BIPOLAR DISORDER / LE SYNDROME BIPOLAIRE

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Resource List / Ressources

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Bipolar disorders: a guide to helping children and adolescents / Waltz, Mitzi -- Sebastopol, CA: O'Reilly, 2000. Bipolar disorders are different in children than in adults. There are some diagnostic criteria unique to children, some reckless behavior is limited by being a child and being under adult control and families and communities pay a heavy toll when this disorder is not recognized and treated. Suicide is a possible outcome, as are school failure, limited job prospects, legal difficulties, and hospitalizations. Understanding and recognizing the differences in the illness for children and adolescents is important for concerned parents and professionals. FAM RJ 506 .P69 W35


Brandon and the bipolar bear: a story for children with bipolar disorder / Anglada, Tracy -- Murdock FL: BPChildren, 2001. Brandon is a young boy who alternates between strong feelings of sadness, anger and anxiety. His mother recognizes his difficulties and takes him to visit with a doctor. Appropriate for ages 4 - 11 years. FAM RJ 506 .P69 A53

Educating and nurturing the bipolar child [DVD] / Papolos, Janice -- New Jersey: Juvenile Bipolar Research Foundation, 2004. This DVD provides cutting-edge information and powerful strategies for teachers and parents to enhance the bipolar child's ability to learn and to experience academic and social success. FAM RJ 506 .P69 P366 2004

Living well with bipolar disorder [DVD] / Monkey See Productions Guilford Publications, 2002. In this video, six individuals of different ages and backgrounds candidly describe the impact bipolar disorder has had on their lives and the strategies they have learned for dealing with it. FAM RJ 506 .P69 L58 2002

Matt the moody hermit crab / McGee, Caroline C. -- Nashville TN: McGee & Woods, 2002. Matt seems to be angry with everyone. He has problems with his family, his classmates, and his soccer team. Then he is convinced that aliens have taken over the planet. His mother and teacher get him the help he needs. Appropriate for ages: 8 – 12 years. FAM RJ 506 .P69 M33

Matt the moody hermit crab: guidebook for parents and teachers / McGee, Caroline C. -- Nashville TN: McGee & Woods, 2002. In this companion guidebook to Matt the Moody Hermit Crab you will find symptoms and statistics, tips for parents and teachers on how to help students with bipolar disorder succeed, and a section that follows the book with chapter questions that can be used for class discussion.
to help non-bipolar kids understand what ‘Matt’ is going through and how it feels to live with a bipolar sibling.
FAM RJ 506 .P69 M338

This book provides a comprehensive approach to the treatment of children with bipolar disorder. It offers parents step-by-step advice for selecting professional care and medications, dealing with sleep problems, and managing the child’s issues at school.
FAM RJ 506 .P69 F34 2006

Now in his fifties, the author has experienced the highs and lows of bipolar disorder since he was 20. He has been unemployed, hospitalized and writes of these periods and his various forms of treatment.
FAM RJ 506 .P69 A32 2003

This work contains innovative parenting and counselling techniques for helping children with bipolar disorder and the conditions that may occur with it.
FAM RJ 506 .P69 L96 2000

Donne les éléments qui permettent un diagnostic précoce de ces maladies, et explique comment, grâce à une prise en charge psychologique et médicamenteuse, les patients voient leur état de santé s’améliorer. Avec une réflexion sur le bon usage des psychotropes et des antidépresseurs.
FAM RJ 506 .P69 H36 2006

**Turbo Max: a story for siblings of children with bipolar disorder** / Anglada, Tracy -- Murdock, FL: BPChildren, 2002.
Rick is advised by his parents and doctors to write his feelings about what it’s like having a sister with bipolar disease. He and his sister spend a lot of time working on his car, Turbo Max, but sometimes there is a lot of frustration. Appropriate for ages: 8-12 years.
FAM RJ 506 .P69 A537

Based on 20 years of experience with bipolar kids and their families, this book delivers strategies for reducing or eliminating problems with mania, depression, aggression, sleep disturbances, and other symptoms. It also emphasizes ways to maintain a positive atmosphere at home and to help these kids stay balanced, and focus on their achievements.
FAM RJ 506 .P69 P38 2008

