter's Journey to Survive Bipolar, A Mother's Struggle to Save Her. Linea Johnson & Cindy Johnson. (2012)

A dual memoir of a mother's and daughter's triumph over mental illness.

The Science of Making Friends: Helping Socially Challenged Teens and Young Adults. Elizabeth Laugeson. (2013)

This book offers parents a step-by-step guide to making and keeping friends for teens and young adults with social challenges such as those diagnosed with autism spectrum disorder, ADHD, bipolar, or other conditions.

Shut Up About Your Perfect Kid: A Survival Guide for Ordinary Parents of Special Children. Gina Gallagher & Patrica Konjoian. (2010)

On a “perfection-preoccupied planet,” sisters Gina and Patty dare to speak up about the frustrations, sadness, and stigmas they face as parents of children with disabilities (one with Asperger’s syndrome, the other with bipolar disorder).

The Storm in my Brain: Kids and Mood Disorders (Bipolar Disorder & Depression). (2003)

School Age. Publication to help kids understand Bipolar Disorder and Depression.

Survival Strategies for Parenting Children with Bipolar Disorder: Innovative Parenting and Counseling Techniques for Helping Children. George Lynn (2000)

Advice on recognizing the symptoms, understanding medication and accessing the necessary support at school as well as the managing the day-to-day challenges of parenting a child with Bipolar Disorder.

Turbo Max: A Story for Siblings of Children with Bipolar Disorder. Tracy Anglada (2002)

Ages 8-12. Written for siblings of children with bipolar disorder. A boy’s summer diary describes his journey from confusion to understanding, from embarrassment to advocacy, from anger and guilt to acceptance of his sister’s illness. (32 pages)

24: A Day in the Life of Bipolar Children and Their Families. (DVD) (2007) (100 minutes)

Paints a revealing picture of a day in the life of the children with bipolar disorder and those who love them.

Understanding Sensory Dysfunction: Learning, Development and Sensory Dysfunction in Autism Spectrum Disorders, ADHD, LD and Bipolar Disorder. Polly Godwin Emmons et al (2005)

Understanding Sensory Dysfunction is a clear and comprehensive resource to identifying and addressing sensory dysfunction in children, using a range of practical strategies to help them reach their full potential at home, at school and in the community.

The Ups and Downs of Raising a Bipolar Child: A Survival Guide for Parents. Judith Lederman & Candida Fink

Gives parents the sound advice and expert information they need to cope with this challenging diagnosis, and shows how to provide essential care and support for a bipolar child as well as for the rest of the family.

What Works for Bipolar Kids: Help and Hope for Parents. Mani Pavuluri (2008)

Delivers information, advice and proven strategies that empower you to deal with the challenges of bipolar disorder and help your child.

With Open Arms: Creating School Communities of Support for Kids with Social Challenges Using Circle of Friends, Extracurricular Activities and Learning Teams. Mary Schlieder (2007)

Kids with Asperger Syndrome, attention deficit disorder, learning disabilities, and behavior disorders, as well as English language learners, often face even greater social challenges, resulting in feelings of isolation. Book provides practical, easy-to-use techniques for even the busiest school personnel