Resource List for Bipolar
SSD Family & Community Resource Center
Parent Education & Diversity Awareness
12110 Clayton Road
St. Louis, MO 63131
314-989-8460

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

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

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.

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.

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.

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.

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

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.

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.
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.

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.

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

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)

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

This book dispels the myths and fears surrounding bipolar disorder.

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.

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

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.
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.

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.

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 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.

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.

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

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.