**Web Sites / Sites internet**

Mood and Anxiety Clinic – CHEO / Équipe de l’humeur et de l’anxiété
http://www.cheo.on.ca/en/mood-anxiety-team
Bipolar Disorder – MedlinePlus from the US National Library of Medicine  

Depression and Bipolar Support Alliance  
http://www.dbsalliance.org/site/PageServer?pagename=home

Mood Disorders Society of Canada / Société pour les troubles de l’humeur du Canada  
http://www.mooddisorderscanada.ca/index.php

Canadian Mental Health Association / Association canadienne pour la santé mentale  
http://www.cmha.ca/mental-health/understanding-mental-illness/bipolar-disorder/

What Should I Know about Bipolar Disorder? - Public Health Agency of Canada / Que faut-il savoir sur le trouble bipolaire? - Agence de la santé publique du Canada  

BPChildren  
http://www.bpchildren.org/

Bipolar Disorder in Children and Teens - HealthLink BC  
http://www.healthlinkbc.ca/healthtopics/content.asp?hwid=ty6916

Bipolar Disorder in Children and Teens – National Institute of Mental Health  

Children’s Mental Health Ontario / Santé mentale pour enfants Ontario  
http://www.kidsmentalhealth.ca/

Revivre: Association québécoise de soutien aux personnes souffrant de troubles anxieux, dépressifs ou bipolaires / Revivre - Anxiety, Depression, Bipolar Disorder  
http://www.revivre.org/

Kids Health – Information for Kids, Teens and Parents from the Nemours Foundation  
http://kidshealth.org/teen/your_mind/mental_health/bipolar.html

Apps

eMoods Bipolar Mood Tracker  
- From Yottaram LLC  
- English  
- Free with in-app purchases  
- Last updated Sept 2017  
- From Google Play: Track your daily depressed and elevated moods, symptoms, sleep, and medications and email your doctor a printable chart at the end of each month. Mood journaling is part of cognitive behavioral therapy and other treatments for bipolar, depression, and other mood and anxiety disorders. Use this app with your doctor. This app is for charting daily extremes of moods and other symptoms, and does not log multiple moods and other symptoms per day.  
- Available from Google Play and iTunes
Beautiful Mind App
● From AdaLogica Software
● English, Indonesian, Polish, Simplified Chinese, Spanish, Swedish, Thai, Traditional Chinese
● Free
● Last updated April 2016
● From iTunes: Beautiful Mind App is your personal mood journal that lets you quantify your mood and visualize it for self-knowledge to achieve self-awareness or mindfulness about your emotions. Learn about the hours of the day and days of the month when your moods are high or low. Understand what triggers your emotion or mood changes.
● Available from iTunes

Daylio – Diary, Journal and Mood Tracker
● From Daylio
● English
● Free with in app purchases
● Last updated June 2017
● From Google Play: Daylio enables you to keep a private diary without having to type a single line. Pick your mood and add activities you have been doing during the day. You can also add notes and keep an old school diary. Daylio is collecting recorded moods and activities in the statistics and calendar. This format will help you to understand your habits better. Keep track of your activities and create patterns to become more productive!
● Available from Google Play and iTunes

Local Contacts / Liaison régionales

Mood and Anxiety Clinic – CHEO
Doctor referral required
613-738-6990
http://www.cheo.on.ca/en/mood-anxiety-team#referral

Mood Disorders Ottawa (MDO) Mutual Support Group
Attention: MDO
c/o Canadian Mental Health Association
301-1355 Bank St.
Ottawa, ON K1H 8K7
Info Line: 613-526-5406
Distress Centre: 613-238-3311
mdogrp@gmail.com
http://www.mooddisordersottawa.ca/

Distress Centre
P.O. Box 3457 Station C
Ottawa, ON K1Y 4J6
613-722-6914
Distress Line: 613-238-3311
Mental Health Crisis Line: 613-722-6914
http://www.dcottawa.on.ca/

Kids Help Phone / Jeunesse j’écoute
800-668-6868
This guide provides medical material for information purposes only and is not intended to replace the advice of your physician. The information may not always apply to your individual situation.

The guide represents material available in the Family Resource Library collection at CHEO. It is not intended to be an exhaustive list. Your local public library may also be able to provide you with information.

If you require materials in alternative formats, please contact the library at 613-737-7600 ext. 2157 or at library@cheo.on.ca.

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