

## Bipolar Disorder

### Le syndrome se bipolaire

#### Books / livres

**The bipolar child: the definitive and reassuring guide to childhood's most misunderstood disorder / Papolos, Dimitri.**

New York: Broadway Books, 2006.

FAM RJ 506 .P69 P36 2006

This book comprehensively details the bipolar diagnosis, explains how to find treatment and advises parents about ways to advocate effectively for their children in school.

**The bipolar teen: what you can do the help your child and family / Miklowitz, David.**

New York: The Guilford Press, 2007.

FAM RJ 506 .P69 M55 2007

This book provides tools you can use to make home life manageable again. You'll learn to spot the differences between normal teenage behavior and the telltale symptoms of mania and depression.

**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. For ages 4-11.

FAM RJ 506 .P69 A53

**Educating and nurturing the bipolar child [DVD] / Papolos, Janice.**

New Jersey: Juvenile Bipolar Research Foundation, 2004.

FAM RJ 506 .P69 P366 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.

**Kids in the syndrome mix of ADHD, LD, Asperger's, Tourettes's, Bipolar, & more: the one stop guide for parents, teachers and other professionals / Kutscher, Martin L.**

London: Jessica Kinsley, 2005.

FAM RJ 506 .A9 K88 2006

The author presents effective behavioral strategies for responding to children who display traits of these disorders, whether at home, at school, or in other settings, along with case vignettes and practical tips.

**Living well with bipolar disorder [DVD]**

Monkey See Productions Guilford Publications, 2002.

FAM RJ 506 .P69 L58 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.

**Matt the moody hermit crab / McGee, Caroline C.**

Nashville TN: McGee & Woods, 2002.

FAM RJ 506 .P69 M33

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. For ages: 8–12.

**Matt the moody hermit crab: guidebook for parents and teachers / McGee, Caroline C.**

Nashville TN: McGee & Woods, 2002.

FAM RJ 506 .P69 M338

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.

**Parenting a bipolar child: what to do & why / Faedda, Gianni L.**

Oakland, CA: New Harbinger Publications Inc, 2006.

FAM RJ 506 .P69 F34 2006

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.

**The pits and the pendulum: a life with bipolar disorder / Adams, Brian.**

London: Jessica Kinsley, 2003.

FAM RJ 506 .P69 A32 2003

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.

**Troubles bipolaires, obsessions et compulsions: les reconnaître et les soigner / Hantouche, Elie.**

Paris: Odile Jacob, 2006.

FAM RJ 506 .P69 H36 2006

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.

**Turbo Max: a story for siblings of children with bipolar disorder / Anglada, Tracy.**

Murdock, FL: BPChildren, 2002.

FAM RJ 506 .P69 A537

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.

**Understanding the mind of the bipolar child: the complete guide to the development, treatment, and parenting of children with bipolar disorder / Lombardo, Gregory T.**

New York: St. Martin's Press, 2006.

FAM RJ 506 .P69 L66 2006

Provides a complete picture of bipolar disorder, ranging from infancy through adolescence, to enable parents to provide effective support.

**Welcome to the jungle: everything you ever wanted to know about bipolar but were too freaked out to ask / Smith, Hilary**

San Francisco: Red Wheel/Weiser, 2010.

FAM RJ 506 .P69 S65 2010

This book takes an upfront, empowering approach to the challenges of being diagnosed with bipolar. Both humorous and immensely honest, it offers a true 'in the trenches' perspective young readers will trust.

**What works for bipolar kids: help and hope for parents / Pavuluri, Mani.**

New York: Guilford Press, 2008.

FAM RJ 506 .P69 P38 2008

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.

### Websites / 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**

<http://www.nlm.nih.gov/medlineplus/bipolardisorder.html>

**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**

<http://www.phac-aspc.gc.ca/cd-mc/mi-mm/bipolar-bipolaire-eng.php>

## **BPChildren**

<https://www.bpchildren.com/>

## **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**

<http://www.nimh.nih.gov/health/publications/bipolar-disorder-in-children-and-teens-easy-to-read/index.shtml>

## **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](http://kidshealth.org/teen/your_mind/mental_health/bipolar.html)

## **Malistemasante**

<http://malistemasante.ca/>

## **Apps**

### **eMoods Bipolar Mood Tracker**

From Yottaram LLC

Available in various languages / Disponible en plusieurs langues

Free with in-app purchases / Gratuit avec des achats

Last updated August 2019 / Dernière mise à jour 2019 août

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. This app is for charting daily extremes of moods and other symptoms, and does not log multiple moods and other symptoms per day.

Suivez vos humeurs dépressives et élevées, vos symptômes, votre sommeil et vos

médicaments au quotidien et envoyez à votre médecin un tableau imprimable à la fin de chaque mois. Cette application est pour cartographier les extrêmes quotidiens d'humeurs et d'autres symptômes, et ne se connecte pas plusieurs humeurs et autres symptômes par jour.

Available from [Google Play](#) and [iTunes](#)

### **Daylio – Diary, Journal and Mood Tracker**

From Daylio

Available in various languages / Disponible en plusieurs langues

Free with in app purchases / Gratuit avec des achats

Last updated August 2019 / Dernière mise à jour 2019 août

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.

Choisissez votre humeur et ajoutez les activités que vous avez faites pendant la journée. Vous pouvez également ajouter des notes et tenir un journal. Daylio collecte des ambiances et des activités enregistrées dans les statistiques et le calendrier. Ce format vous aidera à mieux comprendre vos habitudes.

Available from [Google Play](#) and [iTunes](#)

### **Local contacts / Liaison régionale**

#### **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](mailto:mdogrp@gmail.com)

<http://www.mooddisordersottawa.ca/>

#### **Crossroads Children's Metal Health Centre**

1755 Courtwood Crescent

Ottawa, ON K2C 3J2

613-723-1623

[reception@crossroadschildren.ca](mailto:reception@crossroadschildren.ca)

<https://www.crossroadschildren.ca/contact-us/>

### **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

<http://kidshelpphone.ca>

Need help right now? Text CONNECT to 686868 to chat with a volunteer Crisis Responder 24/7  
Tu as besoin d'aide tout de suite? Texte PARLER au 686868

### **Disclaimer / avertissement**

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](mailto:library@cheo.on.ca).

Ce guide fournit du matériel médical pour informations seulement et ne vise pas à remplacer les conseils du médecin. Ces informations pourraient ne pas toujours s'appliquer aux situations individuelles.

Ce guide présente le matériel disponible à la bibliothèque de ressources familiales du CHEO. Ce n'est pas une liste complète. Votre bibliothèque publique locale pourrait aussi être en mesure de vous fournir des informations précieuses.

Si vous avez besoin des documents en formats alternatifs, s'il vous plaît contacter la bibliothèque au 613-737-7600 poste 2157 ou à [library@cheo.on.ca](mailto:library@cheo.on.ca).

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