

Potentially useful resources

These resources can all be found on the internet (e.g. on Amazon, mostly for under £10). Alternatively, books can be ordered for you by your local library.

Books

Knowing about and living with Bipolar

The Unquiet Mind
Kay Jamison

Touched with Fire
Kay Jamison
1996

Break the Bipolar Cycle: A day-by-day guide to living with Bipolar Disorder
Brondolo and Amador

The Bipolar Disorder Survival Guide
David Miklowitz

The Bipolar Workbook
Monica Ramirez Basco

For family members

When someone you love is Bipolar
Cynthia Last

To walk on Eggshells
Johnston

Understanding Manic Depression
MIND information leaflet

Academic

Mania: A short history of bipolar disorder
David Healy

Manic-Depressive Illness
G Winokur

Cognitive Behavioural Therapy

Mind over Mood
Padesky and Greenberger

Teach yourself CBT
Wilding & Milne

Mindfulness and relaxation

The Compassionate Mind
Paul Gilbert

The relaxation and stress reduction workbook
Davis & Eshelman

Useful Websites

The Manic-Depression Fellowship website
www.mdf.org.uk

Moodgym – free online CBT program
www.moodgym.anu.edu.au

MIND coping with coming off psychiatric drugs
www.theicarusproject.net

Local agencies

Unity Group at Shropshire MIND
Contact Peggy Du Bois at
Observer House
Holywell Street
Shrewsbury SY2 6BL
Tel: 01743 368647

Manic Depression Fellowship in Telford
Meet the first Wednesday in the month 6.30p.m.at Belmont Hall in Wellington
Tel: 01270 230260
groupdevelopment@mdf.org.uk