

Bipolar Disorder Resources

Information for Families

There is no shortage of books written about childhood bipolar disorder. Despite this fact, quality research based and balanced information is hard to find. This reflects the fact that an intense professional debate is currently raging about how bipolar disorder in children is defined, with some authors using “bipolar, unspecified type” as a label for any very irritable child.

Families should start their learning about bipolar disorder with the following websites that provide high quality information and support.

Books families may find helpful:

An Unquiet Mind (1995), by Kay Redfield Jamison, MD (a memoir by a bipolar disorder researcher who had the illness herself – can be helpful for understanding the nature of Bipolar I illness)

Bipolar Disorder for Dummies (2005), by Candida Fink, MD and Joe Craynak (don't be put off by the name of the book, it is balanced and easy to read)

The Bipolar Workbook: Tools for controlling your mood swings (2006), by Monica Ramirez Basco (contains some practical advice, based on CBT principles)

Your Child Does Not Have Bipolar Disorder (2011) by Stuart Kaplan (describes when a bipolar label would not be appropriate, and how we know how to help irritable, angry, explosive children)

The Bipolar Teen: What You Can Do to Help Your Child and Your Family (2007), by David Miklowitz, PhD and Elizabeth George, PhD

Websites families may find helpful:

American Academy of Child and Adolescent Psychiatry, Practice Parameter on Bipolar Disorder. This contains a very detailed review of treatments.

www.aacap.org/App_Themes/AACAP/docs/practice_parameters/JAACAP_Bipolar_2007.pdf

American Academy of Child and Adolescent Psychiatry Bipolar disorder Resource Center, has video clips, “facts for families,” and many other resource links

www.aacap.org/aacap/families_and_youth/resource_centers/bipolar_disorder_resource_center/home.aspx

National Institute of Mental Health, bipolar disorder section

www.nimh.nih.gov/health/topics/bipolar-disorder/index.shtml

National Alliance for the Mentally Ill

www.nami.org

Depression and Bipolar Support Alliance

www.dbsalliance.org

Parents Med Guide, contains bipolar disorder medication information from American Psychiatric Association and American Academy of Child and Adolescent Psychiatry

www.parentsmedguide.org

This resource page is now available in Spanish at www.seattlechildrens.org/pal



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